DIABETIC SNACK SUGGESTIONS

SNACKS LOW IN CARBOHYDRATES

* Raw vegetable sticks (carrots, turnips, celery, bell peppers, radishes, broccoli, cucumber, mushrooms, cauliflower, snow peas, etc.)
* Raw vegetable sticks + 2 tbsp (30ml) tzatziki or hummus
* ½ cup (125ml) sodium reduced vegetable juice + 1 tbsp (15ml) nuts (almonds, peanuts, cashews, hazelnuts, pistachios, pecans soy nuts, etc. or seeds (sunflower, pumpkin etc.)
* 1 hardboiled egg
* 1-ounce (30g) cheese

SNACKS WITH APPROXIMATELY 15G OF CARBOHYDRATES AND 4 G OF PROTEINS OR MORE

* ½ cup (125ml) whole grain cereal (ex: multigrain cheerios) and ½ cup(125ml) milk with 2% or less m.f.
* 1 slice whole grain bread and 1 tbsp (15ml) almond butter or peanut butter
* 5-6 whole wheat crackers and 2 tbsp (30ml) tuna or salmon packed in water
* 1 apple and 1 tbsp (15ml) peanut butter
* ½ cup (125ml) unsweetened fruit compote/sauce and 4 walnut halves or 1 tablespoon of any nut.
* ½ cup fruit salad with no added sugar and a piece of cheese
* ½ cup (125ml) fruit pieces and 1/3 cup (75ml) cottage cheese with 4% or less
* ½ cup of this smoothie recipe: ¼ banana +1/2 cup (125ml) berries + ½ cup (125ml) milk or carnation milk or Greek yogurt. Add water if to thick.
* ½ cup (125ml) Greek yogurt
* ¾ cup (175ml) plain yogurt with 1tsp. (5ml) syrup and 1 tbsp (15ml) all bran type cereal
* ¾ cup (175ml) enriched soy beverage or 1 cup(250ml) milk
* 1 toast and 1 boiled egg
* ½ ham, chicken or egg sandwich

Sources: adaptation fait a partir du document de Diabete Quebec , www.diabete.qc.ca