

Healthy Snacks for Diabetics

Shelled Salted and Roasted Pistachios.

Shelled pistachios are a great snack because removing the nut from the shell takes a little extra time and therefore decreases the likelihood that you will overeat. One serving, or 1/4 cup without the shells, has 170 calories, 14 grams of fat, 160 mg of sodium, 8 grams of carbohydrate, and 6 grams of protein. This is a moderately high calorie high sodium treat. You can incorporate this snack on an active day or just reduce the portion size.

Natural Turkey Breast.

Natural or organic turkey breast cold-cuts without nitrates or nitrites are a great quick snack to have around the house. In 2 ounces there are 50 calories, 0 grams of fat, 360 mg of sodium, 0 grams of carbohydrate, and 12 grams of protein. This is a **low calorie high sodium** treat.

Natural Roast Beef.

Natural or organic roast beef is another great quick and easy snack. In 2 ounces there are 80 calories, 3 grams of fat, 320 mg of sodium, 0 grams of carbohydrate, and 12 grams of protein. This is a **low calorie high sodium** treat.

Light and Fit Yogurt.

Companies like Dannon now have light and fit lines for diabetics or individuals looking for healthier alternatives to the full fat yogurts. One container has 45 calories, 1.5 grams of fat, 25 mg of sodium, 3 grams of carbohydrate, and 5 grams of protein. They come in strawberry and vanilla flavoring. This is a **low calorie very low sodium** snack

Jell-O Mousse Pudding.

The texture of this snack is light and decadent. Try the dark chocolate and caramel flavors. There are only 60 calories, 2.5 grams of fat, 100 mg of sodium, 10 grams of carbohydrate, and 2 grams of protein in the snack. This is a **low calorie low sodium** snack.

Light Soft Cheese Wedges.

Laughing Cow light cheese wedges are satisfying by themselves or you could had 1-2 celery sticks or carrot chips if you are looking to add a crunch to your snack. The cheese squares have just 35 calories, 2 grams of fat, 1 gram of carbohydrate, 260 mg of sodium, and 2.5 grams of protein. These squares come in a variety of flavors including: garlic and herb, french onion, light blue cheese, light mozzarella sun-dried tomato and basil, queso fresco and chipotle, an original creamy Swiss. This is a **very low calorie high sodium** snack.

Healthy Snacks for Diabetics

Single Serving Hard Cheese Bite.

Mini Babybel light are great if you prefer hard cheese to soft cheese. This cheese has a little more calories per serving 50 per bite, 3 grams of fat, 0 grams of carbohydrate, 160 mg of sodium, and 6 grams of protein. Although they have a little more calories than the soft cheese wedges they are just 30 grams higher in sodium and have almost 4 grams more of protein per bite. If sodium restriction is not an issue then these mini cheese treats are a great snack! This is a **low calorie high sodium** snack.

Pecans, Almonds, or Cashews.

Pecans and cashews are a very satisfying treat. One ounce serving or 24-28 medium sized nuts have around 170 calories, 5.5-8 grams of carbohydrate, and 15 grams of fat. The sodium content ranges from 3 (in raw nuts) to 180 (in salted nuts). Just eating 4-5 slightly salted roasted pecans, cashews, or almonds at a time is often enough to satisfy cravings between meals. This is a **moderate calorie high sodium** snack but packed with nutrition. This snack can be easily incorporated into one of your more active days.

Jicama.

This is a very versatile vegetable. It is found in the grocery store around the other root vegetables (potatoes, beets, or parsnips). Jicama is also called the Mexican Potato, yam bean, or Mexican turnip. One ounce of this amazing food has 11 calories, 2 grams of carbohydrate, and 1 gram of sodium. After peeling off the outside you can dice the root into small thin slices then refrigerate until cold. Dash the slices with diced red pepper or hot spices for a kick. Jicama is a type of diabetic french fry because it can be grilled or baked in the oven with a similar taste and texture to french fries. This is a **very low calorie very low sodium** snack.

Single Serving Greek Plain Yogurt.

Greek plain non fat yogurt is a treat that is very versatile. You can mix in flavored sugar substitutes to change the flavor of the yogurt, add spices like cinnamon or nutmeg, or just have it plain. One serving is 5.3 ounces and has 80 calories, 0 grams of fat, 6 grams of carbohydrate, 50 mg of sodium, 15 grams of protein. This is a **low calorie low sodium** snack.

Dark Chocolate Squares.

If you can find a box of chocolate squares with at least 85% cacao then these little squares might soon be one of your favorite treats. For 10 grams of dark chocolate you will consume 60 calories, 5.75 grams of fat, 3.5 grams of carbohydrate, 0 mg of sodium, and less than 1 gram of protein. This is a **low calorie very low sodium** snack.

Strawberries.

For 1 large cup of strawberries there are only 49 calories, 0 grams of fat, 2 mg of sodium, 12 grams of carbohydrate, and 1 gram of protein. Add a little whipped topping or dash of cinnamon and Stevia and you are on your way to a sweet satisfying treat! This is a **low calorie very low sodium** snack.

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Cinnamon Toast.

You can make cinnamon toast with low calorie- low carbohydrate bread such as Natures Own Wheat Bread. One slice of this bread has 40 calories per slice, 0.5 grams of fat, 10 grams of carbohydrate, 80 mg of sodium, and 2.5 grams of protein. To make the cinnamon toast add cinnamon and stevia, truvia, or other artificial sugar substitute to the slice of bread. Spray with "I can't believe it's not butter" or another fat free butter spray and you have a tasty piece of cinnamon toast. This is a **very low calorie low sodium** treat.

Edamame.

One ounce of this tasty snack has only 34 calories, 1 gram of fat, 3 grams of carbohydrate, 2 mg of sodium, and 3 grams of protein. If you add salt you will increase the sodium content so you could add herbs or other spices that are naturally low in sodium to keep the salt content low. This is a **very low calorie very low sodium** snack.

Whole Wheat Mini Pita Bread.

You can find low-carbohydrate pita bread in your local grocery store. One slice of mini pita bread has around 60 calories, 1.5 grams of fat, 334 mg sodium, 10 grams of carbohydrate, and 7 grams of protein. These pitas taste great grilled with chicken and cheese or as a breakfast wrap. This is a **low calorie high sodium** snack.

Blackberries.

In 1 cup of raw blackberries there are 62 calories, 1 gram of fat, 1 mg of sodium, 15 grams of carbohydrate, and 2 grams of protein. Blackberries are high in antioxidants and tannin both thought to fight off cancer cells. You can cook the blackberries with cinnamon and Stevia to have a snack that tastes similar to cobbler without the crust. This is a **low calorie very low sodium** snack.

Yellow Corn Tortillas

If you can find the small yellow corn tortillas that are labeled extra thin you will discover that in 2 tortillas there are 80 calories, 0 grams of fat, 10 mg of sodium, 16 grams of carbohydrate, and 2 grams of protein. A great tortilla for those who need to limit salt intake. This is a **low calorie very low sodium** snack.

Popcorn.

In 1 cup of air popped popcorn there is 64 calories, 4.8 grams of fat, 116 mg of sodium, 5 grams of carbohydrate, and 0.8 grams of protein. You could drizzle the popcorn with 1 tsp of olive oil (monounsaturated fat) and crushed rosemary for a satisfying snack, adding 40 calories, 4 grams of fat to the snack. This is a **low calorie low sodium** treat

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Spinach and Mushroom Frittata.

Beat 3 egg whites and pour over 1/2 cup chopped mushrooms and 1/4 cup spinach sauteed in fat free cooking spray and pepper. Cook until eggs are set. If you want a crust like top you can set the pan under the oven broiler for 3-5 minutes. This snack has around 75 calories, 1 gram of fat, 164 mg of sodium, 2.5 grams of carbohydrates, and 10 grams of protein. This is a **low calorie moderately high in sodium** snack.

Mini Ice Cream Sandwiches.

So Delicious has a mini coconut milk ice cream sandwich that is so good you won't even notice it is a mini. In one sandwich there are 100 calories, 3.5 grams of fat, 50 mg of sodium, 15 grams of carbohydrate, and 1 gram of protein. This is a **low calorie low sodium** snack.

Low-Carbohydrate Tortillas.

In the refrigerated section of your grocery store you can find La Tortilla Factory Smart and Delicious Tortillas. In one tortilla there are 50 calories, 2 grams of fat, 210 mg sodium, 10 grams of carbohydrate, and 5 grams of protein. These tortillas are great just warmed up and sprayed with a fat free butter spray or cooked on a panini grill with your favorite sandwich meat and cheese. This is a **low calorie high sodium** snack.

Eggs.

Eggs are a great snack food item that add protein and nutrition to your day. You can fry an egg using cooking oil spray with veggies and/or a half a slice of cheese for a satisfying treat. If you cannot fry an egg, take a hard boiled egg with you and add salsa or mixed raw veggies. One egg has 70 calories, 4 grams of fat, 64 mg of sodium 0 grams of carbohydrate, and 6 grams of protein. In 1/2 slice of low fat cheese there are approximately 30 calories, 2 grams of fat, 67 mg of sodium, 0 grams of carbohydrate, and 3 grams of protein. This is a **low calorie low sodium** snack.

Veggie Slices with Dip.

Zucchini, squash, jicama can be sliced similar to french fries chilled and then dipped in salsa for a tasty treat that satisfies cravings. One cup of yellow squash has 18 calories, 0.2 grams of fat, 3.8 grams of carbohydrate, 2 mg of sodium, and 1.37 grams of protein. One tablespoon of salsa adds around 5 calories, 0 grams of fat, 1 grams of carbohydrate, 96 mg of sodium, and 1 gram of protein. This is a **very low calorie low sodium** snack

Light Tuna.

Light tuna with low mercury levels tastes great and has a high a nutritional content. Wild Planet and other brands sell the packed tuna with a low mercury level. In 2 ounces there are 69 calories, 2 grams of fat, 268 mg of sodium, 0 grams of carbohydrate, and 13 grams of protein. You can throw in a 1/2 cup sliced cucumber slices for a crunch only adding 8 calories, 0 grams of fat, 1 mg of sodium, 2 grams of carbohydrate, and 0 grams of protein. This is a **low calorie high sodium** snack.

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Mini Waffles

All you need to make this snack tasty is a toaster oven and fat free spray butter. For 4 mini waffles there are 58 calories, 1.8 grams of fat, 57 mg of sodium, 9 grams of carbohydrate, and 1.5 grams of protein. You can add a hard boiled egg for additional protein or warmed berries for additional antioxidants. This is a **low calorie low sodium** snack.

Sprouted Ezekiel 4:9 Cinnamon Raisin Bread.

Ezekiel bread is a low glycemic flourless bread that is great for diabetics. It can be found in the frozen section of the grocery store. Sit the bread out for 10 minutes or toast it before eating. You can add 5 sprays of fat free butter spray or sprinkle on more cinnamon if desired. In one slice of bread there are 80 calories, 0 grams of fat, 65 mg of sodium, 18 grams of carbohydrate, and 3 grams of protein. This is a **low calorie low sodium** treat.

Nut Butter, Cinnamon, and Celery Sticks.

With the high fat content found in nut butters this snack can quickly curb your appetite. One tablespoon of peanut butter has 94 calories, 8 grams of fat, 3 grams of carbohydrate, 73 mg of sodium, and 4 grams of protein. You can pair this with six celery sticks adding 25 calories, 0 grams of fat, 125 mg of sodium, 1 gram of protein, and 5 carbohydrates and a dash of blood sugar lowering cinnamon for a more complete snack. This is a **moderately high calorie high sodium** snack for your more active days.

Avocado and Salsa Dip with Carrots

Simply take one ripe avocado mash it and mix in your favorite salsa, mango salsa, pineapple salsa, or cilantro salsa for a truly amazing dip. Add carrots and you have a filling snack. One ounce of avocado has 45 calories, 4 grams of fat, 2 mg of sodium, 3 grams of carbohydrate, and 0.6 grams of protein. One tablespoon of salsa with add 5 more calories and 96 mg of sodium. Five medium baby carrots add 20 calories, 5 grams of carbohydrates, and 40 mg of sodium. This is a **low calorie low sodium** treat.

Garlic and Almond Green String Beans.

In 1 cup of green string beans there are 34 calories, 0.13 grams of fat, 7 mg of sodium, 7.84 grams of carbohydrate, and 2 grams of protein. Add 5 sprays of spray butter and a dash of garlic and you have a bold tasting snack. If you would like to add some crunch include almonds. Seven almonds adds 49 calories, 4.5 grams of fat, 0 mg of sodium (unless salted), 1 gram of carbohydrate, and 1 gram of protein. This is a **low calorie very low sodium** snack.