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If you have diabetes, choosing nutrient-rich snacks can help promote fullness without causing your blood sugar to spike. These can include avocados, chickpeas, and almonds. Read on for 20 snack ideas.One large hard-boiled egg provides 6.3 grams of protein and around half a gram of carbs. The protein helps prevent your blood sugar from rising too high after eating.Berries are a great source of fiber. For example, a 1-cup (150-gram) serving of blueberries provides 3.6 grams of fiber, which helps slow digestion and stabilize blood sugar levels after eating.Yogurt is also associated with a lower risk of type 2 diabetes. This is partly due to the probiotics it contains, which may improve your body's ability to metabolize foods with sugar.One cup of blueberries with one 156-gram container of plain nonfat Greek yogurt contains 27.38 grams of carbs.Almonds may benefit heart health in people with diabetes by reducing LDL (bad) cholesterol levels. They also contain a good amount of magnesium, which is important for proper glucose metabolism.A 28-gram handful of unsalted almonds contains just under 6 grams of carbs and almost 3 grams of fiber.One 2023 study involving Hispanic and Latino individuals with type 2 diabetes found that consuming avocado was associated with lower HbA1c and fasting blood sugar. One hundred grams of avocado contains around 8 grams of carbs.Apples and peanut butter are high in fiber. One medium apple combined with 2 tablespoons (32 grams) of peanut butter provides 34.74 grams of carbs and around 6 grams of fiber.Most beef sticks provide around 6 grams of protein per ounce (28 grams), which may help keep your blood sugar under control. There is around 1 gram of carbs in an ounce.Beef sticks can be high in sodium, though, which can lead to high blood pressure in some people if consumed in excess. If you eat beef sticks, make sure to consume them in moderation.In a 1/2 cup (82-gram) serving of chickpeas, there are about 7 grams of protein, 6 grams of fiber, and 22.45 grams of carbs.One way to make chickpeas easy to snack on is by roasting them, which makes them crunchy and convenient. Try roasting them with olive oil and seasonings of your choice.Turkey roll-ups have low carb and high protein contents, which can help prevent your blood sugar levels from rising too high.The protein in turkey roll-ups may help lower your appetite. To make a turkey roll-up, simply spread a tablespoon (about 10 grams) of cream cheese onto a slice of turkey and wrap it around sliced non-starchy veggies, such as cucumbers or bell peppers.A half-cup (about 112-gram) serving of small-curd cottage cheese provides almost 13 grams of protein and 4 grams of carbs.According to a 2019 review of studies, dairy products can decrease insulin resistance and improve weight loss.While crackers can be high in carbs, the protein in the cheese and fiber in the crackers may prevent them from spiking your blood sugar. Make sure you choose your crackers carefully, as many brands are high in refined flour and added sugar, which may negatively affect blood sugar levels. 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Department of Agriculture, Agricultural Research Service. (n.d.). FoodData Central. J, et al. (2021). Changes in the glucose and insulin responses according to high-protein snacks for diabetic patients. article is based on scientific evidence, written by experts and fact checked by experts.Our team of licensed nutritionists and dietitians strive to be objective, unbiased, honest and to present both sides of the argument.This article contains scientific references. The numbers in the parentheses (1, 2, 3) are clickable links to peer-reviewed scientific papers. 1lacaosa//Getty Images"Chickpeas are packed with fiber and protein, and when roasted with spices like cumin and paprika, they make a delicious and satisfying South Asian-inspired snack with anti-inflammatory benefits," says dietitian and Certified Diabetes Educator Shahzadi Devje, R.D., C.D.E., MSc. Thomason recommends this snack as well, saying that it's an easy high-protein, high-fiber snack that travels well and keeps your blood sugar stable. You can buy them from the grocery store or make them yourself.RELATED: 35 Best Low-Sugar Foods to Satisfy CravingsAdvertisement - Continue Reading Below3Dan Iancu / 500px//Getty Images"A good source of protein and fiber, pistachios are a wonderful snack for better blood sugars," Thomason says. "I like to use the travel packs as they are so easy to throw in your bag and along with the complete protein, fiber and healthy fats it keeps me feeling full on a busy day." She adds that pairing a high-fiber carb like a piece of fruit or whole grain crackers with pistachios can provide an energy boost and stable blood sugar after eating.RELATED: Top Health Benefits of Pistachios4annick vanderschelden photography//Getty ImagesThis dried fruit is chewy, sweet and incredibly versatile. Prunes are little nutrition dynamos that boast many different health benefits ranging from gastrointestinal health to bone preservation. "Often touted for their digestive benefits, prunes don't get the credit they deserve for being a high-fiber powerhouse," Thomason says. Just one serving of four prunes contains three grams of fiber, which is considered a good source. "I love to have a couple as a snack or chop them up in yogurt for a high protein, high fiber combo."RELATED: 7 Impressive Health Benefits of PrunesAdvertisement - Continue Reading Below5Adrian Tudor / 500px//Getty Images"Eating balanced meals and snacks and limiting sugary beverages is key to preventing high blood sugar levels," says registered dietitian and pre-diabetes expert Jackie Topol, M.S., R.D.N., C.D.N. Although store-bought smoothies can be high in added sugar, making a well-rounded one at home can be the perfect snack or mini-meal to stabilize blood sugar levels. Topol says that the ideal smoothie for diabetes is made with a milk of your choice, berries, spinach or kale, chia seeds and Greek yogurt or protein powder. RELATED: 35 Healthy Smoothie Recipes6Vrinda Thamara Valappil / 500px//Getty Images"Dhokla is a delicious spongy Indian snack crafted from chickpea flour and spices," Devie says. "Chickpea flour has a low glycemic index, which means it has a gradual impact on blood sugar levels." She adds that you want snacks for diabetes to be a mix of components that slowly release energy — a combination of protein, healthy fats and fiber, which help maintain your blood sugar levels steadily. "I want to emphasize that this doesn't mean forgoing your delicious cultural foods. You can explore traditional snacks rich in spices and flavors while aligning with these criteria. After all, food should be a source of joy — not just fuel."Advertisement - Continue Reading Below7Arx0nt//Getty ImagesDon't knock cottage cheese until you've tried it a few ways. It's high in protein and super creamy, making it a great snack, and it's delicious in a bowl by itself or spread on whole grain cracker crisps and topped with sliced cucumbers, radishes or a few slices of smoked salmon. Topol also likes it with chopped pears. Try to look for options with lower sodium counts when possible. RELATED: 7 Healthiest Cheeses You Can Buy8Claudia Totir//Getty ImagesWe all know that eggs are a good source of protein, plus hardboiled ones are versatile and quick, which is what makes them such a smart snack. "Eggs are high in protein and rich in nutrients like vitamin D and choline, making them a great option for folks looking for a blood sugar-stabilizing snack. Pair with a high-fiber carb for a balanced blood sugar snack," Thomason recommends. Jazz them up with a sprinkle of your favorite spice blend, like everything bagel seasoning or paired with fiber-filled veggie sticks or whole wheat crackers.Advertisement - Continue Reading Below9Lori Andrews//Getty ImagesNo matter how you like to eat it, fiber- and protein-filled edamame is a smart diabetic snack. You can find frozen shelled and pre-shelled edamame, as well as crispy packaged edamame snacks. Topol recommends steamed edamame and says that eating balanced meals and snacks like this choice and limiting sugary beverages is key to preventing high blood sugar levels.10Steven Krug//Getty ImagesAlmonds are also packed with plant-based protein, vitamin E and a plethora of other beneficial nutrients. Try sliced almonds in your breakfast omelet or tossed on your lunchtime salad. Better yet, spice them up! "Spiced almonds with a touch of turmeric and chilli powder create a flavorful and quick snack," Devie says. "A handful of almonds provide protein, which has a negligible impact on blood sugars, making them a convenient and satisfying choice."Advertisement - Continue Reading Below11Jennifer A Smith//Getty ImagesCanned tuna is a lean source of protein, providing about 24 grams of complete protein per four-ounce serving. It's also rich in several vitamins and minerals and doesn't contain any carbs on its own. Most notably, canned tuna is an excellent source of omega-3 essential fatty acids which may help lower risk of heart disease. Pair tuna salad with a few of your favorite veggies for a tasty, balanced bite. If you like creamy tuna, try part yogurt, part mayo (or all yogurt), a little extra virgin olive oil and vinegar and your favorite spices. RELATED: The Best Canned Tuna to Buy at the Store12Michelle Arnold / EyeEm//Getty ImagesFruit slices with some nut butter delivers the ideal mix of fiber, protein and vitamins to support balanced blood sugar. "Easy to pair with crackers, an apple or drizzle on yogurt, peanut butter is a blood sugar-friendly snack that travels well and is easy to eat for a quick pick-me-up when you need a sugar-stabilizing snack," Thomason says.Advertisement - Continue Reading Below13tovfla//Getty ImagesThis Middle Eastern favorite contains the stabilizing duo of protein and fiber, plus it's super yummy. Use veggie sticks or whole grain pita as your dippers, or try replacing hummus for mayo as a spread on your favorite wrap or in your turkey sandwich for lunch. Devie loves pairing hummus with cucumbers, noting that this offers a plant-powered combination that's particularly beneficial for those with Type 2 diabetes. "Plant-based diets have shown promising results in improving A1C levels, a key marker of long-term blood sugar control," she says.14Image Professionals GmbH//Getty ImagesHardboiled eggs are convenient and versatile, but whipping up a quick omelette can be the perfect snack if you want to change things up. "An omelette with onions, tomatoes, spinach and spices offers a protein-rich, savory snack that can help keep you full longer while supporting stable blood sugar levels," Devie explains.RELATED: 30 Best Egg Recipes For Every MealAdvertisement - Continue Reading Below15Jordan Lye//Getty Images"A handful of mixed nuts and seeds, like almonds, walnuts and flaxseeds, offers healthy fats and antioxidants that can help lower cholesterol and reduce the risk of heart issues often associated with Type 2 diabetes," Devie says. In fact, one study found that people with type 2 diabetes who regularly consumed nuts had a lower risk of heart disease, a serious complication of diabetes.RELATED: 6 Healthiest Nuts to Eat16lingqi xie//Getty Images"Berries are one of the highest fiber fruits, with raspberries taking the lead with a whopping nine grams of fiber per cup," Thomason says. All berries are also rich in antioxidants, which can help fight cell damage and combat inflammation. "When it comes to diabetes, fiber helps slow digestion down and prevent major blood sugar spikes. Pair berries with a protein for an even more balanced snack."Advertisement - Continue Reading Below17Yulia Reznikov//Getty ImagesBelieve it or not, popcorn is considered a whole grain and is a good source of fiber. Skip the movie theatre popcorn dripping in butter, and opt for air-popped or lightly oil-popped varieties. Pre-portioned packs are always a good idea, or you can buy a big bag of popcorn and portion it out yourself into individual baggies to have for the week.18James And James//Getty ImagesNeed a break from tuna? Try canned salmon and prepare it the same way, then pile it on a few whole grain crackers or eat alone with veggies. "Whether you're buying it canned, dried or smoked, salmon is a nutrient powerhouse for blood sugar balance," Thomason says. "Particularly salmon from Alaska is guaranteed to be wild-caught, making it a great source of omega-3s and vitamin D." Not only does salmon boast heart healthy fats, but Thomason adds that it is an excellent source of protein and nutrients of concern like vitamin D for diabetes.Advertisement - Continue Reading Below20Costi Moculescu / 500px//Getty ImagesSpeaking of avocado, guacamole is a great choice for diabetics since it is loaded with healthy fats and a plethora of beneficial nutrients. "Guacamole with raw vegetables like bell peppers and carrots introduce heart-healthy monounsaturated fats and dietary fiber to your diet," Devie says. "This combination of healthy fats, fiber, vitamins and antioxidants contributes to overall well-being and can potentially help reduce inflammation, a concern in Type 2 diabetes."RELATED: How to Make the Ultimate GuacamoleWatch Next Advertisement - Continue Reading Below If you have diabetes, choosing nutrient-rich snacks can help promote fullness without causing your blood sugar to spike. These can include avocados, chickpeas, and almonds. Read on for 20 snack ideas.One large hard-boiled egg provides 6.3 grams of protein and around half a gram of carbs. The protein helps prevent your blood sugar from rising too high after eating.Berries are a great source of fiber. 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Homemade protein bars can include filling ingredients like nut butters and protein powder. Celery sticks are very low in calories, providing 17 calories per 100 grams.Adding a tablespoon or two (about 16 to 32 grams) of peanut butter to celery sticks adds some extra protein and fiber.One hundred grams of celery and 2 tablespoons of peanut butter contain around 10 grams of carbs.There are plenty of healthy and tasty snack options if you have diabetes.A good rule of thumb is to choose foods that are high in protein, fiber, and healthy fats, such as the foods listed in this article, which help maintain healthy blood sugar levels.For more tips, download Healthline's Bezzy T2D app to connect with real people living with type 2 diabetes.Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. 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Department of Agriculture, Agricultural Research Service. (n.d.). FoodData Central. J, et al. (2021). Changes in the glucose and insulin responses according to high-protein snacks for diabetic patients. article is based on scientific evidence, written by experts and fact checked by experts.Our team of licensed nutritionists and dietitians strive to be objective, unbiased, honest and to present both sides of the argument.This article contains scientific references. The numbers in the parentheses (1, 2, 3) are clickable links to peer-reviewed scientific papers. Discover the ultimate diabetes-friendly snacks list to keep your blood sugar stable and your taste buds happy. From high protein to high fiber and healthy fats, these 10 snacks might be your new go-to for managing diabetes effectively.Share on PinterestHangry hobbits aren't a thing. Why? Because they eat six times per day. Who doesn't want "second breakfast" or dinner followed by supper? Fortunately, many people with diabetes find that eating smaller meals 4–6 times per day, instead of the standard three large meals, works wonders for preventing blood sugar spikes. But before you start planning for "elevenses," afternoon tea, and an epic journey to Mordor, here's a diabetes nutrition recap.high in fiberhigh in proteinnutrient dense sources of healthy fatslow in added sugarsIf this sounds like a tall order, it's not! Most whole, unprocessed foods like vegetables, nuts, seeds, and many fruits boast one or more of these benefits. Know what's in your food and be sure to check your blood sugar levels before and after trying foods to know exactly how they affect you. Let the snacking commence!High-protein foods contain essential amino acids that power your body and keep you functioning at your best. For people with type 1 or type 2 diabetes, snacks with protein are ideal because they keep you full for hours, and keep your blood sugar stable. The American Diabetes Association recommends a variety of high-quality plant and animal proteins, especially those low in carbohydrates and low in saturated fat. High-protein snack ideas include:1 large hard-boiled egg – 6 g1 cup of cottage cheese – 25 ga handful of almonds, pecans, or other nuts – about 15 g fruit with 2 tbsp nut butter – 8 g 5 tbsp hummus and veggie sticks – about 5 g1 cup edamame – 17 g1 cup roasted chickpeas – 15 g1 large piece of beef jerky (no added sugar) – 7 g5 oz can of tuna – 10 g1 stick of part-skim string cheese – 7 gHow much protein do I need?The DRI (dietary reference intake) is 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound. That's about:56 grams per day for the average office-working male46 grams per day for the average office-working femaleLike protein, fiber keeps you full for longer and functioning at your best. A high-fiber diet can actually help slow the absorption of sugar into your bloodstream, keeping blood sugar in check and even reducing the risk of developing type 2 diabetes. Fiber also maintains bowel health, lowers cholesterol, and is even associated with a reduced risk of dying from cardiovascular disease and all cancers. And the high-fiber snack options? Endless and delicious.1 cup cooked oatmeal with a banana – 7 g1 cup air-popped popcorn – 1.2 g a handful of blueberries – 3.6 g1 banana – 3.1 g1 cup chia pudding – 16 ga small handful of almonds or pistachios – 4 g1 cup raw broccoli with 4 tbsp hummus – 6 g¼ cup dark chocolate (approximately half a bar) – 3 g1 cup mashed avocado on multi-seed crackers – 13 g 1 cup homemade granola – 4 gHow much fiber do I need? The current Dietary Guidelines for Americans recommends:Females under 50 years of age: 21–25 grams per dayMales under 50 years of age: 30–38 grams per dayForget everything you used to hear about the benefits of low-fat foods. Healthy fats are actually super good for your heart, and they keep you full for longer. The American Diabetes Association recommends a diet rich in mono and polyunsaturated fats to help manage your type 1 or type 2 diabetes. Here are some quick snacks with the approximate total fat content to satisfy your hunger spike:half an avocado with everything seasoning – 15 g2 oz dark chocolate with 1 tbsp coconut butter – 26 g 1 tbsp almond butter on celery sticks – 9 gGreek yogurt parfait (no added sugar) – 10 ga handful of greens with 1 tbsp olive oil – 14 g½ cup mixed nuts and 1 string cheese – 21 g3.5 oz olives – 11 g1 cup smoked salmon on multi-seed crackers – 7 g2 deviled eggs – 11 g6 oz smoothie made with full-fat coconut milk – 23 gHow much total fat do I need?The current Dietary Guidelines for Americans recommends that adults get 20%–35% of total calories from fat. That's about:44–77 grams of fat per day on a 2,000 calorie diet Let's be real — hanger typically strikes at the grocery store. And Trader Joe's holds a special place in our hearts. Between their ridiculously affordable prices to their creative, healthy food options (cauliflower gnocchi, anyone?) they're the grocery store that dreams are made of. Thankfully, they sell tons of snack items that are diabetes-friendly. Special note: Manufacturers' ingredients and nutritional info can change at any time, so always double-check the nutritional content before buying. Here's a quick roundup of snack ideas:When portioning snacks, remember to keep them around 200 calories or less, and make sure they're full of protein, fiber, healthy fat, or all three! These snack recipes are made with whole, unprocessed foods that keep the carb count low and the flavor count high. Find yourself craving a little somethin' somethin' before bed? A high-protein, low-fat snack can stabilize blood sugar levels overnight. A handful of almonds. This superfood contains an ideal ratio of protein and fiber (with just a touch of healthy fat). 1 Hard-boiled egg. Eggs are vitamin-rich and full of high-quality animal protein. Low-fat cheese. Cheese, even when low in fat, is packed with protein. Hummus and celery. Chickpeas contain fiber and protein to keep you full all night long. Greek yogurt. Greek yogurt is a creamy snack with one of the highest protein counts per ounce out there. It's also lower in sugar than other types of yogurt. Apple and peanut butter. Satisfy a craving for sweetness without spiking your blood sug