

15 Gram Snacks

Following are a few ideas for snacks that usually appeal to children and teens. The snacks listed under “Higher Fat” may be appropriate for higher-activity days and at bedtime. These snacks require insulin.

15 g Carbohydrate snack (<i>pre-exercise</i>)	15 g Carbohydrate snack + protein (<i>afterschool, bedtime</i>)
¾ cup mandarin oranges (canned in water or 100% juice) 1 small banana (4 ounces) or ½ large banana 1 small apple or 2 cuties (clementine oranges) 6 whole grain crackers (such as Kashi TLC, Triscuits, or Wheat Thins) Part of a granola/snack bar (Lara, Luna, Kashi, Cliff, Z-bar, Rx Bar) 1 cup skim milk 40 Goldfish crackers 12 mini pretzels 3 graham cracker squares	1 cup strawberries with 2 tbsp whipped cream 1/4 cup hummus with raw vegetables ½ cup plain Greek yogurt + ½ cup berries (fresh or frozen) ¼ cup 2% cottage cheese with ¾ cup blueberries ½ large banana with 1 tbsp peanut butter ½ peanut butter sandwich using 1 tbsp peanut butter 17 grapes + 1 string cheese 1 ounce tortilla chips (about 10) with 2 tbsp guacamole 1 cup 1% milk

Higher-Fat snacks equal to 1 carb choice or 15 grams of carbohydrate plus fat and or protein (better for bedtime)

Adding some protein (10-15 g) or a little fat (5-10g) to the carbohydrate will help slow down the digestion of those carbohydrates, which is important for a bedtime snack (if needed, blood glucose <120 mg/dL at bedtime check). We want the carbohydrates to “spike” around the time blood sugar may drop (1-3AM).

- ½ large banana with 1 tbsp peanut butter
- 1 (5.3 oz) container of Greek yogurt (Oikos Triple Zero, 8 g net carb) + 1/3 cup fruit
- ½ cup plain, unsweetened Greek yogurt + ½ cup berries (fresh or frozen)
- ¼ of a large bagel toasted with 1 ounce any cheese
- 1 English muffin pizza (1/2 muffin with tomato sauce and ¼ cup shredded cheese, melted)
- ¼ cup guacamole with 10 tortilla chips
- ½ cup ice cream, premium*
- 2-¾ cups cheese-flavored popcorn*
- 1-ounce potato chips*

**These should not be every night; use as treats*