



Call or Email Us for Help...

- Learning how to make smart food choices** that help you manage blood sugar.
- Personalizing your plan** so that you can navigate any allergy or health challenges and make choices that support your needs.
- Adjusting to your new diet**—from easing cravings and boosting your mood to finding motivation.
- Keeping healthy living fun** and interesting with over 25 years worth of helpful ideas from our experts.

What About Snacks?

The number one question customers have is: *What about snacks?* The key to snacking is to plan ahead. It's a great idea to pre-portion and pack your snacks in advance, whenever possible, to avoid mindless munching or making poor choices mid hunger pang.

First, know your personal calorie budget (and if you don't, just call us or visit diettogo.com). The calorie surplus that remains from your calorie budget after the total of all your Diet-to-Go meals for the day is what you can use to eat *diabetic-friendly* snacks. If you don't have a surplus, you can set aside sides from meals and drink lots of water. Flip over this card for some great diabetic-friendly snack options from our experts!



Karen O'Keefe, MD
Family Physician



Brandi Redo
Certified Health Coach



Rachel Burdo
VP, Admin Services



Renee Peregory
Certified Health Coach



It's very important to select snacks that help you manage your blood sugar. Learn to *Snack Smart* with these diabetic-friendly sweet & savory snacks!

SAVORY EATS

14 Whole Raw Almonds or Pistachios 97 cal, 8.5g fat, 3.3g carbs, 3.6g protein	1 Large Hard Boiled Egg (Whole) 80 cal, 5.3g fat, 0.6g carbs, 6.3g protein
2 tbsp Sunflower Seeds 93 cal, 8.0g fat, 3.9g carbs, 3.1g protein	2 cups Green Salad, Herbs/Lemon Juice 20 cal, 0.0g fat, 4.0g carbs, 2.0g protein
10 Kalamata Olives 85 cal, 7.6g fat, 3.8g carb, 0.0g protein	1 tbsp Natural Peanut Butter 94 cal, 8.1g fat, 3.1g carb, 4.0g protein
4 Sliced Radishes + 2 tbsp Fat-Free Cream Cheese for Dipping 35 cal 5.0g fat, 2.4g carbs, 5.2g protein	1 cup Sliced Bell Pepper + 2 tbsp Low-Fat Black Bean Dip 34 cal, 0.3g fat, 3.0g carb, 1.0g protein
1 cup Raw Broccoli Florets + 2 tbsp Fat-Free Ranch Dressing 57 cal, 0.2g fat, 9.7g carbs, 2.1g protein	1 Sliced Cucumber (small) + 2 tbsp Plain Hummus 90 cal, 3.0g fat, 14.9g carb, 4.2g protein

SWEET TREATS

½ cup Blueberries 45 cal, 0.2g fat, 10.7g carbs, 0.5g protein	Sugar-Free Jell-O Snack Cup 10 cal, 0.0g carbs, 0.0g protein
1 Mandarin Orange 50 cal, 0.0g fat, 12.0g carb, 1.0g protein	1 Fresh Pear 50 cal, 0.3g fat, 13.0g carbs
Sugar-Free Jell-O Pudding Snack Cup 80 cal, 2.5g fat, 8.0g carbs, 2.0g protein	1 Fresh Apricot 17 cal, 0.1g fat, 3.9g carbs, 0.5g protein
½ cup Fresh Raspberries 32 cal, 0.4g fat, 7.3g carbs, 0.7g protein	1 cup Strawberries 46 cal, 0.4g fat, 11.1g carb, 1.0g protein
3 Strawberries + 2 tbsp Non-Fat Plain Greek Yogurt 37 cal, 1.2 g fat, 4.1 g carbs, 2.7g protein	½ cup Fresh Raspberries + ½ cup Fat-Free Greek Yogurt 99 cal, 0.4g fat, 12.0g carbs, 12.7g protein