



Healthy Snacks Suggestions for people with Diabetes

For energy and greater blood sugar stability, you may benefit from eating small meals and snacks every 4-6 hours. When adding healthy snacks to your balanced meals it is best to **combine protein and high fiber carbohydrates**. When combined, these types of foods can help you feel satisfied for longer, reduce cravings, increase energy and can prevent overeating at later meals.

Carbohydrate Choices (About 15 grams carbohydrate)	Protein Choices (about 7 grams protein)
<p>Grain Products *Choose whole grain most often</p> <ul style="list-style-type: none"> ⇒ 4 crackers (About 20g) Low sodium, trans fat free ⇒ 1 slice bread (About 35g) ⇒ ¾ cup cereal Aim for 5g or more of fiber, 7g or less of sugar. ⇒ ½ English Muffin or pita 	<p>Meat and Alternatives</p> <ul style="list-style-type: none"> ⇒ Turkey or Chicken Choose skinless and baked/roasted more often ⇒ Pork or Ham Avoid sausages and processed meats ⇒ Beef Choose lean cuts, avoid processed meats ⇒ ¼ cup tuna or salmon packed in water ⇒ ¼ cup imitation crab ⇒ 2 slices extra lean deli meat
<p>Fruit</p> <ul style="list-style-type: none"> ⇒ 1 medium fresh fruit ⇒ ½ banana or mango ⇒ 1 cup berries or honeydew melon ⇒ 15 grapes or cherries ⇒ 2 cups of strawberries, blackberries or raspberries ⇒ ½ cup canned fruit Packed in water or strained ⇒ ½ cup unsweetened apple sauce ⇒ ¼ cup dried fruit 	<p>Dairy and Eggs</p> <ul style="list-style-type: none"> ⇒ 1 cup milk ⇒ ½ cup (0-2% MF) ricotta or cottage cheese ⇒ 50g low fat (<20% MF) cheese ⇒ 1-2 slice fat free cheese or 1 light Babybel ⇒ ½-¾ cup Greek yogurt Plain or sugar free, and low fat ⇒ 1 egg or 2 egg whites
	<p>Nuts and Legumes</p> <ul style="list-style-type: none"> ⇒ ¼ cup unsalted nuts or seeds ⇒ 2 tbsp natural nut butter (almond, peanut) ⇒ ½ cup soy beans (edamame) ⇒ ¼ cup hummus ⇒ ½ cup beans/lentils/legumes

Still hungry? You can also choose vegetables at snacks (choose non-starchy vegetables freely), in combination to your carbohydrate and protein choices. This can be useful if you have trouble having enough vegetables at meals or if you want to feel more satisfied.

Sugar free snacks: If you are used to having granola bars, you can enjoy these once in a while. Aim for 3g or more of fiber, 7g or less of sugar.

Do I need to eat snacks? You are more likely to need snacks throughout the day if you:

- Eat your meals longer than 4-6 hours apart and/or eat small meals
- Take certain medications

Suggestions for when you don't have access to a fridge:

- * ¼ cup trail mix (nuts, seeds, high fibre cereal)
- * 1 medium apple and 2 tbsp peanut butter
- * ¼ cup tuna on 4 whole grain crackers
- * Orange slices and Babybel cheese
- * ½ cup carrots with ¼ cup hummus
- * ½ cup applesauce with 1 tbsp chopped nuts/seeds
- * 10-20 almonds and 1 pear
- * ½ whole wheat pita with salsa

Suggestions for refrigerated snacks:

- * ½ cup plain Greek yogurt with ½ cup fresh or frozen berries
- * ½ cup cottage cheese with with melon
- * ½ cup ricotta with 4 whole grain crackers or canned peaches

Suggestions for snacks to plan for:

- * ½ cup bean salad made with mixed beans, raw veggies and low fat dressing
- * 1 smoothie – ½ frozen banana, ¾ cup milk or milk alternative, berries, favourite veggies
- * Tuna melt; open faced or ½ sandwich