

Low carbohydrate snacks (<5g of carbohydrate per portion)

In a plastic container, put a variety of low-carbohydrate foods and keep it in the fridge. When your child is hungry in the 2 hours period before a blood test, ask him or her to choose foods from that container to calm his or her hunger.



The little ones can personalized their container with stickers to make it fun.

To encourage discovery and food variety, change regularly the type of food offered in that container. Favor colorful vegetables of all forms!

Have fun to put the following:

- ❖ Vegetables (by itself or with dip)
- ❖ Nuts and seeds or nut butter
- ❖ Eggs (hard boiled, scrambled, etc.)
- ❖ Cheese
- ❖ Cold cuts / cooked chicken
- ❖ Smoked salmon and shrimps
- ❖ Tuna (plain or flavored)
- ❖ Edamame
- ❖ Tomato or vegetable juice
- ❖ Hearts of palm
- ❖ Almond, soy, rice beverages (unsweetened)
- ❖ Olives (green, black or Kalamata)
- ❖ Avocado
- ❖ Tofu



Combination ideas

- ❖ Greek salad (1 cup of tomato, cucumber, olive & onion) + dressing
- ❖ Italian salad (5 mini-bocconcinis + 8 cherry tomatoes + basil) + dressing
- ❖ Avocado (1/4) + 1/2 small Tuna can + seasoning (oil, lemon juice, salt, pepper)
- ❖ Cold cuts rolled with laitues, vegetables, and/or cheese
- ❖ Cheese (cream cheese, ricotta, etc.) + smoked salmon, olive tapenade, and/or cold cuts + fresh dill on slices of cucumber
- ❖ Tuna salad (tuna + mayo + fresh herbs) on slices of cucumber
- ❖ Edamame (1/4 cup) + vegetables + dressing
- ❖ 1 cup of hearts of palm salad (heart of palm, cucumber, green beans, pepper) + dressing
- ❖ Vegetable soup (1 cup of broth + 1/2 cup of vegetables + seasoning)
- ❖ Celery stick + cream cheese or nut butter



Snacks containing 15g of carbohydrates + proteins

- ❖ 175 mL of plain yogurt + 5 mL of honey/maple syrup OR 2x 60g Minigo
- ❖ 100g of Greek yogurt (flavored, no sugar substitute)
- ❖ 1 cup milk or ½ cup chocolate milk
- ❖ 1 cup or 1 individual bottle (200mL) of soy beverages (chocolat or vanilla)
- ❖ 1 slice bread (bread, ½ English muffin, ½ small bagel, etc.) with 1 tablespoon peanut butter
- ❖ Granola Bar with nuts (eg. Kashi brand)
- ❖ 1 medium apple + 30g cheese
- ❖ Peppers (1 cup) + 1/2 cup hummus
- ❖ ½ medium pita (5 inches) + 30 mL hummus
- ❖ 15 grapes with ¼ cup cottage cheese
- ❖ 2 tablespoons (30 mL) of dried fruits or 2 dried apricots with 15ml nuts
- ❖ 1 individual container of unsweetened applesauce + 1 string cheese
- ❖ 1/2 cup Cheerios © with ½ cup milk
- ❖ "Pizza": ½ English muffin with 2 tablespoons tomato sauce and 1oz shredded cheese
- ❖ 1 medium pear sliced + ¼ cup ricotta cheese + cinnamon
- ❖ ½ wheat tortilla (8 inches) with 2 slices deli meat OR cheese
- ❖ 1 individual container of tofu pudding (eg. Sunrise Soy© or Belsoy© brand)
- ❖ 1 small pita (4 inches) + 2 slices turkey + 2 slices tomato
- ❖ Salad with 1 cup lettuce and 1/2 cup of beans (white, kidney or black) and 1 tablespoon salad dressing
- ❖ ½ medium banana with 2 tablespoons peanut butter
- ❖ 2 rice cakes + 30 g of cheese or 2 tablespoons of peanut butter
- ❖ 3 cups of popcorn + ¼ cup of sunflower/pumpkin seeds



Bedtime snack Protocol

Take a (5g /10g /15g) carbohydrate snack with protein if:

- Blood sugar is less than 6.0 when supper and bedtime tests are more than 2h apart.
- Blood sugar is less than 8.0 when supper and bedtime tests are less than 2h apart.