

LEGEND

- QUICK GRAB-AND-GO
- NO REFRIGERATION NEEDED
- PREPARE AHEAD

Healthy On-the-Go Snack Ideas

for people living with diabetes

 **MAKE
HEALTHY
CHOICES THE
EASY CHOICE**



Plain yogurt cup
& fruit or nuts



Banana & handful
of almonds



Handful
unsalted nuts or
seed mix



Chia pudding



Homemade trail
bar



Roasted
edamame



Ready-to-drink
protein shake



Cheese stick &
whole grain
crackers



Cup unsalted
popcorn



Homemade
granola



Overnight Oats



Cut vegetables
with hummus



Cottage cheese
cup



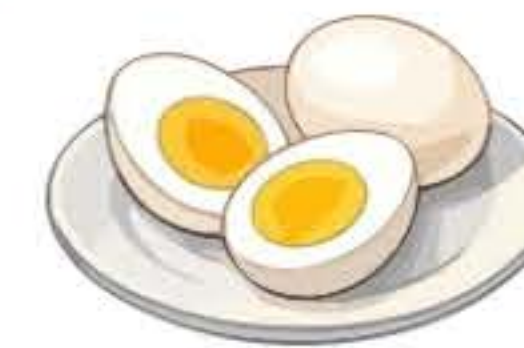
Tuna pouch



Whole grain
crackers



Roasted
chickpeas



Hard-boiled
eggs



Mini whole
wheat wrap with
turkey



FOCUS ON BALANCE:

Pair protein with fibre-
rich foods when it suits
your needs



PORTION SIZE MATTERS:

Check serving sizes &
carbohydrate content



PLAN AHEAD:

Choose 1-2
snacks to prep
each week



FOR PACKAGED SNACKS:

Compare serving sizes, total
carbohydrates, fibre, protein,
sodium & added sugars

Scan for more
snack ideas

