

# *Diabetic Snack Choices:*

1- 4 *Vanilla Wafers*

2- 1 slice Raisin Bread

3- *3/4 cup Unsweet Ready to Eat Cereal*

4- 8 Animal Crackers

5- 3 *Graham Crackers*

6- 4 slices Melba Toast

7- 3 *cups Plain Popcorn*

8- 3/4 oz. Pretzels

9- 2 *Rice Cakes- 4 inches across*

10-6 Saltine Type Crackers

11-*3/4 oz. Fat Free Tortilla/Chips-Baked*

12-3 Cheese or Peanut Butter Sandwich Crackers

13-*1/2 cup No Sugar Added Fat Free Ice Cream*

14-*1/2 cup Sugar Free Fat Free Pudding*

15-3 *Gingersnaps*

16-1-100% Fruit Juice Bar- 3 oz.

17-*3/4 oz./1 Roll-Fruit snacks, chewy (Pureed Fruit Concentrate)*

18-*1/2 cup Fat Free Frozen Yogurt*

19-*1 cup Tomato, Vegetable Beef, Chicken Noodle, or other Broth-type Soup Made with water*

