

Type 2 Diabetes

Snack Ideas



- Yogurt w/berries
 - Unflavored (plain) yogurt is preferable, but flavored yogurt is also an option
- Fruit and nuts in yogurt
- Almonds or other nuts
- Whole grain cereal with a fruit/nut mix
- Trail mix
- Chickpeas (aka garbanzo beans): roasted or raw
- Veggies and hummus (hummus can be found near Burritos, Etc. at the condiments station)
 - Veggies at multiple locations, but raw veggies located at salad bar
- Hummus roll-ups (tortillas can be found at Burritos, Etc. or Deli)
- Turkey roll-up (can get turkey from deli section) (tortillas found at Burritos, Etc. and Deli)
- Lean protein (e.g. chicken, which can be found at the Grill) wrap
- Apples and peanut butter
- Celery and peanut butter
- Chips and salsa
- ¼- ½ of an avocado with chili powder and pinch of salt
- Avocado and tomato open-faced sandwich
- Guacamole and veggies
- Avocado toast (can use guacamole if actual avocado unavailable)
 - With a twist: add sliced pear and cheese
- Pear and string cheese or other cheese
- Mini pizza (whole grain sandwich thin + tomato + mushrooms + cheese)
- Cheese sticks/string cheese
 - Lower fat cheeses include (but are not limited to) mozzarella, Swiss, and feta
 - Higher fat cheeses also an option
- Cheese and whole grain crackers or bread
- Tuna salad + cucumber on whole grain cracker
- Wheat or whole grain bagel with cream cheese
 - ~ ½ bagel, but a whole bagel is okay if you feel that you need it
- Beef sticks
 - Be mindful of sodium
- Banana dipped in dark chocolate
- Strawberries and fruit dip
- Strawberries and cottage cheese
- Cottage cheese
- Grapes + cream cheese + graham crackers or other crackers (whole grain or whole wheat are preferable)
- Egg muffins
- English muffin with cheese and apple
- Black bean salad
 - Option 1: Regular salad with black beans added
 - Option 2: Black beans + corn + bell pepper + tomatoes + red onion + cilantro + jalapeno + lime + olive oil + vinegar + chili powder + ground cumin + ½ tsp salt to taste + feta + avocado
 - Option 3: It's up to you! You can add or take away ingredients depending on your preferences or lack of ingredient availability
- Edamame, tofu, soy, tempeh
- Protein bars

- Be mindful of sugar alcohols which may cause gastrointestinal upset, such as excess flatulence. However, each individual reacts differently, and you may have no issues.
 - Be mindful of excess sugar.
- Craisins
 - Be mindful of sugar. Since Craisins are dehydrated, the sugar is more concentrated, and they do not easily create a sense of fullness. Thus, it is easy to overconsume them.
- Granola bars
 - Be mindful of sugar.
- Belvita biscuits
- Oatmeal
- Milk (with something else or alone)
- Popcorn
- Chia seed pudding (soak chia seeds in milk until it forms a pudding-like consistency. Add cocoa powder for a chocolate flavor.)
- Any others you can think of!

*Try to make at least half of grains you consume be whole grains (whole grain bread, whole wheat pasta, brown rice, quinoa, etc.)

* **Most ingredients (but not all) in the list above may be available at Watterson Dining Commons.**

Ingredients available at Watterson:

Salad bar

Eggs

Veggies

Shredded cheese

Cottage cheese

Raw garbanzo beans (aka chickpeas)

Black beans

Fruit bar

Grapes, apples, and other fruits

Bagels and Cereal

Oatmeal, Cream cheese, whole grain cereals, bagels, peanut butter

Waffle, Ice Cream, and Yogurt Bar

Yogurt, Craisins, some fruits

Burritos, Etc.

Hummus (created from garbanzo beans), guacamole (avocado), tortillas, corn chips, diced tomatoes, cheese, salsa

Grill

Sliced tomatoes, salsa, cheese, meat (preferably a lean protein, such as chicken)

Deli

Cheese, whole grain options, tortilla wrap, deli meats

