

Healthy Snacks & Diabetes

Knowing healthy snack options is important.
Your diabetes educator or dietitian can give you individualized guidance.

Tips for Healthy Snacks

Snack with purpose: to tide you over between meals, prevent low blood sugar, or help you recover from a workout. Eat when you are hungry, not when you are bored.



Snacks may help prevent hunger or low blood sugar



Follow hunger cues,
wait at least 2-3 hours
after a meal



Aim for 15g of
carbohydrates paired
with protein



Avoid snacks that are high
in calories or sugar and
low in fiber



Healthy protein choices
can be plant-based, eggs,
low-fat dairy or dried meat



Avoid sugary drinks.
Water and calorie-free
drinks are best

Proteins -vs- Carbohydrates



Proteins

are important for keeping muscles strong, healing wounds, and managing blood sugar levels, which is especially important for people with diabetes.



Carbohydrates

provide energy for the body. The best way to fuel your body is by eating less processed carbs, or whole foods like fruit, vegetables or whole grains.

Snack Combos with 15 grams of Carbs

1 cup of
Greek yogurt



17g
Protein

¼ cup low-fat
cottage cheese
¾ cup diced fresh
or unsweetened
pineapple



6g
Protein

1 low-fat granola bar



6g
Protein

1 cup raw carrots or
cucumber slices
4 Tbsp hummus



12g
Protein

1 small apple, sliced
1 piece of low-fat
string cheese or
2 Tbsp of nut butter



8g
Protein

6-10 small pretzels
2 Tbsp of low-fat
cream cheese or
nut butter



8g
Protein

3 cups of low-fat
microwaved popcorn
6 almonds or
10 peanuts



2g
Protein

6-10 dark chocolate
covered almonds



5g
Protein

1 small pear, sliced
¼ cup low fat
cottage cheese



6g
Protein

3 Graham crackers
(2 ½ inch squares)
1 Tbsp nut butter or
1 cup unsweetened
almond milk



5g
Protein

2 mandarin cuties
orange slices
1 boiled egg



6g
Protein

1 slice whole wheat
bread
2 Tbsp nut butter



8g
Protein

17 small grapes
4 halves walnuts
or pecans



1g
Protein

¾ cup blueberries
6 almonds



2g
Protein

1 cup celery
4 Tbsp pimento
cheese or
beer cheese



5g
Protein