



Natural Health Center, LLC

compassionate care changing lives

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SMART SNACKS & SMALL MEALS FOR BLOOD SUGAR CONTROL

- cottage cheese with sliced pear, plum, cherries, or 1/4 cup fresh berries
- whole wheat toast with nut butter (cashew and almond butter are a delicious alternative to peanut butter)
- mochi with nut or seed butter smothered inside
- hummus with raw chopped vegetables or pita bread (preferably whole wheat)
- olive tapenade spread on toasted pita bread, wheat crackers, or rye crisp
- apple or pear slices with cheese slice or nut butter
- hard-boiled egg
- corn tortilla chips with guacamole, olives, salsa, and/or beans
- bagel (preferably baked, not boiled) with lox and cream cheese
- prepared tofu chive spread or roasted garlic tofu spread with crackers, whole grain bread, or pita
- small amount of steaming brown rice topped with lemon tahini sauce or spicy peanut sauce and seeds, nuts or cubed tofu
- raw nuts or seeds
- sardines or smoked salmon on a cracker
- cup/bowl or bean soup: e.g., split pea, black bean, chili, lentil, or navy bean
- cup/bowl or turkey, chicken, or beef vegetable soup
- omelet prepared with vegetables
- tofu or tempeh burger on a whole wheat bun with a slice of cheese, lettuce, tomato, or sprouts
- baked potato topped with chili and sour cream or plain yogurt
- whole grain cereal (hot or dry) topped with nuts and/or seeds and milk. Fresh berries may be added too for some extra fiber
- brown rice and bean burrito with avocado, salsa
- miso soup with cubes of tofu and chopped vegetables such as: bok choy, kale, carrots, watercress, collards, seaweed, and diced potatoes.
- fresh garden salad with plenty of vegetables and tahini or olive oil based dressing. Add some seasoned tofu cubes for more protein
- stir-fry of various chopped vegetables with either tofu, chicken, shrimp, scallops, or beef and served over steaming brown rice, quinoa, barley, or wheat berries