

VELMA B. COX FOUNDATION

For Type II Diabetes & High Blood Pressure



COMBINING FOODS FOR BETTER BLOOD SUGAR CONTROL: HEALTHY SNACKING

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Many of us find that mid-afternoon is the time of day that the “hungries” attack, but what to eat? We are told to stay away from foods such as chips, crackers, or cookies that are high in carbohydrates and likely to raise blood sugar. Diabetics are further advised to stay away from too much fruit, especially juices and dried fruit, because it can cause spikes in glucose levels.

Interestingly, a medium six-ounce apple and a 1.5-ounce bag of potato chips both have 25 grams of carbohydrate. That said, eating the apple is still a better choice than the chips because the apple is lower in calories and much higher in dietary fiber. A better choice for blood sugar control would be to choose a small four-ounce apple because a small apple has only 16 grams of carbohydrate.

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An even better way to control blood sugar is to combine fruit with a healthy fat or protein because the overall carbohydrate percentage of the snack is decreased. The fiber in the fruit works with the added protein and/or healthy fat to help slow down the absorption of sugar in the body, helping to keep blood glucose more stable.

Here are some ideas of what to eat with your favorite fruits:

Small apple + 1 ½ Tablespoons almond butter

½ medium banana + ½ Tablespoon peanut butter

Small pear + ½ ounce cheddar cheese

1 cup berries + ½ cup plain yogurt

1 cup cantaloupe + ½ cup cottage cheese

2 kiwis or 1/3 mango + ½ small avocado

4 oz orange slices + ¼ cup black bean dip or hummus

½ cup cherries + ¼ cup walnuts

½ cup grapes + 4 olives + ½ ounce swiss cheese

1 cup of watermelon + romaine lettuce leaf + 1 Tablespoon feta cheese



One ounce of a lean protein such as chicken, turkey, fish, tofu, or one hardboiled egg can also be eaten with a portion of fruit for a healthy snack or mini meal. Vegetables such as carrots, celery, radishes, slices of zucchini, colorful peppers, or seaweed can also be substituted or added to the above combinations.

SNACK IDEA

Low Carbohydrate Turkey Roll Up - Serves 1 as a snack

Ingredients:

All thinly sliced:

- 1 slice Turkey/chicken (approximately 1 oz)
- 1 slice cheese or 2-3 slices avocado (approximately ½ oz)
- 2-3 fruit slices such as apple or pear
- Salad greens such as arugula or romaine
- Thin smear of mustard, mayo or hot sauce (optional, use restraint)
- Plastic wrap or waxed paper (optional)

Directions:

1. Lay turkey slice flat on plate (or plastic wrap if eating later)
2. Spread condiment and top with cheese slice/avocado, fruit slices, and salad green.
3. Roll up all layers and enjoy immediately or wrap in plastic wrap and refrigerate.

Note: Several can be prepared at one time.



Photo Credit:

<https://cleanfoodcrush.com/tangy-turkey-rollups-clean-eating/>

