

Ways to Actively Maintain a Healthy Diet Through Snacking

Snacking is a great way to manage hunger in between meals, and choosing balanced snacks can help manage blood sugar levels.

Tips to maintain a healthy diet through snacking include:

- **Plan ahead so snacks are quick and accessible:**
Utilize measuring cups and pre-proportion snacks to ensure exact quantities being consumed
- **Pair nutrients together:** For example, balance out carbohydrate choices with sources of fat and protein to help promote optimal blood sugar levels
- **Utilize snack packs** and stay mindful of the nutritional information found in each package
- **Record all items eaten into a food journal.**
Include snacks in carbohydrate planning and counting for the day

Balanced Snack Recommendations:

Almonds
+ 1 piece of small fruit

Cottage cheese
+ berries on top

Hummus + carrot sticks

Raisins + Walnuts

Cucumber slices
+ tzatziki

Whole grain crackers
+ peanut butter

Plain yogurt
+ high fiber cereal on top

Low salt pretzels
+ hard boiled egg

