

# Healthy Snacks for Blood Sugar Control



THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

Snacking can be a part of a healthy diet, ensuring your body gets the energy it needs every 3 to 5 hours. This helps to control appetite. It also helps to control blood sugars, which is important if you have diabetes. A snack, as opposed to a treat, is a “mini meal” meant to provide nutrients your body needs. Snacks that combine carbohydrates with fiber and protein and that are low in sugar are better at controlling blood sugar and appetite. These snacks can be healthy choices for everyone regardless if they have blood sugar problems.

## Snacks with about 15 grams of carbohydrate (1 carb serving)

- 3 (2.5 inch) graham crackers topped with 1 tablespoon natural peanut butter
- ½ cup tuna, chicken, or egg salad made with light mayonnaise in one half of a whole wheat pita
- One small apple or ½ large banana with a hard-boiled egg
- ½ cup cooked oatmeal with ¼ cup chopped nuts
- 5 to 6 whole wheat crackers with 1 ounce cheese
- 1 cup non-starchy vegetables (carrots, cucumber, sugar snap peas, bell pepper strips) and ⅓ cup hummus
- 2 tablespoons raisins and ¼ cup roasted unsalted almonds
- ½ cup low fat cottage cheese and ½ cup fruit, such as pineapple or peaches
- ¾ cup blueberries and ¼ cup walnuts
- Celery topped with 1 tablespoon natural peanut butter and 2 tablespoons raisins
- 1 slice whole wheat toast with one scrambled egg and ½ teaspoon butter
- ½ cup grapes and 1 ounce cheese
- ½ whole wheat toasted English muffin, topped with 1 tablespoon cashew butter
- 3 cups popcorn with less than 3 grams of fat per serving and 1 ounce cheese



## Other 1 carb serving snacks

Here are some less healthy 1 carb serving snacks that can fit into a healthy eating plan when eaten in moderation:

- 1 frozen fruit bar
- 3 ginger snaps
- 5 vanilla wafers
- 2 small cookies
- 8 animal crackers
- 12 reduced fat Wheat Thins
- 15 mini twist pretzels
- 10 to 12 baked Tostitos tortilla chips
- 1 ounce (about 15) potato chips
- ½ cup sugar free pudding
- ½ cup frozen yogurt
- ½ cup ice cream

## Snacks with 30 grams of carbohydrate (2 carb servings)

- One half a large banana and 1 tablespoon natural peanut butter placed and rolled in 6" whole wheat tortilla
- 1 ¼ cup whole strawberries dipped in ½ cup sugar free chocolate pudding
- 1 cup fat-free or 1% low-fat milk with ¾ cup unsweetened cereal (such as Cheerios or Bran Flakes)
- 1 cup homemade trail mix (2 tablespoons dried cranberries or raisins, ¼ cup almonds, and 1 cup puffed cereal, such as Rice Krispies or Kix)
- ½ cup fruit blended with 6 ounces plain or light yogurt and 2 tablespoons flaxseed meal
- Mini pizzas made from 1 split whole wheat English muffin, topped with tomato sauce and 1 ounce mozzarella cheese and then baked
- One, 6-inch whole wheat tortilla filled with ½ cup low-fat refried beans, 1 ounce cheese, and salsa, and heated in the microwave
- 1 to 2 rice cakes topped with 1 tablespoon natural peanut butter and 2 tablespoons dried fruit
- 1 cup cantaloupe cubed and 1 cup unsweetened or light vanilla soy milk
- ½ cup oatmeal with 2 tablespoons dried fruit and ¼ cup pistachios

## Standard portions

When you are away from home and do not have measuring cups and spoons handy, it helps to know what a standard portion looks like. The table below gives examples of common serving sizes and everyday items they are equal to.

Serving Size	Similar Sized Item
1 teaspoon	Small marble or tip of thumb
1 tablespoon	Large marble, poker chip, or thumb to first knuckle
2 tablespoons	2 large marbles, 1 ping pong ball, or whole thumb
¼ cup	Golf ball or cupped handful
½ cup	Tennis ball, hockey puck, deck of cards, bar of soap, checkbook, computer mouse, or palm of hand
1 cup	Wiffle ball, baseball, or a woman's fist
1 ounce	4 dice or 2 dominoes

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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.