



### 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 were experiencing true hunger. Ask yourself what kind of nutritious snack you'd like to have, and then enjoy it.

## Resources

Ordre professionnel  
des diététistes du Québec  
opdq.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?

- 15 to 30 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 meal plan has no snack scheduled for that particular time

**Consult a nutritionist for personalized advice.**

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## 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 secretagogue<sup>1</sup> and you find yourself in any of the following situations:

- your meal is delayed;
- you are not following your meal plan;
- 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 curb your appetite and reduce the risk of overeating.

### 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.

## Does eating between meals lead to weight gain?

Not necessarily. It is true that eating and drinking sweet drinks all day long without ever really feeling hungry can lead to weight gain. However, incorporating nutritious snacks for the reasons explained previously can help manage your weight in a healthy way.

## What about “meal substitutes”?

Drinks and bars designed for people with diabetes, such as Glucerna®, Boost® Diabetic or ProtiLife Diabetes, are not snacks that should be consumed on a regular basis. These processed foods generally contain sugar substitutes, which encourage a taste for sweet foods.



## 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

- Crudités (raw vegetable slices) + 75 ml (1/3 c) of hummus
- 60 ml (1/4 c) of roasted chickpeas, seasoned with a little olive oil and your favourite spices
- 1 slice of whole wheat bread + nut butter
- 1/2 whole grain pita + guacamole
- 5 to 6 whole wheat crackers + canned tuna or salmon (packed in water)
- 125 ml (1/2 c) of whole grain cereal (e.g. Multigrain Cheerios®) + 60 ml (1/4 c) of skim or 2% (M.F.) milk
- 1 raw apple, cut into quarters + nut butter
- 125 ml (1/2 c) of fruit salad with no added sugar + plain Greek yogurt
- 125 ml (1/2 c) of cut fruit + cottage cheese with no more than 2% M.F.
- 175 ml (3/4 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
- 250 ml (1 c) unflavoured, enriched soy beverage + 75 ml (1/3 c) of blueberries
- 125 ml (1/2 c) of flavoured Greek yogurt
- 175 ml (3/4 c) of flavoured skyr



### Snacks that are low in carbohydrates

- Crudités (raw vegetable slices) + hardboiled egg
- Crudités (raw vegetable slices) + tzatziki
- Edamame beans, plain or seasoned to taste
- Tomato slices or cherry tomatoes + 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!

<sup>1</sup> Gliclazide (Diamicon® and Diamicon® MR), glibenclamide (Amaryl®), glyburide (Diabeta®), repaglinide (GlucosNorm®)