



## Smart Snack Ideas

Having diabetes doesn't mean giving up snacks—it means choosing them wisely. The best snacks combine protein, healthy fats, and high-quality carbohydrates to keep hunger in check and blood sugar levels stable.

### Low-Carb Snack Options (<5g Carbs)

- **Vegetables:** Broccoli, carrots, cauliflower, celery sticks
- **Nuts and Seeds:** Peanuts, almonds, walnuts, sunflower seeds (unsalted)
- **Dairy:** String cheese, low-fat cottage cheese
- **Dips:** Veggies with ranch or bleu cheese dressing
- **Light Treats:** Sugar-free Jell-O with whipped topping

### Moderate-Carb Snack Options (~15g Carbs)

#### Fruit and Protein Pairings:

- 1 small apple with 1 tbsp peanut butter (17g)
- 1 small pear with 12 almonds (16g)
- ½ cup blueberries with ½ cup low-fat cottage cheese (15g)

#### Yogurt and Whole Grains:

- 6 oz plain, low-fat yogurt with a sugar substitute (12g)
- 3 whole wheat crackers with 2 tbsp peanut butter (15g)
- ½ turkey sandwich on whole wheat bread with mayo (12g)

#### Crunchy and Savory:

- 2 cups popcorn with 1 tbsp butter (12g)
- 4 baby carrots, 4 celery sticks with 5 tbsp hummus (15g)



### High-Carb Snacks (~30g Carbs, Great for Pre-Exercise Fuel)

#### Peanut Butter and Whole Grains:

- ½ peanut butter sandwich (1 slice whole wheat bread + 1 tbsp peanut butter) + 1 cup milk
- 1 English muffin with 1 tsp low-fat margarine

#### Cereal and Dairy:

- ¾ cup whole grain cereal + ½ cup fat-free milk
- 6 oz light yogurt + ¾ cup mixed berries

#### Fruit and Protein:

- 1 medium banana with 1 tbsp peanut butter

## Smart Snacking Tips

- **Measure portions** – Use measuring cups and spoons when unsure.
- **Track carbs** – Count snacks as part of your daily meal plan.
- **Avoid mindless snacking** – Be mindful when watching TV, reading, or driving.
- **Stock up on healthy options** – Shop with a plan to avoid temptations.

Choosing balanced, portion-controlled snacks can help manage blood sugar levels while keeping you satisfied. Enjoy your snacks with confidence!

## Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.



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**Email:** [customer care@northcoastmed.com](mailto:customer care@northcoastmed.com)



### US MED

**Website:** [www.usmed.com](http://www.usmed.com)

**Patient Support:** 1-877-840-8218

**Email:** [customerservice@usmed.com](mailto:customerservice@usmed.com)