

# Build a Balanced Snack

## Snacks can be a part of a healthy diet

and may benefit those living with diabetes by maintaining blood sugar levels.



### Snacks can:

KEEP your energy up and hunger down between meals

PROVIDE your body with key nutrients

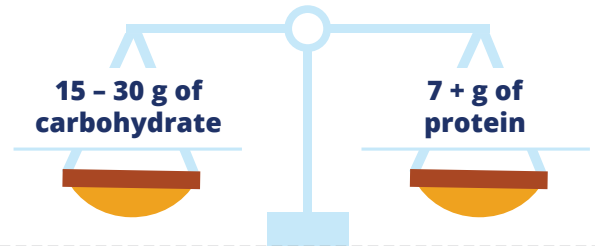
MANAGE your blood sugar levels

Snacking is individual and is based on your healthy eating plan, medications and activity level.

### Building a balanced snack

When building your healthy snack, aim for 15-30 grams of high fibre carbohydrate plus at least one serving (7 g) or protein.

Listen to your body's hunger and fullness cues to decide on a snack of choice.



Mix and match a carbohydrate with a protein choice to create a variety of snacks.



#### Carbohydrate [15 g]

Whole wheat bread (1 slice), naan (6"), tortilla (6"), pita (1/2), Bannock (1.5x2.5 in)

Air popped popcorn (2 1/2 cups)

Berries (blueberries 1 cup, strawberries 2 cups)

Baby Carrots (16)

Whole wheat bagel (1/2)

Whole grain crackers (melba toast, rye crisp, rice cracker) 4

Apple, orange or pear (1 small)

Tortilla wrap, whole wheat (6")

Low-fat milk (1 cup)

Tortilla chips (8 chips/25 g)

Dried fruit (2 Tbsp)



#### Protein [7 g]

Peanut or nut butter (2 Tbsp)

Hemp seeds (2 Tbsp)

Egg (1 large)

Cheese (1 oz/30 g)

Edamame (1/2 cup)

1% Cottage cheese (1/4 cup)

Pumpkin seeds (2 Tbsp)

Hummus (about 1/3 cup)

Nuts, peanuts (1/4 cup)

Plain Greek yogurt (1/2 cup)

Cooked meat, fish or poultry (1oz/30 g)

Chickpeas, lentils, pulses (1/2 cup)