

Healthy Snack Ideas

A healthy snack can help maintain your blood sugar level if your meals are more than six hours apart. They can also help with appetite and weight management, and provide extra energy and nutrients.

What can I eat for snacks?

- Smaller snacks usually contain 1 choice or 15g of carbohydrate.
- Larger snacks contain 2 choices or 30g of carbohydrate.

Smaller Snacks: One Carb Choice = 15g Carbohydrate

Note: Try including a source of protein for a more filling snack

- 1 medium fruit such as an apple, orange, or pear with boiled egg or cheese
- 12-15 grapes or cherries with ¼ cup unsalted nuts
- 1 cup of blueberries or ½ cup canned fruit in its own juice with ½ cup cottage cheese
- 1 orange with ¾ cup edamame (green soybeans in the pod)
- 1 plain granola bar
- 4-7 crackers with ¼ can tuna with 1-2 tsp light mayonnaise
- ½ cup plain or artificially sweetened yogurt or frozen yogurt with ½ cup melon
- Trail mix: 2 Tbsp dried fruit with ¼ cup unsalted mixed nuts
- 1 cup of homemade soup
- ½ whole wheat English muffin with 1 Tbsp tomato sauce and grated cheese. Broil until the cheese melts. You can also top with your favourite vegetables.
- ½ cup cooked oatmeal with cinnamon and 1-2 Tbsp chopped nuts
- ½ cup unsweetened applesauce sprinkled with 1 Tbsp slivered almonds
- ½ cup whole grain cereal with ½ cup low fat milk
- 1 cup latte, cappuccino, unsweetened cocoa, or chai tea made with milk or plain soy milk
- 1 cup of plain yogurt-based dip or ½ cup bean salad with sliced vegetables
- 4-7 high fibre crackers with low fat cheese
- Ants on a Log: 1-2 celery stalks topped with 1-2 Tbsp of peanut butter and 2 Tbsp raisins
- 4 cups of air popped popcorn seasoned with herbs, spices, or parmesan cheese
- 2-3 plain cookies such as arrowroot or ginger cookies
- 1 whole wheat 6" tortilla or roti or chapatti with 1 Tbsp almond butter or ¼ cup hummus
- 2 brown rice cakes or 10-12 mini rice cakes with cheese
- One 6" tortilla with 1/3 cup guacamole with sliced vegetables
- ½ cup romaine lettuce topped with ½ cup chickpeas and 1 Tbsp oil and vinegar dressing
- Glucerna bar® or Boost Nutritional Drink®

Larger Snacks: Two Carb Choices = 30g Carbohydrate

Note: Try including a source of protein for a more filling snack

- 1 medium fruit such as an apple or orange with 1 glass of milk or unsweetened soy milk
- 1 whole medium banana
- 1 cup of blueberries or melon with 1 cup of plain or artificially sweetened yogurt
- ½ cup canned fruit in its own juice with 1 cup of plain or artificially sweetened yogurt
- 1 cup of homemade soup with 4-7 crackers
- 1 whole wheat English muffin with 1 Tbsp tomato sauce and grated cheese. Broil until the cheese melts. You can also top with your favourite vegetables.
- ½ cup cooked oatmeal with 2 Tbsp dried fruit, cinnamon, and 1-2 Tbsp chopped nuts
- 1 cup unsweetened applesauce
- ¾ cup whole grain cereal with 1 cup low fat milk
- High fibre granola bar
- 1 small homemade muffin with cheese
- 2 slices of whole grain bread with salmon or egg salad filling
- 2-3 plain cookies such as arrowroot or ginger cookies with 1 cup of milk
- 1 whole wheat 6” tortilla or roti or chapatti with ½ banana and 1 Tbsp peanut butter
- Trail mix: ¾ cup of high fibre cereal with 2 Tbsp of dried fruit and 2 Tbsp of nuts
- 1 slice toasted pumpernickel bread with 1 tbsp grated cheese melted and 1 sliced apple
- ½ cup cooked quinoa with 3 chopped dried apricots and 1 Tbsp sunflower seeds sprinkled with cumin or cinnamon
- ½ cup frozen yogurt topped with ¾ cup mixed fruit
- 4 pieces of melba toast with 1 medium sliced apple and 1 Tbsp peanut butter
- Glucerna Nutritional Drink®

Note: Many products such as sugar-free cookies and ice cream are labeled “made for people with diabetes”, “sugar-free” or “diabetic-friendly”. Often these products may still contain carbohydrates and may be higher in salt, fat, or calories. Sweet-tasting sugar-free snacks may also contain sugar alcohols. Eating too much sugar alcohol can cause diarrhea and bloating in some people. Be sure to read the nutrition label before buying them

Adapted from:

- Dietitian’s of Canada “Healthy Snack Ideas: Type 2 Diabetes” (2010)
- Eat Right Ontario “Healthy Snack Ideas for People with Type 2 Diabetes—Large Snacks” (2016)

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