

Ideas for Snacks

- Remember to snack only if your diabetes team tells you to do so!
- Your portion should be small. It is a snack, not a meal!



one whole wheat bread slice with peanut butter



one cup of 1% or skim milk



one light yogurt



one small apple sliced with peanut butter



one cup of baby carrots



one string cheese and four whole wheat crackers



one small handful of nuts



three cups of popcorn

Healthy Cooking

Cut the fat off meat and take off the skin from chicken and turkey.



Choose low fat cooking methods:



Boiling



Toasting



Baking



Grilling

Use one serving (1 teaspoon per person) of a healthy fat for cooking such as canola oil.



Cut back on salt and use fresh herbs and salt-free spices.



Try new foods and healthy recipes.

