

Healthy, Balanced Snack Ideas to Help Control Blood Sugar

Snacking can be part of a healthy diet! Snacks can provide the fuel your body needs to control your blood sugar and your appetite if used as a “mini meal” as opposed to a treat. Snacks should be low in salt and added sugars, and should contain a combination of carbohydrates with fiber, protein, and/or healthy fats. Try these ideas for healthy snacking!

- One whole Thomas® Light Multi-Grain English Muffin with 1 Tbsp nut butter
- 2 Tbsp raisins and ¼ cup (C) almonds
- Hard-boiled egg and one slice of whole-wheat toast with ½ teaspoon (tsp) margarine
- ½ Banana or one medium apple with 1 Tbsp nut butter
- ½ C low-fat cottage cheese and ½ C peaches (canned in water or 100% fruit juice)
- 4 ounce (oz) Kozy Shack® No Sugar Added Rice Pudding and ¼ C nuts
- Kabobs made with 1 C melon and 1 oz low-fat cheese
- Celery and dip made from 1 Tbsp peanut butter and 2 Tbsp raisins
- ½ C sugar snap peas and 2 Tbsp hummus (bean dip)
- Five Reduced-Fat Triscuits® with 1 oz low-fat cheese
- ½ C lite tuna or egg salad in ½ of a whole-wheat pita
- One whole Thomas® Light Multi-Grain English Muffin topped with tomato sauce and 1 oz low-fat mozzarella cheese, baked
- 10 Multi-Grain Wheat Thins® with 1 oz low-fat string cheese and 5 fluid ounces (fl oz) of tomato juice

Each snack averages about 15 grams (g), or 1 serving, of carbohydrate.

