

# Building Healthy Snacks

Choosing the right snacks can help keep blood sugar in better control by reducing hunger between meals, preventing over portioning at meals, and reducing cravings. Talk to a dietitian to find out what snacks might be best for you.

## Carbohydrate



## Protein



## Balanced snack with carbohydrate

- 1 slice whole grain bread, chapati, roti, or tortilla
- 2 Ryvita rye crispbreads
- 5 Triscuit crackers
- 3 cups plain popcorn
- 1 small yam/sweet potato
- 1 cup fruit or 1 small fruit
- ¾ cup unsweetened yogurt
- ½ cup soybeans
- ½ cup chickpeas/beans\*
- ⅓ cup hummus\*
- 1 bottle Glucerna drink\*

\*already includes protein

- 2 tbsp natural nut butter (almond or peanut butter)
- 1/4 cup nuts
- 1/4 cup seeds (sunflower, pumpkin, chia, hemp)
- 1oz low fat cheese (Allegro, Babybel, Laughing Cow, ricotta)
- 1/2 cup cottage cheese
- 1 boiled egg
- 1oz tuna/ham/egg salad
- 1 cup unsweetened soy milk

- 1 small fruit with handful almonds
- ½ cup cottage cheese with 1 cup fresh berries
- Raw veggies with ⅓ cup hummus
- 5 Triscuit crackers + 2 tbsp of almond butter or 1oz cheese
- 1 apple, sliced and 2 tbsp of peanut butter
- 1 slice rye bread + 1/6 avocado or peanut butter or cheese
- 3 cups plain popcorn + 1/4 cup peanuts

## Protein



## Free Food



## Balanced snack without carbohydrate

- 2 tbsp natural nut butter (almond or peanut butter)
- 1/4 cup nuts or seeds
- 1oz low fat cheese (Allegro, Babybel, Laughing Cow, ricotta, bocconcini)
- 1/2 cup cottage cheese
- 1 boiled egg
- 1oz tuna/salmon/egg salad
- 1 cup unsweetened soy milk

- Cucumber
- Zucchini
- Celery
- Cherry Tomatoes
- Radish
- Red or green peppers
- Other free vegetables
- Sugar-free jello
- Tea/Coffee (no sugar added)
- Unsweetened almond milk

- Roast beef slices and mustard wrapped in lettuce
- Celery and Laughing Cow cheese or peanut butter
- Cherry tomatoes and sliced turkey
- Tuna salad/salmon salad on cucumber rounds
- Hard-boiled egg with pepper
- Smoked salmon wrapped around asparagus
- Small handful of nuts and seeds

## Healthy Granola Bars

- Kashi chewy bars (almond, peanut butter, trail mix)
- Kind Healthy Grains bars
- Taste of Nature
- MadeGood Bars
- Glucerna bar
- Simply Protein bar

