

Create a Snack

What is your favorite snack food?

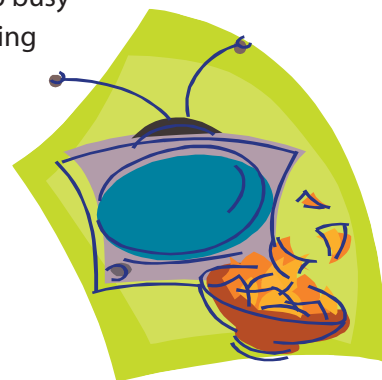
How much do you eat at snack time?

- Two handfuls of food?
- Big bowl?
- Small zip bag?
- Eat from the big snack bag?
- Don't know?

The Right Pick

Grab the right amount of snack for your snack time.

- ▶ Measure out your snack in a small plastic bag before you eat it.
- ▶ Put your snack into a small 4-6 oz. cup or mug rather than eating right out of the big bag.
- ▶ Don't keep snacks open on the counter. This makes it easy to go back for more.
- ▶ When you are finished eating a snack go do something. Keep busy like going outside for a walk, doing your homework, or cleaning your room. This will help you from snacking too much.
- ▶ Try not to eat a snack in front of the TV. This may make you eat second portions of snacks.
- ▶ If you are eating extra snacks you may not be hungry for dinner. You also may be eating for other reasons, like boredom.



TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

Create a Snack

Snack Ideas (Choose one)

- ▶ 8 oz. non-fat yogurt
- ▶ 1 piece fresh fruit
- ▶ Canned fruit in "own juice"
- ▶ 3 bread sticks
- ▶ 15 baked potato chips
- ▶ 2-4 flavored rice cakes
- ▶ 1 frozen fruit bar
- ▶ 1 banana
- ▶ 8-16 animal crackers
- ▶ 5 vanilla wafers
- ▶ 4-8 pretzel twists
- ▶ 2 slices "light" bread with jelly
- ▶ 1 cup of light ice cream
- ▶ 1 low-fat granola bar
- ▶ 20 goldfish pretzels
- ▶ 2 squares of graham crackers
- ▶ 1/2 grapefruit
- ▶ 15 grapes
- ▶ 15 baked tortilla chips and salsa
- ▶ 1 small pita stuffed with veggies
- ▶ 20 oyster crackers
- ▶ 15 Guiltless Gourmet chips
- ▶ 1 cup of (plain) hot cereal with equal packet
- ▶ Homemade shake: 8 oz non-fat 1% milk with 1/2 cup of fruit, add 1 packet equal
- ▶ 2 slices light bread with 1 Tablespoon of light cream cheese
- ▶ 1/2 cup dry cereal in 1 cup low-fat milk or non-fat yogurt
- ▶ 1 cup berries with 1 cup non-fat yogurt
- ▶ 1/2 can low-fat soup (Healthy Choice, Campbell's Select)

Free Snacks

- ▶ Vegetables (any kind)
- ▶ Sugar-free gelatin
- ▶ Crystal light drink or freeze in ice cube containers
- ▶ Sugar-free hot cocoa (limit 2 packs/day)

Sandwiches, french fries, hot dogs, or burgers are not healthy snacks.

