

Diabetes: Snack Options

What are some tips for healthy snacking?

- **When should I snack between meals?**
 - Include a snack if there is a big gap of time between meals. For example, if your lunch break is at noon, but you don't get home from work until 6 o'clock at night, an afternoon snack can help you make it to dinner without feeling starved.
 - If you have an early dinner, an evening snack may help maintain your blood sugar overnight.
- **What types of snacks should I choose?**
 - Choose high fiber carbs, such as fruit, hummus, or light popcorn.
 - Combine with protein and/or small amounts of healthy fats like nuts, seeds or avocado to help fill you up longer.
- **Want something sweet?**
 - Size matters! For example, a small square of chocolate can be a nice daily treat. Larger treats like an ice cream cone or a piece of cake are fine once in a while, but you may need to reduce the carbs in your meal to make room for the carbs in your treat.
- **How big should my snacks be?**
 - Choose snacks with 15-30g carbs and 150 calories or less. For example, an apple and a little peanut butter, mandarin oranges and low fat cottage cheese, fruit and nut bars, or Greek yogurt. See next page for more ideas.

Snack Ideas

15-20g carb snack ideas (under 150 calories)	
1 Fiber One bar 6 oz light yogurt, Greek or regular 3 cups light popcorn 1 small- to medium-sized apple or orange 4 oz applesauce 1 cup berries or cut melon 15 grapes Carrots, celery, tomato and other vegetables dipped in ¼ cup hummus 15 mini pretzels	5-6 snack crackers topped with tuna or chicken salad 1 slice whole grain toast topped with 2 tsp peanut butter or ¼ avocado ½ turkey sandwich on whole wheat 1 small bag reduced fat potato chips 12 bite sized rounds of tortilla chips and 2 Tbsp guacamole ¼ cup trail mix (fruit and nut)

30g carb snack ideas (100-150 calories)	
1 packet instant oatmeal 1 Fruit & nut trail mix bar 1 cup Cheerios with low fat milk 1 banana	1 large apple or orange 30 grapes 1 fruit and yogurt parfait

0g carb snack ideas (under 150 calories)	
1 hard-boiled egg 1 oz low fat string cheese 1 Laughing Cow cheese wedge ½ cup reduced fat cottage cheese	Carrots, celery, cherry tomatoes, and other non-starchy vegetables Side salad with 1 Tbsp dressing Sugar Free Jello

Sweet Treats	
15g carbs	30g carbs
1 popsicle or fudgsicle	16 animal crackers
3 graham crackers	½ cup instant pudding
5 vanilla wafers	5 Twizzlers
3 Hershey Miniatures	3 Fig Newtons
5 Hershey Kisses	½ cup ice cream, sherbet, or sorbet
2 Oreo cookies	

Final Tip: Ask Yourself Why You Want a Snack

Before grabbing something to eat, take a few minutes to ask yourself the following questions:

How hungry are you? Rate your hunger									
1	2	3	4	5	6	7	8	9	10
Not hungry at all									Extremely hungry

If you rated your hunger as 4 or less, why might you want a snack? Are you:			
Bored	Stressed	Nervous	Sad
Angry	Celebrating	Watching TV	Other: -----

**If you circled any of the above,
try one of these activities first.**

- Go for a walk.
- Challenge yourself at the gym.
- Call a friend or family member.
- Get lost in a book.
- Keep a journal. Write down what you are feeling and why.
- Focus on the positive. Write down three things that went well today. Describe why they went well.
- Turn off the TV, get off the Internet, or put down your smartphone. Take up your favorite hobby instead: playing music, gardening, woodworking, arts and crafts, writing, or another activity you enjoy.
- Try deep breathing to help manage stress: Take a deep breath in for a count of four; hold your breath for a count of four; exhale for a count of four; hold your breath for a count of four. Repeat until you feel relaxed.

Still want that snack? Enjoy!

- If you tried a different activity and you still want that snack, go ahead and enjoy.
- By taking a moment to deal with your feelings in other ways, you might either
 - a) Forget about needing a snack, or
 - b) Decrease the strength of your emotions, and then decrease the amount of snacking you do.

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