

Snack Ideas for Kids with Diabetes

Snacking is a healthy and normal part of a child's diet. Many kids will be hungry for an afternoon and evening snack. Try these very low to moderate-carbohydrate snack ideas.

These snack ideas are examples and there are many other possibilities. Foods from any culture can work and can be used to create appropriate snacks. If you do not see the foods your family eats below, please make an appointment with a dietitian and we will work with you individually to create a plan that uses foods that fit with your family's traditions and needs.

Healthy snacking Tips

- When serving grains, choose foods with whole grains when possible. Check Nutrition Facts labels and look for foods with at least 3 grams of fiber per serving.
 - Fruits, veggies, nuts and seeds are also good ways to get fiber.
 - Including fiber and protein in your child's snack can help make it more filling and satisfying.
 - Do not forget to give insulin if your child's doctor has told your child to take insulin for their snacks with carbohydrates.
 - Remember that children need carbohydrates for energy and to grow. You do not need to avoid carbohydrates - instead, focus on healthy carbohydrates that have fiber, and know how many grams your child eats so you can give the right amount of insulin.
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Very low carb snacks: 5 grams carbohydrate or less

- Celery with 1 Tablespoon peanut butter or cream cheese
 - Any soft, hard or low-fat cheese (1 ounce) with 5 Wheat Thins crackers
 - Crackers (5 Wheat Thins or 10 to 15 cheddar fish-shaped crackers or RITZ Bits)
 - Low-fat cottage cheese (1/2 cup). You can add a few berries.
 - Deli meat or roasted chicken or turkey, seafood or fish, rolled up in a leaf of lettuce with cheese, mustard and a pickle
 - Hard-boiled egg
 - Sugar-free frozen fruit bar. Check the label to make sure it is sugar-free. Make your own with flavored water or sugar-free lemonade.
 - Sugar-free Jell-O.
 - Jerky or meat sticks, turkey or beef. Check labels and look for low-fat versions.
 - Almonds, peanuts, pistachios, walnuts or cashew nuts (1 ounce or 1/4 cup)
 - Green or black olives (up to 15)
 - Omelet
 - Pickle (1 large)
 - Pumpkin seeds (1/2 cup, no shells)
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To Learn More

- Nutrition - 206-987-4758
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Snack Ideas for Kids and Diabetes

- Low-fat ricotta cheese (1/2 cup). You can add cinnamon, vanilla extract or a few chopped nuts.
- Smoked salmon with a few crackers and cream cheese or rolled in a lettuce leaf
- Sunflower seeds (1/4 cup, no shells)
- Tuna, salmon, egg or chicken salad with light mayonnaise rolled in a lettuce leaf
- Raw vegetables like baby carrots, celery, peppers, cucumber, broccoli or pea pods (1 cup). Dip in salad dressing, salsa or light sour cream (2 Tablespoons)
- Yogurt Dannon Light'n Fit Carb Control smoothie (4g carbs) or Two Good Greek yogurt (3g carbs)

Low carbohydrate snacks: 6 to 15 grams carbohydrate

- 5 animal crackers and 1/2 cup milk
- Unsweetened applesauce (1/2 cup)
- Baked potato chips (10 to 15 chips). Check the label and look for "baked."
- Beef jerky (1 ounce) and carrot sticks
- Chex mix (1/2 cup)
- Crackers (5 to 15 for most (check label for serving size) or 40 cheddar fish-shaped crackers). Have with cheese.
- English muffin or mini bagel (1 halve) with cream cheese or toasted with cheese
- Frozen grapes (7 total grapes)
- Fruit (1 small piece or 1 cup berries or melon or 1/2 cup canned or 1/4 cup dried)
- Apple or banana (1/2 small piece) with 1 to 2 Tablespoons of peanut butter
- Light popcorn (3 cups)
- Pretzels (20 small twists or sticks)
- Sugar-free pudding (1/2 cup)
- Sandwich (1 slice of bread with deli meat and cheese)
- Vegetable soup (1 cup) with some goldfish crackers (10 mini fish)
- Trail mix (1/4 cup)
- Raw vegetables (1 cup) with 1/4 cup hummus or light sour cream dip

Moderate carbohydrate snacks: 16 to 30 grams carbohydrate

- Dry cereal (1 cup) with 1/2 cup milk
- Cereal or granola bar with 1/2 cup milk
- Cookies (2 small sandwich or fig cookies (check label for serving size)) with 1/2 cup milk
- Crackers (5 to 15 (check label for number of crackers in a serving) with 2 Tablespoons of peanut butter)
- Scrambled eggs with 2 slices of toast
- English muffin or mini bagel (whole) with cream cheese or toasted with cheese and pizza sauce
- Fruit (1 small piece or 1 cup berries or 1/2 cup canned) with 1 cup cottage cheese
- Graham crackers (3 squares) with 2 tablespoons of peanut butter and 1/2 cup milk or 6 ounces light yogurt
- Hummus (1/4 cup) with 1/2 piece of pita

Snack Ideas for Kids and Diabetes

- Oatmeal (1/2 cup cooked) with 1 Tablespoon brown sugar and 1/4 cup berries
- Sandwich (2 slices bread or 1 pita with deli meat and cheese or 1 slice bread with peanut butter and jelly)
- Tortilla with melted cheese
- Tortilla chips (15 chips) with salsa, hummus or melted cheese
- Trail mix (1/2 cup)
- Tuna, chicken, or egg salad on 10 crackers or 2 slices of bread
- Frozen waffle with peanut butter or sugar-free syrup
- Yogurt parfait (1/2 cup light yogurt with 1/2 cup berries or 2 Tablespoons of granola)

Keep a list of your favorites and the carbohydrate amounts:

Snack	Amount	Carbohydrate grams	Insulin units

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are Deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.
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