

## Snacks & Easy Meals For Diabetics

To gain control over your diabetes, it is important to watch your carbohydrate intake. However, eating low-carb doesn't have to mean eating low-taste foods! See the following great meal & snack ideas that are perfect for those with diabetes. We have also included some great resources you can access for more, great diabetic-friendly recipes.

### Chopped Salad in a Pocket (makes a great lunch!)

1 cup chopped zucchini	¾ cup chopped broccoli
2 plum tomatoes, seeded & chopped	8 ripe olives, chopped
2 tbsp chopped fresh parsley	2 tbsp fat-free Italian dressing
2 X 6-7" whole wheat pita bread	½ cup spicy hummus (or plain if you prefer)

1. In a medium bowl, combine all the produce and toss with dressing. Divide into four separate containers or resealable plastic bags and cover/seal and chill overnight.
2. Cut each pita in half. Spread the inside of each half with 2 tbsp hummus. Wrap pita bread in plastic wrap.
3. When you are ready to eat, add veggie mixture to the pita. Yield 4 pita pockets.

#### Nutrition Facts per Serving (1 pita pocket):

166 cal., 2g total fat, 599mg sodium, 31g carbs, 6g fiber, 7g protein



### Fish Fillets with Cucumber-Orange Salsa

2 X 6oz pkg of frozen salmon or other fish fillet	1 cup chopped, peeled English cucumber
1 large orange, peeled, seeded & chopped	2 tbsp chopped red onion
1 tsp salt-free citrus seasoning or garlic & herb seasoning	

4. Prepare fish according to package directions. Meanwhile, for salsa: in a small bowl, combine cucumber, orange, red onion and seasoning blend. Serve with cooked fish. Yield 4 servings.

#### Nutrition Facts per Serving:

121 cal., 4g total fat (1g sat. fat), 20mg cholesterol, 312mg sodium, 6g carb, 1g fiber, 16g protein

## Quick & Easy Snack Ideas

**Tuna Salad Crisps** – Combine 2oz of drained light tuna with 1 tsp light mayo & 1 tsp Dijon mustard and spoon the mixture on 2 rye crisps.

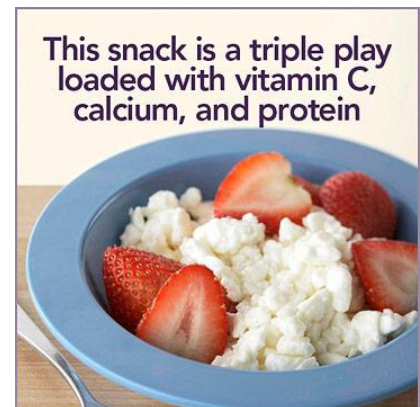
**Fruit & Nut Yogurt** – Sprinkle 1 tbsp dried cranberries and 1 tbsp toasted slivered almonds atop a 6oz carton of plain, fat-free Greek yogurt. The protein will help keep you satisfied longer.

**Pear & Cheese** – Choose a small pear and a light cheese stick. The cheese is great for calcium and the pear will help you get closer to your recommended daily fiber intake

**Guacamole & Veggies** – Dip ½ a sweet red pepper and ½ cup carrot sticks in ¼ cup purchased (or homemade) guacamole. Full of Vitamin A & C and lots of heart healthy monounsaturated fat.

**Chips & Dip** – Choose ¼ cup of your favourite salsa and ¾ oz baked tortilla chips. A great way to beat a craving for something salty & crunchy!

**Strawberries & Cottage Cheese** – Combine 1 cup of strawberries and ½ cup low-fat cottage cheese for a delicious combo that will provide a boost of Vitamin C & calcium to your day!



### Great Online Resources for Diabetic-Friendly Recipes!

Canadian Diabetes Association: [www.diabetes.ca/diabetes-and-you/recipes](http://www.diabetes.ca/diabetes-and-you/recipes)

American Diabetes Association: [www.diabetes.org/mfa-recipes/recipes](http://www.diabetes.org/mfa-recipes/recipes)

Diabetic Living: [www.diabeticlivingonline.com](http://www.diabeticlivingonline.com)

Mayo Clinic: <http://www.mayoclinic.org/healthy-living/recipes/diabetes-meal-plan-recipes/rcs-20077150>

Health: <http://www.health.com/health/gallery/0,,20307365,00.html>

Allrecipes: <http://allrecipes.com/recipes/healthy-recipes/special-diets/diabetic/>

Food Network: <http://www.foodnetwork.com/topics/diabetic.html>

Sources: [www.diabeticlivingonline.com](http://www.diabeticlivingonline.com)