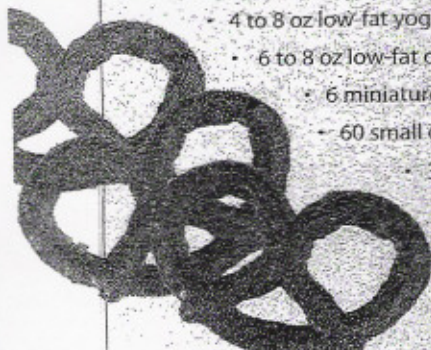
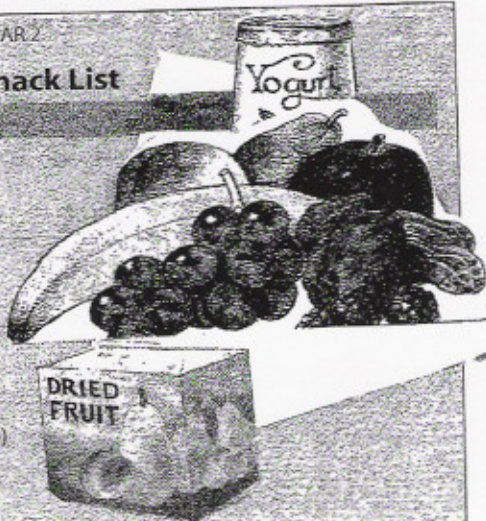


Healthy Snack List

Quick Snacks

- 8 to 10 animal crackers
- Half of a 2-oz bagel
- 10 to 15 baked potato chips
- ½ to 1 whole-wheat English muffin
- 1 small piece of fresh fruit
- ½ cup canned fruit in juice or fruit cup
- 3 ginger snaps
- 3 graham crackers (each 2½-inch square)
- ¼ cup low-fat granola
- Low-fat granola bar
- 4 to 8 oz low-fat yogurt
- 6 to 8 oz low-fat or nonfat (skim) milk
- 6 miniature or 2 large rice cakes
- 60 small or 30 large oyster crackers
- 3 cups air-popped or low-fat popcorn
- 2 rod pretzels, 30 stick pretzels, or ¾ oz other pretzels
- 4 to 6 whole-wheat saltine crackers
- 5 vanilla wafers



Homemade Snacks

- 1 or 2 slices whole-wheat toast with:
 - 1 to 2 oz lean meat
 - 1 to 2 teaspoons natural peanut butter
 - 1 slice low-fat cheese with raw vegetables (lettuce, tomato, sliced cucumber)
- 1 to 2 bread sticks and 4 to 6 oz low-fat milk
- 6 to 12 (or 1 oz) baked tortilla chips with salsa
- 1 slice French toast with all-fruit spread or unsweetened jelly or jam
- ½ cup or 1 package unsweetened hot cereal with ½ piece of fruit
- ¾ to 1 cup unsweetened and/or whole grain cereal with 4 oz low-fat milk
- 1 oz whole-grain pita bread stuffed with vegetables and/or 1 to 2 oz lean meat
- ½ cup frozen fruit (berries, mangoes, pineapple) mixed into 6 oz low-fat yogurt
- ½ whole-wheat English muffin topped with 1 tablespoon pizza or tomato sauce and ½ oz shredded cheese
- Fresh fruit plate with low-fat cheese or natural peanut butter
- Raw vegetable sticks with low-fat yogurt dip, cottage cheese, or hummus
- Cottage cheese with fresh, frozen, or canned fruit
- Cooked apple or pear (cored, add a small amount of water, sprinkle with cinnamon and sugar substitute, and microwave for 2 minutes)

child with type 2 diabetes. Sucrose and other caloric sweeteners (eg, honey, corn syrup) can be included in the diet,⁸ but these added sugars should not exceed 25% of total calories.¹⁶ Parents should be made aware that foods high in added sugars are also often high in fat and can contribute to excess calories. Sugar alcohols such as mannitol, sorbitol, and xylitol contain one-third to one-half the calories of sucrose. However, foods containing sugar alcohols are not necessary if dietary recommendations are geared towards more natural or healthier foods and smaller portions of high-calorie foods. Caution should be taken with extensive use of sugar alcohols, as they can lead to gastrointestinal discomfort.

Sweetened or calorie-containing beverages, with the exception of milk, can be substituted by either water or beverages made from noncaloric sweeteners, such as saccharin, aspartame, acesulfame-K, and sucralose. The Food and Drug Administration (FDA) has established an Acceptable Daily Intake (ADI) for aspartame, acesulfame-K and sucralose, which includes a 100-fold safety factor.¹⁸ The World Health Organization's Joint Expert Committee of Food Additives has set the ADI for saccharin (Table 2, see page 705).¹⁸

Fiber goals are not higher in children with diabetes; however, higher fiber intake may help with satiation and satiety and lead to a decrease in caloric intake.¹⁹ Fiber intake should be increased gradually to achieve the Dietary Reference Intakes (Table 3, see page 705).

GLYCEMIC INDEX

Glycemic index is defined as the area of the blood glucose response curve after the consumption of 50 grams of carbohydrate from a test food divided by the area under the curve after the consumption of 50 grams of carbohydrate of a control food (white bread or glucose).²⁰ Glycemic index is influenced by a number of factors, including carbohydrate