

Snacks on a Carbohydrate Controlled Diet

These are just some suggestions for snacks. Please look at the amount of carbohydrates and calories and adjust as recommended by the dietitian, nurse or doctor.

2 tablespoons hummus with raw vegetables (carrots, celery, cucumber, red peppers etc) about 150 calories and 15-20 grams carbohydrates.

2 tablespoons guacamole with 10 tortilla chips about 190 calories and 17 grams of carbohydrates.

2 tablespoons of salsa with 10 tortilla chips about 140 calories and 20 grams of carbohydrates.

1 small apple with 2 tablespoons peanut butter 240 calories and 7 grams of carbohydrates.

1 cup plain Greek yogurt with 1 teaspoon vanilla and ½ cup berries 190 calories and 20 carbohydrates.

Fruit smoothie made with low fat Greek yogurt, ½ cup fruit and ¼ teaspoon cinnamon blended about 200 calories and 15 gram carbohydrate.

½ cup low fat ricotta cheese with ½ cup diced fruit and 1 teaspoon honey 225 calories and 20 grams carbohydrate
1 thin slice of bread topped with 1 tablespoon peanut butter and ½ medium slice banana about 240 calories and 28 grams carbohydrates

1 fried egg sandwich with 2 slices of thin bread about 210 calories and 30 grams carbohydrates'

1 cup oatmeal with ½ berries (blueberries, strawberries, etc) with 1 teaspoon honey about 245 calories and 38 grams of carbohydrates.