

Snacks That Equal About 15 Grams of Carbohydrate (1 carb choice)

1/2 Bagel & 2 Tablespoons Cream Cheese	2 Breadsticks	5 Triscuts	15 Potato Chips (one ounce)
Small Apple	Small Banana	17 Small Grapes	1/2 Cup of Ice Cream
1 Small Orange	2 Tablespoons Raisins (One Small Box)	15 Pretzel Sticks	6 Vanilla Wafers
1 Rice Krispie Treat	1 Plain Granola Bar	1 Fruit Roll-Up	3 Graham Cracker Squares
2 Mozzarella Cheese Sticks	1/2 Frosted Cupcake	1 Cup of Bugles Snack Chips	8 Animal Crackers
2 Oreo Cookies or Other Sandwich Cookies	1 Carton White Milk	1/2 Meat or Cheese Sandwich	2 Rice Cakes
1/2 Carton Chocolate Milk	1 Oatmeal Cookie	6 Saltine or Round Butter Crackers	3 Cups of Microwave Popcorn
20 Teddy Grahams	1/2 Cup Sugar Free Pudding	24 Oyster Crackers	16 Wheat Thins, Twiggs, or Ritz Bits Crackers
2 Ounce Piece of Angel Food Cake	3/4 cup Cold Cereal, (Unsweetened)	1 Plain Cake Doughnut	1 Small Package Cheese/Peanut Butter Crackers
1/2 Tuna Salad Sandwich	1 Carton Nutrasweet Yogurt Without Fruit	1/2 Cup Chex Mix	1 Carmel Corn Cake
2 Tablespoons Mixed Dried Fruit	1/2 Cup Unsweetened Pears and Cottage Cheese	One 7 or 8 inch Tortilla and Shredded Cheese with Salsa	1/2 Cup Unsweetened Applesauce

For extra nutritional value, add 2 tablespoons peanut butter, a slice of cheese, or 2 tablespoons of nuts to the above snacks without increasing the carbohydrate count.