



Brighten Up Your Snack Routine

When you have diabetes, it can be easy to get in a rut with your snack routine. Snacking is a good way to add fruits and vegetables to your eating plan, boost energy, and decrease hunger. Try these tips and recipes to add a new twist to some old favorites. Your heart, blood glucose, and taste buds will thank you!

Make Your Snacks Count

Most of the calories eaten in a day are needed to meet food group recommendations. Make your snack calories count toward your fruit, vegetable, whole grain, dairy, and protein needs.

Tip: Consider dipping strawberries in hummus or yogurt to help meet fruit and protein needs.

Swap High-Calorie Foods for Low-Calorie, High Nutrition Foods

To improve healthy eating habits, prepare healthful snacks in advance so they're easy to find and grab when hunger calls.

Tip: Instead of high-calorie snacks like:

- potato chips
- cookies
- ice cream

Make ahead these high nutrition recipes:

- [Cashew Cream Stuffed Strawberries*](#)
- [Strawberry Oat Bars*](#)
- [Strawberry Nice Cream*](#)

Pre-Portion Snacks

The timing of snacks and amount of carbohydrate in each snack will depend on your individual care plan. Talk with your registered dietitian nutritionist about what is right for you.

Examples of "1 carbohydrate choice" snacks (15-20 grams of carbohydrate):

- 1 cup berries
- 3 cups light popcorn
- 1 small apple with 1 Tbsp no-added-sugar peanut butter

Sponsored by California Strawberry Commission. This handout was reviewed by leaders from the [Diabetes Dietetic Practice Group \(DDPG\)](#) of the [Academy of Nutrition and Dietetics](#).

Strawberry Chia Pudding*

Yield: 2 servings (17g of carbohydrate per serving)

Similar to yogurt, but dairy-free with a little bit of crunch from the chia seeds, this nutty pudding is naturally sweetened with strawberries.

- 4 Tbsp chia seeds
- 1½ cups unsweetened almond milk
- ½ tsp vanilla extract
- 6 strawberries (4 mashed & 2 sliced)

1. In small bowl, stir together chia seeds, milk, and vanilla extract. Cover and refrigerate overnight.
2. Then, spoon half the pudding into a separate bowl and combine with mashed strawberries.
3. Fill serving glasses (-5 ounces) with strawberry chia pudding and then top with plain pudding. Garnish with sliced strawberries.

*Visit CaliforniaStrawberries.com for recipes and nutrition information.

