

Franklin Becker CELEBRITY CHEF Paid spokesperson of Novo Nordisk.

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.

VEGGIES AND HUMMUS OR BEAN DIP

You can buy large portions and measure them out yourself or you can buy individual serving sizes.

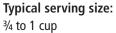
Serving sizes:

1 cup of raw vegetables For hummus and bean dip, follow the serving size indicated on the package (typically ½ 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.





NUTS^a

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^a

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



^aIndividual serving sizes may vary. Talk to your doctor about incorporating healthy fats into your diet.

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

