

ARE YOU TOO SWEET?

BEST SNACKS FOR BLOOD SUGAR BALANCE



*Eat carbs...
don't eat
carbs?*



*Eat
protein...
but not too
much?*



*Fat is
good...or is
it bad?*

If you asked a group of people what foods are “good” for you and what foods are “bad”, you will get a mixed bag of answers and opinions. Add a health concern to the mix, and figuring out how and what to eat can make you feel like you are going around in circles!

Chronic health issues can result from a regular cycle of indulging in processed foods, and an insufficient supply of macro and micronutrients. Diabetes is an epidemic and nutrition can have a profound impact on the mechanisms that maintain a healthy blood sugar balance. With a growing number of people suffering from illnesses related to blood sugar, it is important that our diets include what is needed to maintain blood sugar at normal levels, helping to prevent the onset of diabetes and other chronic illnesses such as heart disease, obesity, and even cancer.

It is common knowledge that one of the most effective tools in prevention is a healthy balanced diet. But what does that mean? A balance of whole food protein, carbohydrates, and fat with all meals and snacks will help to keep blood sugar levels within an acceptable range. It doesn't have to be complicated!

10 Healthy Snacks to Help Keep Your Blood Sugar Balanced



Hummus & Wholegrain Pita



Raw Trail Mix



Apple & Nut Butter



Half Turkey Wrap



Roasted Chickpeas



Protein Smoothie



Avocado



Hard Boiled Egg



Popcorn



Black Bean Salad

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Black Bean & Lime Salad

A small portion of this salad makes a perfect snack. You will curb the mid day sugar craving and boost your energy to get you through the work day feeling balanced and satisfied.



1 cup canned black beans, rinsed and drained
½ cup cannellini beans
½ cup corn (fresh, frozen, or low sodium canned)
1 red pepper, chopped
1 cup cherry tomatoes, chopped (optional)
½ cup red onion, chopped
1 tbsp fresh lime juice or to taste
1 tsp ground cumin
1 tsp hot sauce (optional)
Cilantro to garnish

Mix together all ingredients. Season with salt & pepper. Refrigerate 15 minutes before serving. Garnish.

Servings: 4 | Calories per serving: 108 | Fat: 1g | Sodium: 276mg | Carbs: 23g | Fibre: 6g
Sugar: 6g | Protein: 6g

Balanced Blast Smoothie

A craving for sweet strikes! Satisfy the craving while enjoying the balancing action of cinnamon and oats! A tasty snack when you need it most.

½ cup mixed greens
½ banana
½ pear
1 teaspoon oats
½ tsp cinnamon
1 ½ cups unsweetened almond beverage



Mix all ingredients together in a blender. Add some ice if you prefer cold.

Servings: 1 | Calories per serving: 183 | Fat: 4g | Sodium: 282mg | Carbs: 29g
Fibre: 7g | Sugar: 13g | Protein: 3g

Sources: <https://www.empowher.com/diabetes/content/healthy-whole-food-snacks-people-diabetes>
<https://www.slenderkitchen.com/recipe/black-bean-and-corn-salad-0>
<http://www.diabetescare.net/article/title/carbs-fats-and-protein>
<https://www.nutriliving.com/recipes/balanced-blood-sugar-blast>
<https://www.healthline.com/health/diabetes-snacks#peanut-butter-andapple>