It can be hard to know what snacks to eat after a type 1 diabetes diagnosis. Here are some healthy snack ideas that are also easy to carry.

- Peanut butter
- Cheese slices, sticks or cubes
- Thin-sliced deli meats
- Meat and cheese rollups
- Beef jerky
- Sugar-free jello with whipped cream
- Veggies dipped in ranch dressing
- Olives
- Dill pickles
- Nuts and seeds
- Avocado
- Edamame (soy beans)
- Olives
- Hard-boiled eggs
- Sugar-free popsicles
- Tuna, chicken, or egg salad

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This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

What Can I Feed My Child Today?

How Foods Affect Glucose Levels

Understanding Carbs

Reading Nutritional Labels

Understanding Portion Size

Healthy Eating