

Healthy Snacking

Snacks can be a part of a healthy diet and have many benefits.

Snacks can help keep your energy up and hunger down between mealtimes. They can provide your body with nutrients like protein, fibre, vitamins and minerals. Balanced snacks can help you manage your blood sugar as well.

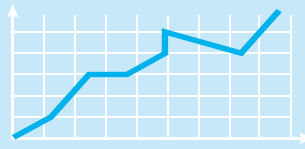
Snacking and diabetes - things to keep in mind

It is important to listen to your body's hunger cues and monitor your blood sugar when deciding to snack. Some things to keep in mind when choosing a snack include:

Will there be a big gap between your meals?



Will the snack help you manage your blood sugar?



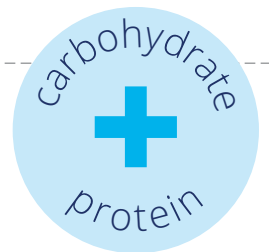
Are you going to be physically active?



If the answer to any of these questions is 'yes', you may benefit from including a healthy snack into your day.

Healthy and delicious ideas for snacks

When building your healthy snack, aim for 15-30 grams of carbohydrate plus some protein. Pairing carbohydrate and protein helps to fill you up, keeps you full longer and slows down the rate of digestion of carbohydrates, helping to manage your blood sugar.



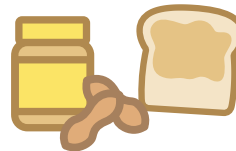
1/2 cup plain Greek yogurt + 1/2 cup berries



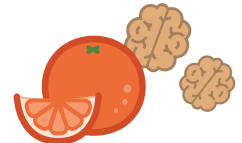
1/3 cup hummus + 1/2 cup of vegetables



1 slice of whole-grain toast + 2 Tbsp nut butter



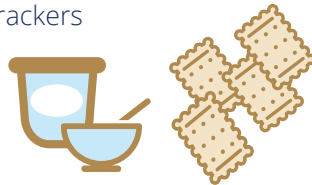
1 orange + 1/4 cup of walnuts



1/4 cup egg salad + 1/2 whole wheat English muffin



1/2 cup low-fat cottage cheese + 4 whole grain crackers



3 cups air popped popcorn + 1/4 cup pumpkin seeds



1 cup steamed edamame

