



# 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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## 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<sup>a</sup>

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<sup>a</sup>

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



<sup>a</sup>Individual serving sizes may vary. Talk to your doctor about incorporating healthy fats into your diet.

Want more tips? [MyType2Transformation.com](https://www.MyType2Transformation.com) has videos, tools, and resources that help you make eating type 2 diabetes-friendly.