

## **Good Snacks for Diabetics**

Snacking doesn't have to be difficult if you're a diabetic. In fact, there are many brand name snacks you can buy right off the shelves of your local grocery store. Whether you want a sweet or savory snack, there are plenty of diabetic snacking options available to satisfy all of your cravings.

To make your shopping easy, print this guide and take it with you next time you go to the store.

### **Sweet Snacks for Diabetics**

Next time you're in the grocery store, look for these sweet diabetic-friendly snacks:

- Cool Whip® Lite or Cool Whip Free
- Del Monte® Fruit Cups Packed in Natural Fruit Juice (not syrup)
- Jell-O® Sugar-Free Gelatin
- Jell-O® Sugar-Free Pudding Snacks
- Jones Soda Co.® Sugar-Free Root Beet
- OceanSpray® Light Cranberry Juice Cocktail
- Popsicle® Sugar-Free Ice Pops
- Post® Shredded Wheat
- SnackWells® Sugar-Free Cookies
- TCBY® No-Sugar-Added Frozen Yogurt
- Yoplait® Light Yogurt.

Remember, fresh fruit also makes for a refreshing diabetic-friendly snack.

### **Savory Snacks for Diabetics**

Next time you're shopping for groceries, stock up on these savory diabetic-friendly snacks:

- Barilla® Whole-Grain Pasta
- Chicken of the Sea® White-Meat Tuna
- Jif® Peanut Butter
- Kashi® TLC Tasty Little Crackers
- King Oscar® Canned Sardines
- Kraft® 2-Percent Milk Singles
- Nabisco® Reduced-Fat Triscuits
- Nabisco® Reduced-Fat Wheat Thins
- Orville Redenbacher's® Plain Popcorn
- Pringles® Fat-Free Crisps
- Ritz® Reduced-Fat Crackers
- Sargento® String Cheese.

For a savory diabetic-friendly snack, also try fresh vegetables dipped in salsa or low-fat salad dressing.

Of course, always remember to control your portion size when snacking.

This site is designed to provide information, not medical advice. Please consult your physician if you have any questions or concerns.