

# Healthy Snacks for Diabetes



Try combining a protein with a carbohydrate at snack time. This will help with stable blood sugars and keep you more full for longer.

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- Plain yogurt with fruit - try berries, 1/2 sliced banana, or 1/2 cup stewed fruit.
- Sliced apple with peanut butter
- Cottage cheese and 1/2 cup of fruit
- Whole-grain crackers with hummus
- Baked apple with cinnamon with plain yogurt
- Boiled eggs and a piece of fruit
- Sardines on whole-grain crackers
- Peanut butter on a banana
- Trail mix - about 1/3 cup
- A piece of fruit with a small handful of nuts - try walnuts, almonds, cashews, hazelnuts, peanuts
- Tomato, 1 slice of whole-grain toast, and 1 slice cheese
- Whole-grain toast with 1 tbsp peanut butter
- Smoothie with 1/2 cup of fruit, plain yogurt, milk or milk alternative, and 1-2 tablespoons of flaxseed
- Smoothie with 1/2 banana, plain yogurt, 1 tablespoon of peanut butter and 1 tablespoon of cacao powder, and milk or milk alternative.
- Peanut butter energy ball - mix peanut butter, dried fruit or soaked dates, oats, and any nuts and seeds.



# Low Carbohydrate Snack Ideas for Diabetes

If you are looking for a snack that won't raise your blood sugars, choose a snack that is mostly protein (or heart-healthy fat). If you are on insulin or another medication that could cause low blood sugars, make sure you monitor your blood sugars regularly to prevent lows.

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- Smoked oysters
- Boiled eggs
- Dried fish
- Jarred fish with mayo and dill
- Smoked herring
- Edamame beans - boiled
- Small handful of nuts
- Plain yogurt (with 1/2 cup of berries is OK)
- Beef or turkey jerky
- Olives and dill pickles
- Cheese, one slice
- Avocado - you can make it into guacamole
- Smoked mussels
- Sardines
- Cut up vegetables - peppers, cucumber, cherry tomatoes
- Celery sticks with peanut butter
- 1 oz dark chocolate with nuts (75% dark or more)

