

Snacks that won't raise blood sugar:

- Beef jerky/dried meat
- Celery with peanut butter or soft cheese (like laughing cow)
- Nuts (walnuts, pecans, almonds, pumpkin seeds, sunflower seeds) *dry-roasted or raw if possible
- Snap peas, carrots, or cucumbers with Tzatziki or ranch
- Cottage cheese (can add a handful of berries to make it sweet, or chopped green onion/tomatoes to make it savoury)
- Mini tuna cans
- Turkey pepperoni
- Cheese (sliced, string cheese, or snack size like Babybel)
- Hard-boiled egg
- Sardines
- Some granola bars (like Atkins) are very low carb, but can be expensive/less tasty
- Cheese crisps
- Seaweed snacks
- Edamame
- Guacamole with seed-based crackers
- Avocado
- Coconut chips
- Two Good Greek Yogurt (<https://www.twogoodyogurt.com/lower-sugar-yogurt/>)

Balanced snacks that may raise blood sugars slightly:

- Dried meat and dried fruit (1/4 cup)
- Apple with peanut butter (2 tbsp)
- Popcorn (3 cups) with cheese
- ½ cup cottage cheese with berries or melon
- Cheese and crackers (4)
- Hard-boiled egg with 1 mandarin orange
- Whole grain cereal (½ cup) with milk (½ cup)
- Trail mix (¼ - ½ cup)
- 1 package plain oatmeal with peanut butter
- Tuna and rice cracker snack pack
- Roasted chickpeas
- Granola bar (with nuts or other protein source)
- Apple sauce with cinnamon and 2 tbsp hemp seeds
- Flavoured Greek yogurt
- Guacamole and whole grain tortilla chips (15)
- Hummus with carrots

Snack recipes

Cheese crisps:

- 1 ½ cup shredded cheese (recommend ¾ cup parmesan and ¾ cup cheddar)
- Optional 1 tsp Italian seasoning

Preheat to 400 degrees Fahrenheit. Line baking sheet with parchment paper, place tablespoon size heaps on baking sheet, leaving 5 cm between piles. Bake for 6-8 minutes until edges start to brown. Allow to cool slightly, then move to paper towel to decreased fat and cool.

Homemade trail mix:

- 3 cups whole grain cereal (example – regular cheerios, oatmeal squares, puffed wheat)
- 1 tsp ground cinnamon
- 1 cup mixed dried fruit
- 1 ½ cup nuts or seeds (example - almonds, walnuts, pecans, pumpkin seeds)
- 1 cup shredded unsweetened coconut (optional)

Mix all ingredient together in a large bowl and enjoy! Cereal will be come less crisp the longer it is stored.

Energy Bites:

- 1½ cup quick oats
- ½ cup peanut butter
- ¼ cup chocolate chips
- ¼ cup honey
- 1 tsp vanilla extract

Stir all ingredient until mixed. Cover and chill in fridge for at least 30 minutes. Roll into balls and enjoy! Store in fridge or freezer.

Chia pudding:

- 1 ½ cups milk
- ½ cup chia seeds
- 1 Tbsp sweetener (sugar, maple syrup, honey, or artificial sweetener like stevia)
- 1 tsp vanilla extract

Mix all ingredients together and refrigerate for at least 6 hours (or overnight). Can blend for traditional pudding texture. Can make chocolate pudding by adding ¼ cup cocoa powder, ½ tsp cinnamon and an extra 2 Tbsp of sweetener.

Egg bites:

- 8 eggs
- ½ cup milk
- 2 cups spinach
- 1 tomato, diced
- ½ cup onion, diced
- ½ cup shredded cheese

Preheat oven to 350°F. Grease 12-count muffin pan. Whisk together eggs and milk, then add in the vegetables. Pour mix evenly between the muffin cups, then sprinkle cheese on top. Bake for 20-25 minutes.

Roasted Chickpeas:

- 1 can of chickpeas (ideally no sodium)
- Non stick cooking spray (or 1 tsp oil)
- ½ tsp salt
- Optional – pepper, paprika or chili powder

Thoroughly rinse and dry chickpeas. Place on large baking sheet, and coat with cooking spray. Sprinkle with salt, and bake at 425 F until crunchy (35-45 minutes).

To make a sweet version: leave out the salt. After baking for 10 minutes remove from oven, toss with cinnamon sugar (premix 1 tsp cinnamon and 1 tbsp sugar). Return to oven for 20-30 minutes.