

Summer Snacks

When snacking it is important to balance your meal by choosing two different food groups. For example, you can pair a protein with a carb to make your snack more well rounded. Find your new favorite snack with our pairings below! Each item is 1 serving.

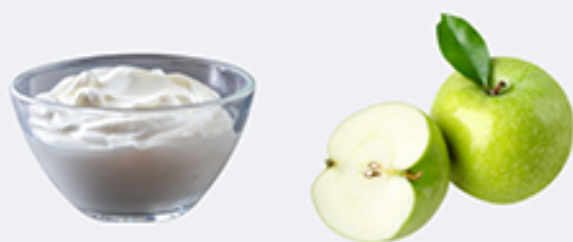
protein + carb
cottage cheese + fruit



1/4 cup

3/4 cup

protein + carb
greek yogurt + apple



1/4 cup

1 small apple

fat + carb
peanut butter + rice cake



1 tbsp

1 rice cake

fat + carb
low fat ranch + baby carrots



2 tbsp

1 cup

protein + carb
cheese stick + whole grain crackers



1 stick

6 crackers

carb + non-starchy
hummus + celery



1/3 cup

1 cup

YOU'RE NOT ALONE!



diabetes
ALLIANCE

For more information on how to manage your diabetes visit: DiabetesNowWhat.org