

## **Health Corner TV® Healthy Snacking**

Planning ahead for meals and snacks is key, especially when someone in the family has diabetes and Mom still needs to please the rest of the family. Snacks can be an especially important part of a diabetes meal plan. Everyone wants something quick and nutritious that still tastes great. Balancing carbohydrates throughout the day is important and that can be hard when you're in a rush, running to various activities and need to grab and go. So plan ahead.

A portion-controlled snack like 100 calorie packs is an easy choice. You might want to pair it with a carton of low fat milk. These are pre-portioned and come in a variety of sweet and savory options for everyone in the family. People always need on-the-go beverages. Hydration is definitely a goal for everyone. It's important to watch the calories in beverages, and the person with diabetes needs to watch carbs in some beverages. Two refreshing sugar free options that are great for "on-the go" are Sugar Free Kool-Aid Singles and Crystal Light On-the-Go.

Always looking for quick, tasty snack recipes? You just might love this: Turkey, Pear, and Cheese Melt. They look and taste great and they're really easy. Start with whole wheat Triscuit Crackers. Top with some reduced-fat cheese, oven roasted turkey breast which is a lean protein, and a slice of pear. Warm them in the microwave for 30 seconds and they're done. One serving is two topped crackers and has 70 calories, 3g fat and 8g carbs.

You can find more snack recipes and healthy eating tips by visiting [HealthCornerTV.com](http://HealthCornerTV.com).