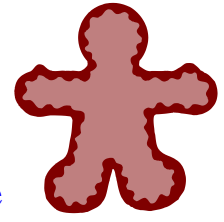


Snacks for Diabetes



What Snacks are best and Why?

***Snacks-** food to nibble on between meals or at bedtime

***Cereals-** Shredded Wheat, Bran Flakes, Corn Flakes, Rice Krispies, Cheerios,

***Beverages-** Water, Skim Milk, Nonfat Milk, Sugar Free Lemonade, Sugar Free Colas, Fruit Ice, Sugar Free Coffee and Tea, Bouillon, broth, consomme, Mineral Water

***Breakfast Foods-** Oatmeal with Raisins, Whole Wheat Toast with Sugar Free Jam or Jelly, plain Bagel, English Muffin, Raisin Bread, Pancakes or Waffles with Sugar Free Syrup

***Crackers/Cookies-** Graham Crackers, Vanilla Wafers, Animal Crackers, Fat Free Fig Bars, Whole Wheat Crackers, Melba Toast, Oyster Crackers, Saltine Crackers, Round Butter Crackers, Sandwich Crackers with Cheese or Peanut Butter Filling, Gingersnaps,

***Desserts-** Angel Food Cake, Sugar Free Jello with fresh Strawberries and canned Pineapple in own juice, Nonfat Frozen Yogurt, Rice Cakes, Frozen Sugar Free Juice Bars, Fresh Fruit, unfrosted Cake with Fresh Strawberries and Lite Whip Topping, Sugar Free Hard Candy, Sugar Substitutes

***Snack Foods-** Popcorn, Pretzels, Low Fat or Non Fat Cheese, Pumpkin or Sunflower Seeds, Almonds, Cashews, Peanuts, or Pecans (6 to 10 each); Salsa and Chips, Pico de Gallo and Chips



***Other-** Fresh Vegetables with Fat Free Salad Dressing



Facts:

***Caffeine-** robs the body of calcium, raises the blood pressure

***Fats-** linked to heart disease and some cancers, makes the body produce more cholesterol which can cause heart disease and stroke, fat is high in calories and may cause weight gain increasing risk of high blood pressure and diabetes

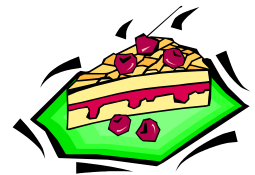
***Low Fat Diets-** helps to prevent breast, colon and prostate cancer



What do I need to do?

***See your Physician-** ask about snacks

***See a Registered Dietitian-** for more information



***AVOID-** Fries foods, rich desserts, butter, coconut, palm oil, bacon, sausage, hotdogs, bologna, vienna sausage, potted meat, luncheon meats, potato chips, french fries, pies, pizza, casserole, macaroni and cheese, lasagna, milkshake, tuna with oil, ice cream, chitterlings, half and half, cream cheese, lard, shortening, sour cream

***Choose-** canola, olive, or peanut oil, lower fat cheese, cream cheese and sour cream