

Blood sugar balancing snacks



It is important to balance blood sugars, high blood sugars if left untreated can lead to health issues such as diabetes. By balancing your blood sugars you can also ensure you avoid the highs and lows which lead to cravings and unhealthy snacking leading to weight gain.

Ideally we are aiming to avoid snacking and focus on having 4-5 hour gaps between meals plus 12 hours overnight. However if the gap is going to be much longer you may need to opt for a blood sugar balancing snack! It is good to vary your snacks but ensure you combine protein with carbohydrates in one snack to make it extra-sustaining and more effective at keeping you going until your next meal.

- An apple or pear with 5-6 unsalted nuts (almond, walnut, or hazelnut) or a small piece of hard cheese.
- A small pot of plain yoghurt with a sprinkling of seeds (sunflower, linseed, pumpkin, sesame) and fresh berries.
- One/two corn cakes with a mozzarella slice, tomato slices and a few basil leaves, drizzle of olive oil or a spoon of green pesto (optional).
- Half an avocado with half a teaspoon of olive oil sprinkled with pumpkin seeds and chopped herbs (coriander, dill, basil).
- Two plain Nairns oat-cakes with almond or cashew nut butter.
- Two crackers (eg. rye or oat) with soft goats cheese or cottage cheese and slices of cucumber/tomato/avocado.
- Fresh fruit salad (pineapple, apple and pear, or kiwi and papaya) with a sprinkling of seeds (pumpkin, sunflower, sesame or flaxseed).
- 1 x boiled egg with 2 x oat-cakes and handful of cherry tomatoes.
- Raw vegetable sticks (carrot, celery, cucumber, broccoli, chicory) with hummus (preferably home-made).
- 1 x tablespoon of nut butter with celery sticks or sliced apple.

K

#Stayathome

#futureself

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#Move

#Prevent

#Align