



Dear Parents



One of your child's classmates has diabetes. The basis of control for diabetes is the balance of food, insulin, and activity. At school, both food and activity will be affected. In particular, snacks sent in for holidays, birthdays, and other celebrations will affect the child with diabetes. The meal plan for a child with diabetes is a healthy nutritious one. It would be considerate to this child, and beneficial to all the children, to provide nutritious snacks in the classroom. Below are suggestions for healthy snacks.

<ul style="list-style-type: none">❖ Cheese❖ Peanut butter❖ Fresh fruit, fruit cup packed in it's own juices❖ Juice 100% natural, no sugar added❖ Vegetables with dip❖ Bagels, breadsticks, muffins, breads (blueberry, banana, raisin, etc.)❖ Crackers: Ritz-bits™, Hi-Ho™, Cheezits™, etc❖ Fruit Sorbet	<ul style="list-style-type: none">❖ Fruit❖ Fruit Roll Ups™❖ Vanilla wafers, ginger snaps™❖ Unfrosted cupcakes, pound cake, angel food or sponge cake❖ Animal crackers, graham crackers, Teddy grahams™, Dinosaur grahams™❖ Milk, yogurt❖ Pretzels❖ Rice Cakes❖ Pudding
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Snack Ideas and Portions

Food choices	Amount that equals 15 gm of carbohydrates
Low fat crackers	6
Goldfish™	50
Popcorn (popped)	3 cups
Pretzels	12 tiny twists
Brownie 2 inch square	1
Muffins, unfrosted cupcakes	1 small
Small bagel	½
Miniature bagels	2
Graham crackers	3 – 2” squares
Animal crackers	8
Fruit Roll Up™	1
Fruit cup (packed in fruit juice)	½ cup
Fresh fruit	1 small piece of fresh fruit
Light sugar-free yogurt	1 cup 8 oz
Raisins	2 tablespoons
Sherbet	¼ cup
Ice Cream	½ cup
Vanilla wafers	5
Apple juice, apple cider, orange or mixed fruit juice	½ cup
Milk	1 cup (8 oz)
Trail mix	¼ cup
Fruit juice bar (frozen)	1
Cupcake (frosted)	½
Pudding or gelatin	½ cup
Grapes	17
Cookies	2 small
Granola bar, regular	1

