



True or false hunger?

Learn to distinguish between true and false hunger by being aware of what really prompts you to eat.

Ask yourself:

- Do I want to eat out of habit or because I’m bored?
- Am I eating because I feel stressed or emotional?
- Do I want to give myself a treat?
- Is my appetite being stimulated by an outside source (the sight or smell of food, being offered food by colleagues, etc.)?
- Does my stomach feel hollow or is it rumbling?
- Has my energy or concentration dropped?

If you answered “yes” to either or both of the last two questions, you are experiencing true hunger. Ask yourself what kind of nutritious snack you’d like to have, and then enjoy it.

Resources

Ordre des diététistes-
nutritionnistes du Québec
odnq.org

Questions about diabetes?
InfoDiabetes Service
514-259-3422
1-800-361-3504
infodiabete@diabete.qc.ca

Diabetes School
Universi **D**
universi-d.com

Diabetes  Québec
diabete.qc.ca

Diabetes  Québec

**Snacks
and diabetes**

**What does a nutritious
snack contain?**

- About 15 g of carbohydrates
- Protein (e.g. eggs, milk, soy beverage, yogurt, low-fat cheese, legumes [beans and lentils], nuts, seeds, nut butters)

Opt for unprocessed foods containing fibre, with little or no added sugar.

Adding protein to your snacks helps to curb your hunger and stave off hypoglycemia for a longer period of time.

A low-carb snack might also be appropriate if you get hungry and your blood sugar levels tend to remain high between meals.

**Consult a dietitian
for personalized advice.**



Should people with diabetes eat snacks?

Not necessarily. The inappropriate addition of snacks can lead to a rise in blood sugar levels. However, snacks can be beneficial for the following reasons:

- 1

Preventing hypoglycemia

Hypoglycemia occurs when your blood sugar drops below normal levels. This can occur if you are being treated with insulin or an insulin secretagogue¹ and you find yourself in any of the following situations:

 - your meal is delayed;
 - you have eaten a meal lower in carbohydrates than usual;
 - you are drinking alcohol on an empty stomach or in the evening;
 - you are doing some unplanned exercise or a physical activity at a higher intensity or for longer than normal;
 - your medication’s peak action occurs during the night.
- 2

Satisfying your hunger between meals

A snack can help provide the energy needed between two meals, and ensure that you don’t arrive hungry at the next meal.
- 3

Meeting your nutritional requirements

If you have a tiny appetite, snacks can be an important way for you to get all the nutrition you need.

¹ Glucilazide (Diamicon® and Diamicon® MR), glimepiride (Amaryl®), glyburide (Diabeta®), repaglinide (GlucosNorm®)

Does eating between meals lead to weight gain?

Not necessarily. It is true that eating and dinking sweet drinks all day long without ever really feeling hungry can lead to weight gain. However, weight is influenced by many factors, and food is not always to blame. Incorporating nutritious snacks, when indicated, can contribute to healthy eating habits.

Plan ahead!

Before you leave home, plan nutritious snacks that you’ll have on hand when hunger strikes.



A few snack suggestions!

Note: these snacks are not recommended as a treatment for hypoglycemia.

c = cup M.F. = milk fat

Snacks containing approximately 15 g of carbohydrates

- 80 ml (1/3 c) of roasted chickpeas, seasoned with a little olive oil and your favourite spices
- 1 slice of whole wheat bread + peanut butter
- ½ whole grain pita + guacamole
- 4 to 5 whole wheat crackers + canned tuna or salmon
- 3 sesame bread sticks + cubes of cheese with 20% M.F. or less
- 125 ml (½ c) of whole grain cereal (e.g. Multigrain Cheerios®) + milk with 2% M.F. or less
- 1 raw apple, cut into quarters + nuts or seeds
- 125 ml (½ c) of fruit salad with no added sugar + plain Greek yogurt
- 125 ml (½ c) of cut fruit + cottage cheese with 2% M.F. or less
- 175 ml (¾ c) of plain yogurt with 5 ml (1 tsp.) of maple syrup topped with 15 ml (1 tbsp.) of a bran cereal like All-Bran®
- 250 ml (1 c) of milk with 2% M.F. or less
- 250 ml (1 c) unflavoured, enriched soy beverage + 75 ml (½ c) of blueberries
- 125 ml (½ c) of flavoured Greek yogurt or skyr

Snacks that are low in carbohydrates

- Crudités (raw vegetable slices) + hardboiled egg
- Crudités (raw vegetable slices) + tzatziki or hummus
- Edamame beans, plain or seasoned to taste
- Tomato + bocconcini cheese
- Cheese with no more than 20% M.F.
- Unsweetened, enriched soy beverage



You can also opt for homemade snacks, such as bran muffins, banana bread or oatmeal cookies.

By selecting your own ingredients, you can make more nutritious snacks than those offered commercially!