

Smart Snacking

Snack MYTHS...

- They result in poor nutrition and/or diabetes control
- They ruin appetites
- They cause weight gain

Some Great Things About Snacks...

- They can help manage your blood sugar levels, including prevention of low blood sugar
- They can help you manage your appetite and hunger levels
- They can be a good source of fuel and nutrients



Healthy Snack Guidelines

1. Choose snacks from the four key food groups.
2. Choose a snack with carbohydrate (15-30g) when:
 - a. You have more than 5–6 hours in between your meals
 - b. You are more physically active
 - c. You need a bedtime snack to avoid hypoglycemia (low blood sugar) overnight
 - d. You need a bedtime snack to help reduce fasting blood sugarAdd some protein to help the snack last longer if needed
3. Check your hunger level. Are you actually hungry?
Or, are you tired? bored? lonely? happy?
4. Check your fluid level. Are you thirsty rather than hungry?
Try drinking a refreshing glass of water before you eat.
5. Pay attention to your snack size. It's easy to overeat when distracted (eg. while driving, watching TV, working on your computer, reading) Slow down and enjoy!

**REMEMBER: Check your blood sugar levels.
Are you at target before your next meal?
Monitor how the timing and size of your snack affects your numbers.**

Healthy Snack Samples

Free Foods...less than **5** grams carbohydrate per serving

125ml (½ cup) vegetable juice	2 cups raw vegetables
bouillon or broth, low sodium	sugar free gelatin dessert
1 cheese string ≤20% M.F.	125ml (½ cup) canned tomatoes
30ml (2 Tbsp) nuts or seeds	1 hard boiled egg



1 Carbohydrate Choice...~**15 grams** carbohydrate per serving

250ml (3 cup) popcorn	60ml (¼ cup) dried fruit
250ml (1 cup) berries	1 “tennis ball” sized fruit
8 baked tortilla chips + 15ml (1 tbsp) salsa	250ml (1 cup) low fat milk
250ml (1 cup) broth based soup	2 high fibre crispbread
3 stoned wheat thins crackers	250ml (1 cup) plain or diet yogurt

2 Carbohydrate Choices...~**30 grams** carbohydrate per serving + protein

- 1 small or ½ large whole grain bagel with 15ml (1 tbsp) peanut butter
- 1 lean meat sandwich (2 slices of multigrain bread)
- 1 whole grain english muffin with 30g (1 oz) cheese
- 250ml (1cup) slow cooked oatmeal with 125ml (½ cup) milk
- 1 whole wheat pita bread with 60ml (¼ cup) hummus



Helpful Hints:*

Check labels of your favorite granola bars, crackers, muffins etc. for carbohydrate, fat and fibre content.

Look for products containing: **NO** trans fats, **LESS** than 8g total fat or added sugar and **at least** 3g fibre per serving.

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