

Healthy Snacks to Help Your Diabetes

Eating snacks helps you spread carbohydrate over the day. This may help you manage your blood sugar.

Can snacks help my blood sugar?

Healthy snacks can help your blood sugar if:

- your meals are more than 4–6 hours apart
- you have low blood sugar when you don't snack
- you will be more active, which may result in a low blood sugar
- you're pregnant
- your morning blood sugar is better when you have an evening snack
- snacking helps you eat less at meals



Not sure when to have a snack? Talk to your healthcare team.

I need a snack when:

What is a healthy snack?

Smaller Snacks (about 15 grams carbohydrate)



Or



Or



Or



1 cup (250 mL) vegetables,
½ cup (125 mL) berries,
1 Tbsp (15 mL) nuts

¾ cup (175 mL) plain or
no added sugar yogurt

1 small or medium
fruit

3 cups (750 mL)
plain popcorn



Or



Or



2 Tbsp (30 mL) nuts,
1 cup (250 mL) melon

½ cup (125 mL) fruit,
¼ cup (60 mL) cottage cheese

1 ounce (30 g) low fat cheese,
2–3 rye crisp crackers

Larger Snacks (about 30 grams carbohydrate)



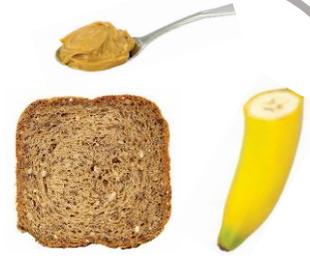
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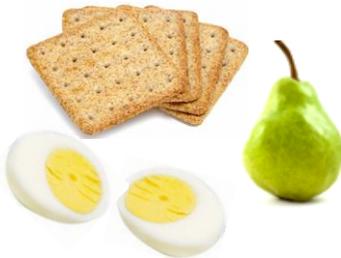


¼ cup (60 mL) hummus,
vegetables, ½ pita

1 cup (250 mL) 1% milk,
1 medium apple

¾ cup (175 mL)
bean salad

1 slice bread, ½ banana,
2 tsp (10 mL) nut butter



Or



Or



3–4 whole grain crackers,
1 egg, 1 small pear

1 Tbsp (15 mL) seeds, 1 cup
(250 mL) berries, ¾ cup (175 mL)
plain or no added sugar yogurt

1 cup (250 mL) 1% milk,
½ sandwich

My healthy snack ideas:

Limit sugar, sugary foods and higher fat foods.

