



# smart snacking



## 1 | boost your nutrition

Think of a snack as a way to boost your daily nutrition instead of always an opportunity to indulge. Stick to whole foods as much as possible, which pack the strongest nutrition punch!

## 2 | plan for success

A well-planned snack in between meals can help control your appetite at meals to prevent over-eating. It does take some planning ahead so that you are not stuck with only unhealthy options to choose from, but it is worth it!

## 3 | be carb-aware

Choose snacks that are small, include protein to keep you full, and always low glycemic index. Aim to keep your snacks **under 20 grams** of carbohydrates to minimize blood sugar spikes between meals.

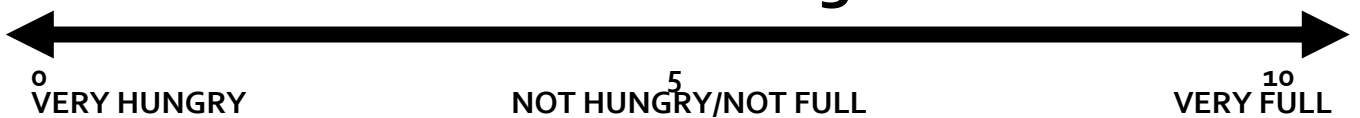
## 4 | make it fit for you

Most people enjoy having 1 or 2 healthy snacks throughout the day along with 3 balanced meals. If you prefer eating more often, try having five smaller meals throughout the day. The important thing is to make it work for your schedule and daily activities.

## 5 | don't get distracted

Try not to snack mindlessly as you are preparing meals, cleaning, watching television, on the computer, or driving as this can lead to eating more than you had planned to. Always plate or portion out your snacks to make sure that you don't end up overeating.

## habit vs. hunger



- Use the hunger scale above to figure out just how hungry you are. If you are between 5-10 and reaching for a snack, it is more likely that you are doing so out of HABIT than actual hunger. If you are between 0-3, you are likely truly hungry and having a balanced, healthy snack is a smart decision.
- If you are often eating snacks out of habit, you may also be thirsty – have a glass of water, herbal tea or coffee first to see if that satisfies you. You may also simply need a distraction – go for a walk, call a friend, or read a book – anything that can take your mind off of food.

## do I NEED to snack?

- Many people think that they need to snack constantly throughout the day when they are living with diabetes. This is not true – adding in snacks to your day is entirely up to you.
- If you are taking certain diabetes medications or insulin, there is a possibility that you may have a low blood sugar (hypoglycemia) if you go too long without eating or eat much less than you usually do. Always speak to your diabetes educator or doctor if you think you might be having any low blood sugars.
- Consider adding in a small snack if your meals are going to be longer than 5-6 hours apart to reduce the risk of having a low blood sugar. You may also wish to have a small carbohydrate & protein snack at bedtime to keep your blood sugar stable overnight.

## smart snacking ideas

An ideal snack has protein, healthy fat, and good-quality carbohydrates (i.e. vegetables, fruits, whole grains or dairy).

The ideal snack should also be less than 200 calories (this may depend on how often you are eating throughout the day). Remember to aim for under 20g of carbohydrates. If you are unsure of how many carbs might be in your favourite snack, speak to your diabetes educator.



- 1 cup of baby carrots & 2 tbsp of white bean dip
- ½ cup of plain Greek yogurt & ½ cup blueberries
- 1 string cheese & 1 medium apple
- 1 cup of milk
- 3-4 slices mango & 8-10 walnuts
- 2-3 cups popcorn (freshly popped, low sodium & lightly buttered)
- 1/3 cup hummus & 1 cup raw vegetables (snap peas, carrots, cucumber)
- 2 whole grain rice cakes & 1 tbsp natural peanut butter
- ½ turkey sandwich (1 slice whole-grain bread, 2 oz turkey & mustard)
- 1 small apple & 7-8 cashews
- 1 tbsp natural peanut butter on 5-7 whole-grain crackers
- salmon (1/2 can) mixed with 1 tbsp mayo stuffed in 2-3 romaine lettuce leaves OR in ½ WW pita
- 4 long celery stalks & 2 tbsp almond butter
- 1 hard-boiled egg & 1 pear
- ½ cup cottage cheese & 1 cup sliced strawberries
- tuna (1/2 can) mixed with 1 tbsp mayo & ½ WW english muffin
- 1 cup raita (made with plain yogurt, diced cucumbers, tomatoes, ½ potato, onion & herbs)
- mini pizza: ½ whole-wheat English muffin with 1 tbsp pizza sauce & 2 ounces shredded mozzarella cheese
- 1 small banana & 1 tbsp natural peanut butter
- ½ baked sweet potato & 1 tbsp plain Greek yogurt & 2 tbsp salsa
- 2 oz paneer with sautéed peppers & onions
- egg salad (1 hard-boiled egg mixed with 1 tbsp mashed avocado OR mayo) on 3-4 whole grain crackers
- ¾ cup steamed or boiled shelled edamame
- 1 plain oatmeal package (or 1/3 cup raw oats cooked with water) & 1 tbsp walnuts & cinnamon
- ¾ cup roasted chickpeas (see recipe below)
- 3-4 rye crackers & 2 tbsp mashed avocado

## recipes for smart snacks

### Black bean & corn salsa

Mix together 1 cup of canned black beans (rinsed well), ½ cup canned corn (rinsed well), 2 dozen sliced cherry tomatoes, and ½ diced ripe avocado with 1 tbsp olive oil, squeeze of lime & salt/pepper to taste. Makes enough for 3 snacks – serve with 8-10 whole grain tortilla chips.

### Roasted chickpeas

Rinse 1 can of chickpeas well and pat dry. Roast for 30-40 minutes on baking sheet @ 400°. Toss with ½ tbsp olive oil and ½ tsp each of cumin, chili powder and ¼ tsp of cayenne, OR use ½ tbsp honey, ½ tsp cinnamon & ¼ tsp nutmeg.

### Greek Yogurt fruit dip

Mix 1 cup plain Greek yogurt with 2-4 tbsp unsweetened cocoa powder and 1 tbsp maple syrup. Use as a dip for fresh fruit for something sweet!