

Healthy Snack Ideas

Snacks can be a part of a healthy diet. They can help satisfy your hunger between meals and provide energy to fuel physical activity.

When choosing a snack, aim for 15 grams of carbohydrate or less to help control blood sugar levels.

You may wish to have a protein only snack, or add a protein choice to your carbohydrate snack. Try pairing different protein choices and/or vegetables to your snack from the list below, as these foods minimally affect blood sugar and can help curb hunger.

Snacks with approximately 15 g of carbohydrates (Try adding a protein)		Protein Choices:
Grains	1 slice of whole grain bread	- eggs
	1/2 whole wheat English muffin	- peanut/ almond butter
	2 - 7 small whole grain crackers (see nutrition facts table)	- low-salt canned fish
	1/3 –1/2 cup high fiber cereal (see nutrition facts table)	- chicken/ turkey slices
	2 - 3 cups of hot air popped popcorn	- cheese (ex. cheddar, edam, skim mozzarella) * <u>Tip:</u> Try cheese with <20% M.F.
Fruits	1 medium apple, orange or pear	- hummus
	1/2 banana	- plain Greek yogurt (< 2% M.F.) * <u>Tip:</u> flavor with cinnamon, vanilla extract, sweeteners
	1 cup of blueberries, melon	- cottage cheese
	2 cups of blackberries, raspberries or strawberries	- nuts * <u>Tip:</u> consume in moderation, 1/4 cup, as they can be high in calories, try unsalted
	15 grapes/cherries	- edamame * <u>Tip:</u> flavor with sesame oil/ fresh ground pepper
	2 medium kiwi	- unsweetened soy milk
	1/2 cup unsweetened, cooked or canned fruits (Note: if choosing canned fruits, choose those prepared in water instead of syrup)	<u>Other suggestions:</u>
Dairy	1 cup plain regular yogurt 2% M.F. (milk fat) or less	- add flavor and healthy fat with 1/4 - 1/3 avocado
	1 cup milk (2% M.F. or less)	- add flavor with lemon juice, vinegar or spices/ herbs like dill, cumin, chili powder or basil

Healthy Snack Ideas - *continued*

Other snack ideas

Vegetables	Carrots, celery, broccoli, bell pepper, snow peas, cucumber, tomatoes, mushrooms, zucchini, etc. <u>Tips:</u> - Many vegetables are low in carbohydrates. You can eat plenty of non-starchy vegetables without raising blood sugar. - Try eating your vegetables with peanut butter, hummus or low fat dip (try Greek yogurt dip).
Calorie-Free Drinks	Unsweetened herbal tea, unsweetened sparkling water or water infused with herbs, lemon or lime

More Tips for Healthy Snacking:

- Try to be mindful with snacking. Sometimes we may snack due to boredom, stress, habit or even when we are thirsty.
- Keep healthy snacks in your bag, in your car, at your desk or at home.
- Choosing snacks that are high in fibre may help control blood sugars and can help you feel full. High fibre foods include: whole grains, vegetables, fruit, and plant-based proteins (chickpeas, almonds, soy nuts etc.)
- Some packaged foods may say low-sugar, sugar-free, or diabetes-friendly. However, they can still contain carbohydrates. Always check the nutrition label to find out the carbohydrate content.



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