

HEALTHY SNACK IDEAS

When looking for a healthy snack between meals, include low carbohydrate options, balanced with recommended carbs from milk, yogurt, fruits and grains. Add lean protein and healthy fats to compliment your choices.

TIPS

- Portion size matters. Measure out food so you won't "eat mindlessly."
- Eat in designated areas.
- Drink non-caloric beverages including water to stay well hydrated.
- Keep a shopping list going so you won't be without healthy snacks when you run out.
- Never shop for food while hungry.
- Shop the outside perimeter of the grocery store for healthy items such as produce, dairy and proteins. Limit the inner aisles to food prep items, add-ins/spices and non-food needs.
- Incorporate walking for exercise while grocery shopping (park far away from the store entrance when possible).

LOW CARBOHYDRATE IDEAS (LESS THAN 5 GRAMS)

- One cup of fresh vegetables (carrots, cucumbers, salad greens, etc.) with 1 tablespoon (Tbsp.) creamy or 2 Tbsp. vinaigrette salad dressing
Refer to our Low-Carb Food Options sheet for additional ideas.
- Protein such as 1 Tbsp. peanut butter, ½ cup low-fat cottage cheese, 1-3 string cheese, ½ cup water packed tuna or 2 Tbsp. hummus
- 1 cup homemade kale chips
- 14 goldfish crackers
- ½ lavash bread
- ½ cup sugar-free Jell-O or pudding
- ¼ cup (4 Tbsp.) salsa
- Nuts such as 2 Tbsp. of almonds, 9 cashews, 17 shelled walnut halves, 19 pecan halves, 23 shelled peanuts or 25 shelled pistachios

CARBOHYDRATE IDEAS (15 TO 20 GRAMS)

- Three 2½ inch square graham crackers with 1 Tbsp. peanut butter
- ¼ cup hummus with 1 cup fresh vegetables
- 1 apple, tangerine, nectarine, orange, peach or ½ a fresh pear or 2 plums
- 2 rice cakes with 1 Tbsp. peanut butter or ½ cup low-fat cottage cheese
- ½ cup ice cream
- ½ cup oatmeal with ¼ cup chopped nuts
- 3 Lindt chocolates
- 1 slice of bread or 1 whole lavash bread to make a sandwich

DIABETES CENTER OF EXCELLENCE

AMBULATORY CARE CENTER (ACC), SECOND FLOOR
55 LAKE AVENUE NORTH, WORCESTER, MA 01655

NEW PATIENTS: **855-UMASS-MD** (855-862-7763)

EXISTING PATIENTS: **508-334-3206**



Diabetes Center of Excellence

WWW.UMMHEALTH.ORG/DIABETES

