

# DIABETES AND DIET: SNACK GUIDELINES

## RECOMMENDATIONS

- » Aim for 80% of your snacks to be healthy in order to maintain your weight and blood glucose levels.
- » Become mindful of your habits and try to avoid mindless snacking, like when watching TV.

## IF YOU TAKE INSULIN:

- » A bedtime snack may be needed if your blood sugar tends to drop at night. If this is the case, talk to your doctor because it could mean your long-acting insulin dose may be too high.
- » If your blood sugar holds steady through the night without a snack, then you shouldn't have a bedtime snack. Having one may cause your blood sugar to rise, and could then mean you would need a dose of rapid-acting insulin to offset the effects of the carbohydrates in the snack.

## BEFORE YOU EXERCISE:

- » Check your blood sugar. Check it during and after you exercise, too. Follow the "15-15 rule" if blood sugar is less than 100.
- » If it's been more than three hours since your last meal and you are going to exercise, eat a healthy snack 30-60 minutes before you start. See the examples in the 15-20 gram range below for appropriate before exercise snacks.

LOW CARBOHYDRATE (<5 GRAMS)	CARB-HEALTHY SNACKS (APPROX 15-20 GRAMS)
<ul style="list-style-type: none"><li>» Celery + one (1) tbsp nut butter</li><li>» One (1) hard boiled egg</li><li>» One (1) cup salad greens + ½ cup cucumber + drizzle of oil &amp; vinegar</li><li>» One (1) string cheese stick</li><li>» ¾ cup of light popcorn</li></ul>	<ul style="list-style-type: none"><li>» One (1) small apple + one (1) oz reduced-fat cheese</li><li>» ½ cup plain yogurt + ⅓ cup berries</li><li>» ⅓ cup hummus + one (1) cup raw veggies</li><li>» ¼ cup dried fruit or nut mix</li><li>» Three (3) cups light popcorn</li></ul>