

Satisfying Snacks that balance blood sugar

This list of snacks all fall around 200 calories. They are balanced with wholesome sources of carbohydrate and protein which slows the release of sugars into your blood, and helps you stay satisfied longer.



1. 1 small apple with 7 walnuts
2. 1 cup of sliced veggies with ¼ cup hummus
3. 2 cups of air popped or low fat microwave popcorn with 1 tsp shredded parmesan cheese
4. 6-7 pita chips with 2 tbsp black bean dip OR homemade dip made from plain Greek yogurt and seasoning
5. ½ cup low fat cottage cheese with ½ cup fresh fruit and 10 raw almonds
6. 1 ½ cups of smoothie with low fat yogurt, milk and fruit
7. 1 hard-boiled egg with 1 large pear
8. 4 long celery stalks with 2 tbsp almond or peanut butter
9. String or *Babybell* cheese with 1 cup fresh melon or pineapple
10. One whole grain English muffin with 1 tbsp natural peanut butter
11. ½ cup steamed edamame beans
12. 1 piece of whole grain 'Crisp' bread with 3 thin slices of turkey with tomato and mustard
13. 1 small can of water packed tuna with low fat mayo on 4 whole grain crackers
14. 1 cup of lentil or black bean soup
15. One high fibre, higher protein granola bar such as *Kashi chewy*, *Luna* or *Kind* bars

If you still have the munchies after one of the above snacks, ask yourself if its REAL stomach hunger. If it is, feel free to fill up on veggies. I have never met anyone who says that they have gained weight by eating too many raw veggies!

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