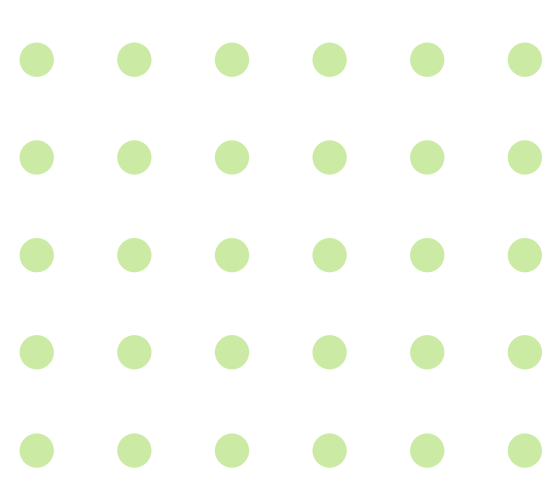
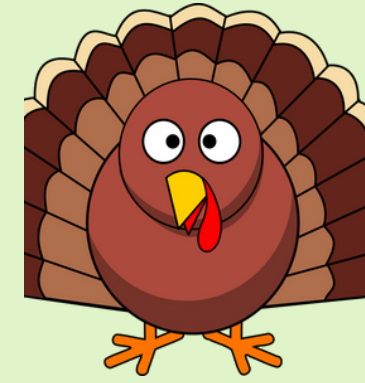


5 Steps to Make A Blood Glucose Friendly SNACK PACK



01 Choose a LEAN protein!

Prioritize protein in your snack pack to reduce the blood sugar spike and keep you feeling full for longer. Lean proteins include: turkey, chicken, fish, and tofu.



Next, choose a DAIRY

02



Cheese or yogurt make a delicious addition to any snack pack! Greek yogurt, cottage cheese, and low-fat dairy tend to be higher in protein.

03 Third, choose a GRAIN

Whole grains have extra fiber. Fiber slows the absorption of carbs into the bloodstream. We recommend choosing whole grain chips, crackers, granola, and bread.



Fourth, add a non-starchy VEGGIE

04



Non-starchy veggies are a great way to regulate blood glucose because they contain fiber! Cucumbers, tomatoes, carrots, celery, broccoli, and peppers are all examples of non-starchy veggies.

05 Eat sweets last!

It's helpful to avoid foods and beverages that are high in sugar and can spike your blood glucose. We recommend eating sweets after a high-fiber, high-protein meal/snack rather than on an empty stomach.

