

Healthy Snack Ideas for Better Blood Sugar



Why have snacks? Healthy snacks can help manage blood sugar by providing a steady supply of energy throughout the day and by decreasing your hunger at meal times. Talk to your dietitian about when to snack during the day. Try to include 1 carb choice (15g carb) plus add either a small serving of protein or healthy fat for dietary balance.

- 5 AK Mak crackers or ½ whole wheat pita (1 carb) + 2 tbsp hummus (½ protein and ½ fat)
- 3 Ry-Krisp/Ryvita crackers (1 carb) + 1-2 wedges Laughing Cow light cheese (½ protein + ½ fat)
- 6 low-fat Wheat Thin crackers (1 carb) + 1 hardboiled egg (1 protein)
- 1 serving baked pita chips (1 carb) + ¼ cup cottage cheese (1 protein)
- 1 slice whole grain bread (1 carb) + 1-2 tbsp natural peanut butter (1 protein)
- ½ whole wheat pita (1 carb) + ¼ cup tuna fish (1 protein with 1 tsp light mayo (free))
- 1 slice whole wheat toast (1 carb) + 1 egg (1 protein)
- ½ whole wheat English muffin (1 carb) + 4 thin (1 oz) deli meat slices or egg (1 protein)
- 1 small whole grain roll (1 carb) + 4 slices thin turkey (1 protein)
- ½ small whole wheat bagel (1 carb) + 2 tbsp light cream cheese (1 fat)
- 1 - 6" whole wheat or corn tortilla (1 carb) + ¼ cup shredded cheese (1 protein)
- 1/3 cup brown rice (1 carb) + 1 oz chicken or leftover meat (1 protein)
- 1/3 cup whole wheat noodles (1 carb) + ¼ cup tuna fish (1 protein)
- 1 frozen multigrain waffle (1 carb) + 1-2 tbsp natural peanut or almond butter (1 protein)
- 3-4 cups popcorn (1 carb) + 2 tbsp parmesan cheese (1 protein)
- ½ large apple, 1 cup sliced (1 carb) + 1 string cheese or 1 slice reduced fat cheese (1 protein)
- ½ large banana (1 carb) + 1-2 tbsp natural peanut butter (1 protein)
- ½ cup canned Lite fruit (1 carb) + ¼ cup cottage cheese (1 protein)
- 1 serving fruit (1 carb) + 1 serving nuts (6 whole almonds, 4 walnut halves or 20 peanuts (1 fat))
- 1 cup baby carrots (½ carb) + 2 tbsp Light Ranch Dip (1 fat)
- 2 celery stalks (free) + 1-2 tbsp peanut butter (1 protein) + 1-2 tbsp raisins (½ to 1 carb)
- 1 cup light Greek yogurt (1 high protein carb)
- Dry unsweetened cereal = 15g carb + ½ cup milk (1½ carb) + 2 tbsp sliced almonds (1 fat)
- Energy Bars such as: Balance Bar, Luna Bar, Kashi Bar (2 carbs + 1 protein + 1 fat)

