

28 Diabetes-friendly Snacks Under 15 grams of Carbohydrate



- Hard boiled egg
- Cheese & 4 crackers
- Sugar free Jello
- Sugar free pudding cup
- 1/2 cup nuts
- 1 small apple
- 6 oz flavored light yogurt
- 6 oz plain Greek yogurt
- Turkey & lettuce roll-ups
- Celery & peanut butter
- Beef jerky
- 1 cup shelled edamame
- Tuna salad on lettuce
- Dill pickles
- True North brand peanut clusters
- Rice cakes
- Many 100 calorie packs
- Genisoy Rich Cheddar Soy Crisps
- Any fruit, tennis-ball sized portion
- Mini Babybel cheese
- 1/4 cup pumpkin seeds
- 12 Cocktail shrimp
- 1 oz Skinny Dipped Chocolate Almonds
- Cello brand Cheese Crisps Whisps
- Olives
- 2 cups popcorn
- Mozzarella & tomatoes
- Avocado/guacamole