

# BED TIME SNACK GUIDELINES

If your blood sugar is **less than 4.0** → Take FAST ACTING SUGAR

If your blood sugar levels are **4.0 - 6.0** → Choose 2 carbohydrate servings & 1 protein

If your blood sugar levels are **6.0 - 8.0** → Choose 1 carbohydrate serving & 1 protein

If your blood sugar levels are **greater than 8.0** → Avoid carbohydrates. If you are hungry choose free vegetable, proteins or fats.

See combination examples on the back of this page.

## Fast Acting Sugars

3/4 cup (6 oz) regular pop

4 Dex 4 glucose tablets

3/4 cup (6 oz) unsweetened fruit juice

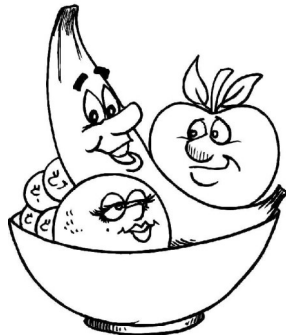
3 tsp sugar of honey

**Wait 15 minutes, re-test blood sugar, choose a Carbohydrate snack according to blood sugar level.**

## 15 g Carbohydrate = 1 serving

### Fruit:

- 1 medium fresh fruit  
(peach/orange/apple/pear)
- 1/2 banana
- 2 cups raspberries /  
blackberries/Strawberries
- 1 cup blueberries
- 15 grapes or cherries
- 1/4 cup dried fruit
- 1/2 cup applesauce



### Milk and Alternatives:

- 3/4 cup plain or artificially sweetened yogurt
- 1 cup (250 ml) skim or 1% or soy milk

### Grains and Starches:

- 1/2 whole wheat English muffin
- 1/2 cup bran cereal
- Whole grain crackers– 3 Ryvita crackers
- 5 Triscuits

## 10 g Protein = 1 serving

### Protein:

- 1 Light Babybel cheese
- 2 wedges Light Laughing Cow cheese
- 2-3 tablespoons shredded low-fat cheese
- 1 hard boiled egg
- 1/2 cup low fat cottage cheese
- Nuts ( 6-10) or 1 tablespoon nut butter
- 1/4 cup canned tuna or salmon
- 1-2 tablespoons hummus
- 1/2 cup black bean salsa
- 1/4 cup edamame (green soybeans)

### Vegetables:

- Carrots/celery/tomatoes/cucumber/cauliflower/  
broccoli/peppers/mushrooms/etc.

**Remember that if your blood sugar is high and you are still hungry that vegetables and/or protein only foods make great snacks!**

# Combinations

These are simply examples - find combinations that work best for you.

BLOOD SUGAR LESS THAN 4.0  TAKE FAST ACTING SUGAR

**Eat one of the following fast acting sugars**

- ◆ 3/4 cup (6 oz) regular pop
- ◆ 3/4 cup (6 oz) unsweetened fruit juice
- ◆ 4 Dex 4 glucose tablets
- ◆ 3 tsp sugar of honey

Wait 15 minutes, re-test blood sugar, choose a Carbohydrate snack according to blood sugar level.

BLOOD SUGAR LEVELS 4.0 - 6.0  EAT CARBOHYDRATE FOODS

**Eat ONE of the following snacks:**

**\*\*each snack = 2 carbohydrate serving (30 g carbohydrate) + protein**

- ◆ 2 slices of whole grain bread & 1/2 can tuna
- ◆ 1/2 cup plain Greek yogurt & 1/4 cup granola & 1/4 cup blueberries
- ◆ 6 Ryvita crackers & Cheese
- ◆ 30 grapes & 1/2 cup cottage cheese
- ◆ 1/2 cup cereal & 1 cup milk
- ◆ 1 slice bread & cheese & 1 cup milk

BLOOD SUGAR LEVELS 6.0 - 8.0  EAT CARBOHYDRATE FOODS

**Eat ONE of the following snacks:**

**\*\*each snack = 1 carbohydrate serving (15 g carbohydrate) + protein**

- ◆ 1/2 English muffin & 2 wedges laughing cow cheese
- ◆ 5 Triscuit crackers & 1 oz of cheese
- ◆ 3/4 cup pineapple & 1/2 cup cottage cheese
- ◆ 1 cup 1% cow's milk
- ◆ 1/2 cup flavoured Greek Yogurt or Cottage Cheese
- ◆ 1 slice of bread & hard boiled egg
- ◆ 1/2 banana & turkey pepperette
- ◆ Small apple & turkey pepperette

BLOOD SUGAR GREATER THAN 8.0  AVOID CARBOHYDRATE FOODS

**If hungry, you may eat Free Vegetables, Protein or Fat such as:**

- ◆ Raw vegetables and dip
- ◆ Salad with salad dressing
- ◆ Cheese
- ◆ Cold Cuts (Deli meats)
- ◆ Nuts or Seeds
- ◆ 2/3 cup edamame
- ◆ 1/4 cup soy nuts