

smart snacking ideas

An ideal snack has protein, healthy fat, and good-quality carbohydrates (i.e. vegetables, fruits, whole grains or dairy).

The ideal snack should also be less than 200 calories (this may depend on how often you are eating throughout the day). Remember to aim for under 20g of carbohydrates. If you are unsure of how many carbs might be in your favourite snack, speak to your diabetes educator.



- 1 cup of baby carrots & 2 tbsp of white bean dip
- ½ cup of plain Greek yogurt & ½ cup blueberries
- 1 string cheese & 1 medium apple
- 1 cup of milk
- 3-4 slices mango & 8-10 walnuts
- 2-3 cups popcorn (freshly popped, low sodium & lightly buttered)
- 1/3 cup hummus & 1 cup raw vegetables (snap peas, carrots, cucumber)
- 2 whole grain rice cakes & 1 tbsp natural peanut butter
- ½ turkey sandwich (1 slice whole-grain bread, 2 oz turkey & mustard)
- 1 small apple & 7-8 cashews
- 1 tbsp natural peanut butter on 5-7 whole-grain crackers
- salmon (1/2 can) mixed with 1 tbsp mayo stuffed in 2-3 romaine lettuce leaves OR in ½ WW pita
- 4 long celery stalks & 2 tbsp almond butter
- 1 hard-boiled egg & 1 pear
- ½ cup cottage cheese & 1 cup sliced strawberries
- tuna (1/2 can) mixed with 1 tbsp mayo & ½ WW english muffin
- 1 cup raita (made with plain yogurt, diced cucumbers, tomatoes, ½ potato, onion & herbs)
- mini pizza: ½ whole-wheat English muffin with 1 tbsp pizza sauce & 2 ounces shredded mozzarella cheese
- 1 small banana & 1 tbsp natural peanut butter
- ½ baked sweet potato & 1 tbsp plain Greek yogurt & 2 tbsp salsa
- 2 oz paneer with sautéed peppers & onions
- egg salad (1 hard-boiled egg mixed with 1 tbsp mashed avocado OR mayo) on 3-4 whole grain crackers
- ¾ cup steamed or boiled shelled edamame
- 1 plain oatmeal package (or 1/3 cup raw oats cooked with water) & 1 tbsp walnuts & cinnamon
- ¾ cup roasted chickpeas (see recipe below)
- 3-4 rye crackers & 2 tbsp mashed avocado

recipes for smart snacks

Black bean & corn salsa

Mix together 1 cup of canned black beans (rinsed well), ½ cup canned corn (rinsed well), 2 dozen sliced cherry tomatoes, and ½ diced ripe avocado with 1 tbsp olive oil, squeeze of lime & salt/pepper to taste. Makes enough for 3 snacks – serve with 8-10 whole grain tortilla chips.

Roasted chickpeas

Rinse 1 can of chickpeas well and pat dry. Roast for 30-40 minutes on baking sheet @ 400°. Toss with ½ tbsp olive oil and ½ tsp each of cumin, chili powder and ¼ tsp of cayenne, OR use ½ tbsp honey, ½ tsp cinnamon & ¼ tsp nutmeg.

Greek Yogurt fruit dip

Mix 1 cup plain Greek yogurt with 2-4 tbsp unsweetened cocoa powder and 1 tbsp maple syrup. Use as a dip for fresh fruit for something sweet!