

# Stabilizing Blood Sugar

To keep your blood sugar stable throughout the day, it is very important to eat every 3 hours. This means that in addition to your breakfast, lunch and dinner, you should consume at least 2 snacks.

**For a healthy snack, combine some low glycemic carbohydrates with some healthy protein. Top it off with a small amount of healthy fat and you're good to go.**

To prepare a healthy low glycemic snack, **start by choosing your carbohydrates**. Raw or lightly steamed veggies; fruits, such as apple, pear, peach, or banana (make sure the banana isn't overripe), and fresh or frozen berries make the perfect base. Quinoa or flax seed crackers are also a good choice (rice or whole-wheat crackers are not recommended as they are high glycemic).

For a healthy protein choose unsalted, non-roasted, preferably pre-soaked nuts, for example, almonds, pecans, cashews, or walnuts. Nut butters are also great. Don't forget about seeds – my favorite are unsalted, non-roasted sunflower and pumpkin seeds.

**Nuts, seeds, and their butters are perfect because they also contain some healthy fats.** Some other great protein sources include soft cheeses such as plain cottage cheese, feta cheese, and goat cheese, as well as Greek yogurt, hard boiled eggs, hummus, black bean spread, roasted chick peas and much more

To give you examples of some tasty combinations for your snacks, I put together this list. I hope it will help you start including healthy snacks in your daily diet.

# 20 Healthy Low Glycemic Snack Ideas:

1. 1 fruit with a handful of nuts;
2. 1 cup Edamame (soybeans from pod), to avoid GMO soy always buy organic;
3. ½ cup cottage cheese with ½ cup fruit (optional – 1 tsp of vanilla extract);
4. 1 sliced apple with 2 tablespoons peanut butter;
5. 1 cup raw veggies with 3 tablespoons hummus;
6. 1 hard boiled egg and 1 cup raw veggies;
7. ½ cup cottage cheese with herbs or salsa and 1 cup raw veggies;
8. 1 cup fresh fruit salad with ¼ cup sunflower seeds;
9. ½ cup grapes with 1 sliced peach and ½ cup Greek style no sugar added yogurt;
10. 1 sliced pear with 2 tablespoons soft goat cheese;
11. 1 hard-boiled egg with 1 tomato or 1/3 English cucumber and some sea salt;
12. 1 cup berries with ½ cup cottage cheese or Greek yogurt;
13. 1 hard-boiled egg with 1 cup lightly steamed broccoli and/or cauliflower;
14. 1 cup grapes with 2 tablespoon soft goat cheese;
15. 1 Iceberg lettuce wedge (about 1/3 of the lettuce) with ½ cup cherry tomatoes and 1/4 cup crumbled feta cheese;
16. 1 cup sliced veggies with ¼ cup black bean dip;
17. 1 sliced apple sprinkled with ½ teaspoon cinnamon and ½ cup plain yogurt;
18. 1 cup berries with ¼ cup sunflower seeds;
19. 1 cup sliced fruits with 3 tablespoons nut butter;
20. ½ cup grapes with a handful of quinoa or flax-seed crackers and 2 tablespoons soft goat cheese;