

Optimal snacks will have **15 grams of carbohydrates** or less and include a source of **protein**.



You should eat every **3 to 4** hours to help maintain a more consistent blood sugar.



We tend to underestimate the amount of food that we are eating. Make sure to measure out portions so you know how much you are eating.

Diabetes Nutrition



Healthy Snacks

Diet is important for everyone, but especially diabetics. Healthy eating is one tool that you can use to help control your diabetes and live a healthier lifestyle.



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1/2 a Granny smith apple & a slice of baby swiss cheese

- 12 grams carbohydrates
- 5 grams protein



3/4 cup cottage cheese, 2 cherry tomatoes, 1/4 avocado, cracked black pepper

- 15 grams carbohydrates
- 15 grams protein



4 oz. diabetic friendly yogurt, 7 red raspberries

- 5 grams carbohydrates
- 5 grams protein



3 sticks of celery, 2 TBSP of peanut butter, & 12 raisins

- 12 grams carbohydrates
- 7 grams protein



1/4 cup cashews

- 11 grams carbohydrates
- 7 grams protein



Nature's Valley Nut Crisp

- 10 grams carbohydrates
- 4 grams protein

a great option to keep in a purse, car, or bag when away from home!