KEEP SNACKING
TYPE 2 DIABETES–FRIENDLY
Here are some quick and easy type 2 diabetes–friendly snacks that you can prepare and portion out in advance.

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Paid spokesperson of Novo Nordisk.

VEGGIES AND HUMMUS OR BEAN DIP
You can buy large portions and measure them out yourself or you can buy individual serving sizes.
Serving sizes:
1 cup of raw vegetables
For hummus and bean dip, follow the serving size indicated on the package (typically ¼ cup)

FRUITS
Berries are a great food to snack on.
Portion some out in the beginning of your week and pack them with lunch. Eat them throughout the day.
Typical serving size:
¾ to 1 cup

NUTS
Nuts are high in protein and rich in healthy fats. They are a great way to satisfy a craving and give you energy.
Typical serving size: 2 oz

NUT BUTTER
Nut butter (such as almond butter) is delicious and low in sugar. It’s a great substitute for peanut butter. Bring a jar and prepacked celery or sliced apples to dip at work.
Typical serving size: 2 oz

Want more tips? MyType2Transformation.com has videos, tools, and resources that help you make eating type 2 diabetes–friendly.

*Individual serving sizes may vary. Talk to your doctor about incorporating healthy fats into your diet.