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 + tzataki
- Whole grain crackers + peanut butter
- Plain yogurt + high fiber cereal on top
- Low salt pretzels + hard boiled egg