

# Snacks

for People with Diabetes

## WHY SNACK?

Some diabetes medications put you at risk for low blood sugar, especially if taking insulin or oral medications that help to reduce post prandial/meal blood sugar levels such as glipizide, glyburide, and glimepiride. A snack between meals may be needed to stabilize your blood sugar levels to help prevent low blood sugar.

## CONSIDER HAVING A SNACK WHEN...

- You are truly hungry.
- You are planning to exercise.
- You are needing extra carbohydrates to keep your blood sugar levels in range.
- You are planning to eat a meal much later than expected.

## WHAT TO INCLUDE...

A snack should include a combination of a protein, a healthy (unsaturated) fat, and a carbohydrate (no more than 15 to 20 grams).

This nutrient dense combination will keep you feeling full longer compared to snack foods high in sugar (Ex: candy, chips) that will rapidly spike your blood sugar followed soon after by a crash.

\*Reference our protein, fat and carbohydrate handouts for more ideas.

## PREPARE AND MEASURE SNACKS IN ADVANCE

Keep prepared snacks in an easy to access location such as a designated snack container in your kitchen and/or area in your refrigerator.

Preparing ahead allows you to control the amount of carbohydrates, proteins, and fats in your snacks. It also prevents overeating and portion control, which in excess can increase blood sugar and contribute to weight gain.

## SNACKING TIPS

- Wash and cut fruits and vegetables ahead of time
- Use a food scale and/or measuring cups for accurate portion/serving size
- Place snacks into individual baggies or airtight containers
- Purchase single serving packages of:

- Canned fruit/ fruit cups\*
- Cheese sticks
- Cottage cheese
- Cuties
- Guacamole
- Hummus
- Jerky sticks
- Kiwi
- Peaches
- Peanut butter
- Plums
- Protein bars
- Protein shakes
- Small apples
- Unsweetened applesauce
- Yogurt
- 100-calorie snack pack of nuts/seeds

\*100% juice or water (not in heavy syrup)



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