



# Sample Snacks

If you haven't seen a Sweet Success provider yet, the information below may be helpful while you wait for your first visit. This is general information and it does not take the place of medical advice from a doctor, nurse, dietitian, or behavioral medicine specialist.

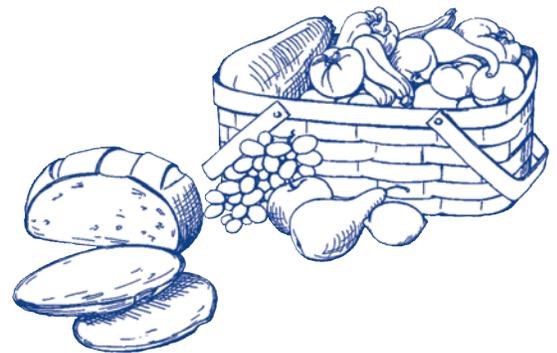
For many women, eating 3 meals and 3 snacks is a challenge. A common question is "What can I have for a snack?" Below are sample snacks to consider before you visit a dietitian.

## **SAMPLE DAYTIME SNACKS ARE:** (15g total carbohydrate)

- ❖ ½ toasted English Muffin with 2 tablespoons (Tbsp) natural style peanut butter
- ❖ 1 quesadilla (1 small tortilla and 1 ounce cheese)
- ❖ 6 saltine crackers with 2 Tbsp natural style peanut butter or 1 ounce cheese
- ❖ 1 cup strawberries with ¼ cup cottage cheese
- ❖ 1 cup melon with ¼ cup cottage cheese
- ❖ Apple slices (1 small apple) with 2 Tbsp natural style peanut butter
- ❖ ½ turkey or ham sandwich (1 slice whole wheat bread and 1 ounce ham or turkey)
- ❖ ¼ cup tuna salad with 6 saltine crackers

## **SAMPLE BEDTIME SNACKS ARE:** (30g total carbohydrate)

- ❖ 2/3 cup rice with 1 ounce meat
- ❖ 1 ham or turkey sandwich (2 slices whole wheat bread and 1 ounce ham or turkey)
- ❖ 1 cup milk and 1 quesadilla (1 small tortilla and 1 ounce cheese)
- ❖ 1 cup sugar-free yogurt and ½ peanut butter sandwich (1 slice whole wheat bread and 1 Tbsp natural style peanut butter)
- ❖ 1 cup milk and ½ toasted English Muffin with 1 ounce melted cheese and sliced tomatoes.



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