

# **Snacking well on insulin**

## **Information for patients and families**

### **Can I eat snacks between my meals if I take rapid (mealtime) insulin?**

Having a snack between your meals that contains carbohydrate can increase your blood sugar and make it hard to reach your goal A1C (3 month average blood sugar).

Remember that rapid acting insulin works for about four hours and does most of its work in the first two hours. If you have a carbohydrate snack outside of the time that the insulin is working, it may raise your blood sugar.

For example: if you have lunch and take a dose of rapid insulin at noon, there will be no mealtime insulin to cover anything you eat after 4 p.m.

Below are a few tips to help you snack well when on insulin:

1. Move the snack to within 2 to 3 hours of your last meal to be covered by your last mealtime insulin dose.
2. Have a carbohydrate-free snack (see the back of this handout for ideas).
3. Do some activity after eating your snack (for example, go for a walk)
4. Don't have a snack.

## Low- or No-Carbohydrate Snack Ideas:

Below are a few low or no-carbohydrate snack suggestions:

- 1 boiled egg
- 1/4 to 1/3 cup nuts
- 6 whole walnuts
- 3 tablespoons soy nuts
- 2 tablespoons sunflower seeds
- 1 light Babybel cheese
- 1 small tin of flavoured tuna (for example- lemon pepper, dill & lemon, sundried tomato & basil)
- 2 turkey bites or beef jerky
- 3 turkey, chicken or ham slices wrapped in lettuce
- Homemade chicken and vegetable soup
- 5 cucumber slices with smoked salmon and light cream cheese
- 2 to 3 celery stalks with peanut butter or light cream cheese
- 10 pieces of veggies with spinach dip
- 12 grape/cherry tomatoes
- 1 cup edamame (without shells)
- 1/2 cup strawberries, blackberries or raspberries
- 1/2 cup plain Greek yogurt with 1 package of Splenda
- 1 cup air popped popcorn
- Salad with sliced tomatoes, cucumbers, and mushrooms topped with grilled chicken or fish

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