



## TOP TEN LOW GLYCEMIC SAVVY SNACKS

Keep healthy snacks handy! Scheduled snacking is a smart strategy for maintaining stable blood glucose and achieving your weight goal. Snacks help you stay motivated by avoiding hunger, which is what often leads us to abandoning our program.

### Dr. Karen's Top 10 Low-glycemic Savvy Snacks:

- 1. Yogurt:** Buy low-fat or nonfat, no-sugar added. I love plain Greek yogurt. Yogurts with “live cultures” are healthiest. If you are sensitive to dairy, try a soy yogurt.
- 2. Nuts:** An ideal combination of unsaturated fat, protein and carbs. Nuts are portable and nutritious. Buy raw, unsalted nuts or peanuts in the shell; average size is a “handful,” about 200 calories, depending on the variety.
- 3. Hummus:** Two tablespoons of hummus with cut-up crunchy veggies.
- 4. A Hard Boiled Egg:** A perfectly balanced snack.
- 5. Peanut Butter and Celery:** One or two celery stalks and 1 table- spoon of peanut butter
- 6. Fruit:** Whole fruit including berries, melon, apples, oranges and grapefruit have the most fiber and fewest grams of carbohydrates per serving. Eat along with some nonfat yogurt, low-fat cheese, or a handful of nuts.
- 7. Spaghetti Squash:** Baked spaghetti squash topped with vegetables makes a great snack.
- 8. Edamame:** One and a half cups of edamame make a great snack.
- 9. Eggplant:** I love to sauté eggplant in a splash of olive oil.
- 10. Low-glycemic Snack Bar:** I always have a healthy snack bar available that has good protein, healthy fats, and low-glycemic carbohydrates to hold my hunger and keep my energy.



If you are interested in helping others with this low-glycemic lifestyle become a [Certified Wellness Coach](#).