

Healthy Snack Ideas

When looking for a healthy snack between meals, include low-carbohydrate options, balanced with recommended carbs from milk, yogurt, fruits and grains. Add lean protein and healthy fats to compliment your choices.

Tips

- Portion size matters. Measure out food so you won't "eat mindlessly."
- Eat in designated areas.
- Drink non-caloric beverages including water to stay well hydrated.
- Keep a shopping list going so you won't be without healthy snacks when you run out.
- Never shop for food while hungry.
- Shop the outside perimeter of the grocery store for healthy items such as produce, dairy and proteins. Limit the inner aisles to food prep items, add-ins/spices and non-food needs.
- Incorporate walking for exercise while grocery shopping (park far away from the store entrance when possible).

Low Carbohydrate Ideas (less than 5 grams)

One cup of fresh vegetables (carrots, cucumbers, salad greens, etc.) with 1 tablespoon (Tbsp.) creamy or 2 Tbsp. vinaigrette salad dressing <i>Refer to our Low-Carb Food Options sheet for additional ideas</i>
Protein such as 1 Tbsp. peanut butter, ½ cup low-fat cottage cheese, 1-3 string cheese, ½ cup water packed tuna or 2 Tbsp. hummus
1 cup homemade kale chips
14 Goldfish crackers
½ Lavash bread
½ cup sugar-free Jell-O or pudding
¼ cup (4 Tbsp.) salsa
Nuts such as 2 Tbsp. of almonds, 9 cashews, 17 shelled walnut halves, 19 pecan halves, shelled peanuts or 25 shelled pistachios

15-20 grams Carbohydrate Ideas

Three 2½ inch square graham crackers with 1 Tbsp. peanut butter
¼ cup hummus with 1 cup fresh vegetables
1 apple, tangerine, nectarine, orange, peach or ½ a fresh pear or 2 plums
2 rice cakes with 1 Tbsp. peanut butter or ½ cup low-fat cottage cheese
½ cup ice cream
½ cup oatmeal with ¼ cup chopped nuts
3 Lindt chocolates
1 slice of bread or 1 whole Lavash bread to make a sandwich

List of some of your current favorite snacks that can be made healthier with less carbohydrates

Helpful Resources

umassmed.edu/dcoe/diabetes-education

diabetes.org/nutrition/meal-planning/quick-meal-ideas

diabetesfoodhub.org

eatingwell.com/recipes/17899/health-condition/diabetic

Learn more at www.umassmed.edu/diabetes