

SNACKS

Does having diabetes mean that your snacking days are over? Absolutely not! In fact, snacks are an important part of a daily meal plan and can help keep your blood sugar levels stable between meals.



NATURAL

Choose the same types of whole, natural foods you have in your meals. That includes fruits, vegetables, whole grains and proteins.



PROCESSED

Avoid processed snack foods. The majority of these snack items offer little nutritional value and are generally high in calories, fat, sugar, sodium and additives.



PORTIONS

Keep your portion sizes small. This is not a full meal, after all.

15-20 CARBOHYDRATES IN A SNACK



PREPARED

Pack a few convenient snack options to take with you for those times you need an energy boost. A small handful of nuts are an excellent choice for an on-the-go snack.



SIGNAL

Use hunger as your signal for a snack, not boredom or fatigue.

PROTEIN

Including a source of protein helps you feel full longer.



DRINK WATER

Sometimes your body just needs water, so have a glass whenever you have a snack.



BE CREATIVE

The idea is to keep it to 15-20 grams of carbohydrate and about 150 calories, but you can choose from a wide variety of tasty and healthy items.



TIMING

Timing is important. A snack in the mid-morning or afternoon can really help manage blood sugar, keep you from getting overly hungry, and give you a little pick-me-up.



NEED IDEAS?

There are many sources for good snack ideas, like the American Diabetes Association, Everyday Health or the great articles on our website, but here are a few suggestions we like. Portion size will depend upon your personal carbohydrate snack budget, so be sure to read nutritional information when selecting your snacks.

- Cheese (1 oz.) and a few whole grain crackers or fruit
- Plain yogurt and berries or other fruit
- Celery and a tablespoon of almond or peanut butter
- Hard boiled egg
- Hummus (1/3 cup) and raw veggies like celery, carrots & peppers
- Half a banana or apple and a tablespoon of nut butter
- Air popped popcorn
- Lettuce wrap made with lean meat like sliced turkey
- A cup of soup – read the label if using canned or make your own
- Nuts of any kind – just watch the portion size
- Make your own crunchy kale chips