

Healthy Snack Choices

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The snacks below are all low in fat and contain about 80 calories. For people who count carbohydrates such as those with diabetes each one is close to 15 grams of carbs or equal to 1 starch/bread choice. Try adding some protein to your snacks which is good for prolonging satiety, improving mood, and managing blood sugars.

Animal crackers – 8
 Applesauce – ½ cup
 Arrowroot cookies – 3
 Bagel, plain, small – ½
 Better Cheddars – 11
 Carr’s Whole Wheat Crackers – 4
 Cheese Nips, Air Crisp – 20
 Fruits – 1 small/medium or ½ cup
 Fortune cookies – 3
 Fig bar cookies – 1 ½
 Gingersnaps – 3
 Goldfish – 30
 Granola – ¼ cup
 Graham Crackers – 3 squares
 Ice cream, sugar-free/fat-free – ½ cup
 Harvest crisps – 8
 Keebler Toasteds Crackers – 5
 Melba Toast – 5
 Matzoh – ¾ square
 Nabisco Low-Fat Garden Crisps – 9
 Nabisco Harvest Oat Crisps – 8
 Norwegian Flat Bread – 3
 Oat Thins – 10
 Oyster crackers – 24
 Pudding, sugar-free – ½ cup
 Popcorn, light or air popped – 3 cups
 Pretzels, Dutch – 2
 Pretzels, thin sticks – 35
 Rice cakes, 4” across – 2
 Ritz, Reduced-Fat – 6
 Ritz, Air Crisp – 13
 Rye Krisp – 4
 Saltines – 6
 Snack chips, fat free:
 Tortilla chips – 15-20
 Potato chips – ¾ oz
 Snackwells:
 Cinnamon Graham – 14
 Low-fat Cheese – 24
 Cookies – 1-2

Sociables – 7
 Triscuits – 4
 Unedas – 3
 Vanilla Wafers – 5 small
 Wasa Crispbread – 3
 Waverly Thins – 5
 Wheat Thins – 10
 Wheat Thins, Air Crisp – 15
 Wheatsworth – 4
 Yogurt, frozen, fat-free/sugar-free – ½ cup

Add a protein/fat source (45 – 90 calories)

Skim milk – 1 cup
 Cottage cheese, fat-free – ½ cup
 String cheese – 1 stick
 Yogurt, sugar-free – 1 cup
 Cheese, reduced/low-fat – 1 oz
 Lean meat, chicken, or fish – 1 oz
 Egg whites – 2
 Nuts
 Almonds, cashews – 6
 Peanuts – 10
 Pecans – 4
 Peanut butter – 2 Teaspoons
 Sunflower seeds – 1 Tablespoon