

ACTION PACK

SNACK IDEAS FOR DIABETES.

Type 2 diabetes is associated with modifiable risk factors, meaning that you may be able to significantly slow down the progression of the disease or prevent its onset by incorporating some changes to your diet as well as increasing activity levels.

Here are some simple snacks to help you eat well every day.

Handful of Unsalted Nuts - Almost all nuts offer some benefit for people with diabetes. Walnuts contain omega-3 fatty acids, cashews are high in magnesium and almonds are rich in vitamin E and monounsaturated fatty acids (also helpful in lowering bad cholesterol).

Sliced Fruit with Nut Butter - Nut butters are a rich source of protein and the nutrients mentioned above (dependent on the variety of nut butter selected). They help to lower the glycaemic load of fruit and help to stabilise blood glucose levels.

Hard-Boiled Egg - Eggs are one of the best foods available as they are packed with protein and vitamins K2 and B12. Eggs are filling and thus reduce hunger signals and overeating. Maintaining a healthy body weight is an important aspect of diabetes management.

Strawberry and Rhubarb Muffins - Antioxidant properties and the presence of flavonoids in rhubarb including quercetin (a dietary antioxidant that helps your body combat free radical damage) have been effective in maintaining healthy blood sugar levels and protecting against complications of diabetes.

Ingredients:

- 125g fresh strawberries
- 4 cups wholemeal self-raising flour
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla essence
- 1/4 cup dairy-free spread (low-fat)
- 3/4 cup low-fat soy milk
- 2 eggs
- 250g rhubarb
- 1/4 cup low-fat Greek yoghurt

Method:

1. Preheat oven to 200°C. Grease a 12-hole 1/3 cup muffin pan or line with paper muffin cases.
2. Thinly slice the strawberries and reserve 12 slices.
3. Combine flour, sugar and cinnamon in a large bowl. Add essence, spread, milk and lightly beaten eggs; mix to combine then gently stir in remaining sliced strawberries, finely chopped rhubarb and yoghurt.
4. Divide mixture among pan holes; top each with a reserved strawberry slice.
5. Bake for 20 minutes. Serve warm or at room temperature. Makes 12 muffins.



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Sources: Victoria Trigg, Nutritionist, www.diabetesaustralia.com.au/about-diabetes/type-2-diabetes/, www.sciencedaily.com/releases/2018/06/180613162701.htm, www.ncbi.nlm.nih.gov/pmc/articles/PMC6213615/, www.ncbi.nlm.nih.gov/pmc/articles/PMC2768220/, www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/fruits.html, www.diabetes.org/healthy-living/recipes-nutrition/eating-well/protein, www.ncbi.nlm.nih.gov/pmc/articles/PMC6254143/