



We know that making food and snack choices can be difficult when managing blood sugar. Diet-to-Go can help!

Try these Diabetic friendly, calorie-controlled snacks for every craving - savory or sweet!

PRE-DIABETIC & DIABETIC FRIENDLY SNACKS

SNACKS UNDER 50 CALORIES

Savory	Sweet (Low Glycemic Load)
Turkey Wraps - 3 thin white meat turkey slices wrapped in romaine lettuce. 35 cal, .3g fat, 2g carb, 5g protein	Sugar-Free Jell-O Snack Cup 10 cal, 0g fat, 0g carbs, 0g protein
Cucumber Chips - ½ cucumber, sliced + a squeeze of lemon juice and dash of salt and pepper. ~8 cal. 2g carb 0.7g protein	3 Strawberries + 2 tbsp Non-Fat Plain Greek Yogurt 37 cal. 1.2g fat. 4.1g carbs. 2.7g protein
Mixed Green Salad with Herbs and Lemon Juice 2 Cups 16 cal 4g carbs	30 Sugar Snap Pea Pods ~48 cal, .2g fat, 7g carbs, 2.9g protein
2 Large Hard-Boiled Egg Whites 34 cal 2g fat .4g carb, 7.2g protein	1 Fresh Apricot 17 cal, .1g fat, 3.9g carbs, .5g protein
4 Sliced Radishes + 2 tbsp Fat-Free Cream Cheese 35 cal 5g fat, 2.4g carbs, 5.2g protein	1 Fresh Pear ~50 cal, .3g fat, 13g carbs
1 cup sliced Bell Pepper + 2 tbsp Low-Fat Black Bean Dip 34 cal, .3g fat, 3g carb, 1g protein	1 Mandarin Orange ~50 cal, 0g fat, 12g carb, 1g protein

THIRST QUENCHING

Cold Water + Lemon Squeeze or Cucumber Slices or Basil leaves -5 Calories
Non-Fat Milk 45 cal, 3g fat, 6.1g carbs, 8g protein
Seltzer Water with Lemon or Lime Squeeze 0 cal, 0g Fat, 0g carb, 0g protein
Unsweetened Herbal and Black Teas 0 cal, 0g fat, 0g carb, 0g protein
8 oz Sodium Free Tomato Juice 41 cal, 0g fat, 10.3g carbs, 1.8g protein
Unsweetened Honest Lemon Tea 0 cal, 0g fat, 0g carb, 0g protein
2 oz Pomegranate Juice + 10 oz Carbonated Water 37 cal, 0g fat, 9.5g carbs, 0g protein

SNACKS UNDER 100 CALORIES

Savory	Sweet (Low Glycemic Load)
14 Whole Raw Almonds 97 cal, 8.5g fat, 3.3g carbs, 3.6g protein	Small Red Pepper, Sliced 30 cal, .3g fat, 7.3g carb 1.1g protein
14 Dry-Roasted Pistachios 97 cal, 8.5g fat, 3.3g carbs, 3.6g protein	1 cup Strawberries 46 cal, .4g fat, 11.1g carb, 1g protein
1 Large Boiled Egg 80 cal, 5.3g fat, .6g carbs, 6.3g protein	½ cup Blueberries 45 cal, .2g fat, 10.7g carbs, .5g protein
10 Kalamata Olives 85 cal, 7.6g fat, 3.8g carb, 0g protein	½ cup Fresh Red Raspberries 32 cal, .4g fat, 7.3g carbs, .7g protein
1 cup Raw Broccoli Florets + 2 tbsp Fat-Free Ranch Dressing 57 cal, 0.2g fat, 9.7g carbs, 2.1g protein	¼ cup Blueberries with Fat-Free Plain Greek yogurt 88 cal, .1g fat, 10.1g carb, 12.3g protein
1 Sliced Cucumber (small) + 2 tbsp Hummus 90 cal, 3g fat, 14.9g carb, 4.2g protein	½ cup Fresh Raspberries + ½ cup Fat-Free Greek Yogurt 99 cal, .4g fat, 12g carbs, 12.7g protein
1 tbsp Natural Peanut Butter 94 cal, 8.1g fat, 3.1g carb, 4g protein	9 Cherries 48 cal, 0g fat, 10g carbs, 0g protein
2 tbsp Sunflower Seeds 93 cal, 8g fat, 3.9g carbs, 3.1g protein	Sugar-Free Jell-O Pudding Snack Cup ~80 cal, 2.5g fat, 8g carbs, 2g protein

LOW GLYCEMIC INDEX SUGAR ALTERNATIVES

- Agave Nectar
- Sorbitol
- Xylitol
- Stevia
- Sucralose
- Sucanat
- Maple syrup
- Molasses