



## Protocol Approved Snacks

For SHINE patients who are cleared for a PO diet, a 60 grams/meal carbohydrate diet will be ordered for breakfast, lunch and dinner as part of standard care.

SHINE patients may also consume up to 2 low carbohydrate snacks (<5 grams carbohydrates per serving) from the list below between meals (up to 6 low carbohydrate snacks daily). The study protocol diet does not limit the consumption of sugar free foods and drinks listed in the unlimited category below. Patients should only consume food included on the meal tray from the hospital kitchen or the protocol approved snacks during the 72 hour treatment period.

For patients in the intervention group, there is NO estimate of consumption for snacks, NO entry in GlucoStabilizer and NO insulin coverage. Snacks must be documented in the medical record. The study protocol should be followed for meal consumption estimates and meal insulin dosing for breakfast, lunch and dinner.

### **Low carbohydrate snack options (up to 2 between meals)**

- 5 celery sticks + Tablespoon peanut butter
- 5 baby carrots
- 5 cherry tomatoes + 1 Tablespoon ranch
- 1 hard-boiled egg
- ½ cup raw broccoli + 1 Tablespoon ranch
- 1 cup cucumber slices + 1 Tablespoon ranch dressing
- ¼ cup of fresh blueberries
- 1 cup of salad greens, 1/2 cup of diced cucumber, and with vinegar and oil
- 2 saltine crackers
- 1 piece of string cheese stick
- ½ cup of egg salad, tuna salad or chicken salad
- 3 oz of deli ham, chicken or turkey slices
- 1 serving of cubed or sliced cheese (1 oz)
- ½ cup cottage cheese
- ½ cup tofu
- 1 slice deli ham, chicken or turkey + 1 slice cheese

### **Unlimited**

- Bouillon and broth
- Club soda, unsweetened
- Diet soft drinks
- Flavoring extracts
- Horseradish
- Mineral water
- Mustard
- Pickles
- Soy sauce
- Spices
- Sugar-free drink mixes
- Sugar-free gum
- Sugar-free Jell-O
- Tabasco or hot sauce
- Unsweetened lemon or lime juice
- Unsweetened tea
- Vinegar