

Healthy Snacking for people with diabetes



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There's no reason to give up snacks as long as you are snacking for the right reasons. Healthy snacks can be important when you're hungry, go longer than planned between meals, are going to miss a meal, or to fuel exercise.

Know How Snacking Healthy Helps You

What you snack on and how much makes a big difference. Check your blood sugar to figure out if you need a snack. Eating a healthy snack can help keep your blood sugar in normal range and choosing healthy snacks can be a good way to add a boost of valuable nutrients with plant protein, fiber, healthy fats, and adds a variety of antioxidants, vitamins, and minerals.

Choose Snacks That Add Nutrients

- Whole foods as close to nature as possible (think whole fruit such as mandarin oranges, apples, plums, tomatoes, whole vegetables like cucumbers, bell peppers, cauliflower, and nuts like pistachios).
- Snacks with a good source of fiber can be a great way to get a small boost of fiber. Most people don't get enough fiber. Fiber plays an important role in gut health and is an important part of healthy eating for a person living with diabetes.
- Eat a combination of fruits, vegetables, nuts, beans, and seeds to get a variety of nutrients including vitamins, minerals, dietary fiber, healthy fats, and antioxidants.



Know When to Snack

- Plan snacks into your eating plan. Try a healthy snacking “rule of thumb”: Never go more than five waking hours without eating. Refer to the ‘Simple Snack Pairings’ below to keep it new and exciting.
- Pay attention to your body, and snack when you’re physically hungry, as opposed to when you’re “mind hungry” during times of stress or boredom.
- Know your daily and weekly routines for exercise and plan ahead.
- Track your snacks for a week using an app and learn about the calories, fat, carbs, and nutrients you’re getting from them. Decide if you need to make a change.
- Finally, if you eat a late evening snack, do so more than two hours before bedtime.

Use Problem Solving When Thinking about Snacks

| If.. | Try to.. |
|---|--|
| You struggle to make healthy choices when stressed | Keep on-the-go healthy snacks at your desk, in your car, or with you. |
| You want to eat foods lower in carbs and sugar | Focus on high quality carbohydrates from whole grains, nuts, fruit, and vegetables that are naturally lower in carbs and sugar. |
| You get hungry between meals and tend to grab something quick | Plan ahead for some healthy snack options that are a winning combination of protein, fiber, and healthy fats. These can help keep you satisfied and fuller longer! Check out the ideas for healthy snack pairings below. |
| You are going to exercise or have prolonged physical activity | Know the amount of carbs you will need to get through a common activity such as intentional exercise and other activities. Talk to a diabetes care and education specialist to fine tune your exercise and snacking needs. |



Try Simple Snack Pairings

- Pistachios + apple slices
- Cherry tomatoes + hummus + avocado slices + whole grain tortilla chips
- Mandarin orange + nuts
- Red bell pepper strips + black bean dip
- Carrot sticks + plain Greek yogurt + olive oil + mint + curry powder



PLAN FOR HEALTHY SNACKS

What do I want to snack on? List your healthy favorites here:

When do I need a snack? Examples are: between meals, before I leave work, before I exercise

Where do I keep my snacks? Examples are: in my purse, in my work drawer, in my locker at the gym

What if my blood sugar is high or low? Examples are: if your blood sugar is high drink plenty of water and consider going for a short walk. If your blood sugar is too low drink 4 oz of juice, then have a simple snack pairings option once your blood sugar is within normal range

Ask your diabetes care and education specialist for help!

This tip sheet is supported by **Wonderful Pistachios**.

For a variety of recipes featuring pistachios, go to **GetCrackin.com**.