

Chapter 1 : 10 Best Snacks for Type 2 Diabetes | Everyday Health

For people with diabetes, the urge to splurge on their favorite brand-name food products can be overwhelming. Brand-Name Diabetic Meals in Minutes ends the need to worry about unhealthy indulgences with recipes that include good-for-you ingredients from famous brand names.

Snacks with a good mix of protein, fat, and fiber will help keep hunger at bay and your blood sugar on an even keel throughout the day. By the same token, she says, fill your snack plate the same way you would for a regular meal. That means half should be non-starchy vegetables, one-quarter should be lean protein, and one-quarter a starchy carb. Here are 10 terrific options for healthy diabetes snacks. For a more nutritionally complete snack, munch on a single serving of low-fat string cheese, five whole-grain crackers, and some baby carrots or apple slices, suggests Basbaum. With this snack, however, portion control is essential, because both foods are calorie-dense and the dried fruit packs a carb wallop. Stick to two tablespoons of each, which adds up to 20 grams of carbohydrates. Depositphotos Hummus With Veggies Build this healthy diabetes snack around one-third cup of hummus. Use it as a dip for cucumber, celery, broccoli, peppers, or carrot sticks. Hummus is calorie-dense but also offers fiber and nutrients. Thinkstock Greek Yogurt and Raisins Top off a half-cup of plain Greek yogurt with a tablespoon of raisins for a satisfying diabetes snack. In a small study in the March issue of Nutrition, researchers in Greece tracked people with diabetes who ate raisins, a food rich in antioxidants yet dense in carbs. Thinkstock Chicken Noodle Soup For a warm and soothing snack, have a cup of chicken noodle soup. Try turkey and wild rice or a savory fish soup with a small amount of potato. Sip slowly for longer-lasting enjoyment. Avoid prepackaged or processed luncheon meat whenever possible, which is preserved with lots of added salt. Opt instead for store-cooked or homemade roasted poultry. Thinkstock Banana-Berry Smoothie Blend half a small banana, a half-cup of no-fat milk or yogurt, and a half-cup of frozen berries for this flavorful and refreshing diabetes snack. Snacks should be less than calories, which can be challenging with smoothies, so measure your ingredients carefully for this healthy recipe. For a protein boost, add a dash of protein powder to the mix. You can also mash a hard-boiled egg with about a teaspoon of low-fat mayonnaise, or add an extra egg white or two for more protein. Eat this diabetes snack with five multigrain-crackers or spread on a slice of whole-grain bread. Or, for a change of pace, have it with a small serving of fruit, such as a handful of grapes. Thinkstock Whole Apple One small apple with the skin on is a diabetes snack that provides about 20 grams of carbohydrates. To jazz it up with 10 more grams of carbs and added flavor, slice the apple and spread 1 tablespoon of natural peanut butter on the slices. Adding peanut butter to meals may help control blood sugar levels and manage hunger, according to research in the June issue of British Journal of Nutrition. Thinkstock Mini-Pizza Make your own miniature pizza starting with a healthy 6-inch whole-grain tortilla "crust."

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