

## Snacks for Good Health

For most of us it's good to choose no more than three of the small, medium or large snacks a day.

### Small Snacks

50 calories in each snack

**Vegetables** - Always have raw, washed vegetables in the fridge. The vegetables should be ready-to-eat and easy to grab.

- $\frac{3}{4}$  cup coleslaw
- 1 stalk celery with 1 tbsp. cheese spread
- large salad with 1 tbsp. fat-free salad dressing
- 1 medium carrot
- 1 cup grape tomatoes

### Fruit

- 1 cup of strawberries
- 1 small orange
- $\frac{1}{2}$  large grapefruit
- $\frac{1}{2}$  medium apple
- 1 medium plum
- 1 medium kiwi
- 2 prunes (or figs)
- 2 tbsp. raisins
- $\frac{1}{2}$  banana
- $\frac{3}{4}$  cup light gelatin with fruit
- $\frac{3}{4}$  cup stewed rhubarb



### Milk snacks

- $\frac{1}{2}$  cup low-fat fruit yogurt sweetened with a low-calorie sweetener
- 1 cup light hot cocoa
- $\frac{1}{2}$  cup low-fat milk (skim or 1%)
- 1 light fudge ice cream bar, revello or creamsicle (made with a low-calorie sweetener)

### Starchy snacks

- 1 cup puffed wheat cereal
- 1 cup of packaged soup
- 2 bread sticks
- 1 rice cake
- 1 digestive cookie or other plain cookie
- 2 medium crackers
- 2 melba toast
- 4 soda crackers
- 1 fibre crispbread
- 2 Graham wafer halves
- 2 poppadums
- 1 oatmeal cookie
- 1 fig bar
- $\frac{1}{4}$  cup (21) "fish" crackers

### Juice

- 1 cup tomato or vegetable juice
- $\frac{1}{2}$  cup unsweetened fruit juice (try mixing the juice with some sparkling water or diet ginger ale)



### Medium Snacks

100 calories in each snack

(two small snacks will equal one medium snack)



### Vegetables

- 2-3 cups of raw vegetables with 2 tbsp. of vegetable dip

### Fruits

- $\frac{1}{2}$  medium cantaloupe
- 1 cup applesauce
- 4 pineapple rings plus 2 tbsp. juice
- 1 small banana
- 3 figs
- 5 dried apricots
- 1 pear
- 1 cup fresh fruit salad
- 4 thin slices watermelon
- $1\frac{1}{2}$  cup grapes

### Starchy foods

- 1 slice raisin toast with 1 tsp. of margarine
- 3 arrowroots or other plain cookies
- 6 pretzels
- 1 waffle or crumpet with 1 tsp. jam
- 3 cups air-popped popcorn
- 1 whole wheat roll with cucumber, tomato, lettuce
- 1 slice matzo bread
- 8 baked tortilla chips or other baked chips with 1 tbsp. salsa sauce
- 1 low-fat granola bar



### Medium Snacks (cont'd)

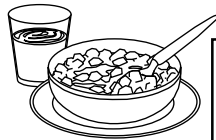
100 calories in each snack  
(two small snacks will equal one medium snack)

#### Mixed snacks

- Half of a pizza bun
- 1 piece toast with 1 tsp. peanut butter
- $\frac{1}{2}$  cup 1% cottage cheese and  $\frac{1}{2}$  tomato
- 1 cup canned tomatoes and 2 tbsp. shredded cheese
- $\frac{2}{3}$  cup oat o's cereal and  $\frac{1}{2}$  cup low-fat milk
- $\frac{1}{2}$  cup low-fat milk and 2 gingersnaps
- 8 jumbo shrimp and 2 tbsp. of shrimp cocktail sauce
- 4 soda crackers and 15g Edam cheese
- 2 wheat crackers with 1 tbsp. light cream cheese

#### Milk snacks

- 1 cup low-fat milk (including buttermilk)
- $\frac{3}{4}$  cup light pudding (also nice frozen in a popsicle stick)
- $\frac{3}{4}$  cup low-fat yogurt



### Large Snacks

200 calories in each snack  
(two medium snacks will equal one large snack)

#### Mixed snacks

- Vegetable and cracker bowl: 2 cups any kind of raw vegetables with 3 snackbreads, 2 bread sticks and 3 tbsp. vegetable dip
- 2 slices toast with 1 tsp. of butter or margarine and 2 tsp. of jam
- 1 cup cream of wheat hot cereal and  $\frac{3}{4}$  cup low-fat milk
- 1 piece crustless pumpkin pie with 2 tbsp. whipped topping
- 1 small cone with  $\frac{3}{4}$  cup light ice cream
- 1 bran muffin and 15g cheese
- 1 piece Bannock and 1 tsp. jam
- 16 fresh peanuts
- 1 slice pumpernickle bread with 1 tsp. of margarine and 45g pickled herring
- 1 cup low-fat milk or buttermilk plus 3 plain cookies
- 1 cup rice pudding
- large cob of corn with 1 tsp. of butter or margarine
- small baked potato with 1 tbsp. light sour cream
- 1 baked apple plus 15g cheese

- 4 crackers with 2 large sardines
- $\frac{1}{2}$  can cream of tomato soup made with low-fat milk, and 2 soda crackers
- 30g cheese and asparagus on bread
- 1 shredded wheat with  $\frac{1}{2}$  small banana and  $\frac{1}{2}$  cup low-fat milk
- $\frac{1}{2}$  bagel with 2 tbsp. of light cream cheese mixed nuts
- 16 baked tortilla chips and 2 tbsp. of hummus or salsa
- ham sandwich (30g meat, no margarine) with mustard and lettuce
- 1 egg and 1 toast with 1 tsp. margarine (1 tsp. jam is optional)
- 30g cheese and fruit pieces

#### Fruits

- Two fruits, such as a small apple and a pear

**Remember to drink water when you have a snack. And try to avoid late night snacking.**

Source: Meals for Good Health - Canadian Diabetes Association