Healthy Snacks

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.**

**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.**

Created by:
Katie Heron, MS, VSN
Viterbo University
1/2 a Granny smith apple & a slice of baby swiss cheese
- 12 grams carbohydrates
- 5 grams protein

3 sticks of celery, 2 TBSP of peanut butter, & 12 raisins
- 12 grams carbohydrates
- 7 grams protein

3/4 cup cottage cheese, 2 cherry tomatoes, 1/4 avocado, cracked black pepper
- 15 grams carbohydrates
- 15 grams protein

1/4 cup cashews
- 11 grams carbohydrates
- 7 grams protein

4 oz. diabetic friendly yogurt, 7 red raspberries
- 5 grams carbohydrates
- 5 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!**