



# Healthy Snack Guide for Blood Sugar Balance

## Why Blood Sugar Balance Matters for Women's Health

Blood sugar stability is essential for women's health at every stage of life. Balanced blood sugar supports consistent energy, reduces inflammation, and helps stabilize hormones, making it especially beneficial for pregnancy, postpartum, and throughout perimenopause. Managing blood sugar helps prevent those energy crashes and cravings that can disrupt focus and mood. This guide provides 20 simple, nutritious snacks specifically chosen to support blood sugar balance and promote overall wellness. At the end, you'll also find five practical blood sugar hacks to help you maintain steady energy, feel more satisfied after meals, and support a healthy metabolism.

## 20 Healthy Snacks for Blood Sugar Balance:

- 1. Greek Yogurt with Berries and Chia Seeds**
  - a. 20g protein (1 cup Greek yogurt, 1 tbsp chia seeds)
- 2. Hard-Boiled Eggs with Everything Bagel Seasoning**
  - a. 12g protein (2 eggs)
- 3. Cottage Cheese with Pineapple or Cherry Tomatoes**
  - a. 14g protein (1/2 cup cottage cheese)
- 4. Turkey or Chicken Roll-Ups with Avocado Slices**
  - a. 18g protein (3 slices turkey, 1/4 avocado)
- 5. Almond Butter on Rice Cakes**
  - o 8g protein (2 tbsp almond butter)
- 6. Chomps Brand Beef Sticks**
  - o 10g protein (clean, grass fed beef)

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- 7. Protein Smoothie (Protein Powder, Spinach, Almond Milk, Frozen Berries)**
  - 25g protein (varies with powder)
- 8. Hummus with Veggies (Carrot Sticks, Bell Peppers, Cucumbers)**
  - 8g protein (1/4 cup hummus)
- 9. Edamame (Lightly Salted)**
  - 11g protein (1/2 cup)
- 10. Tuna Salad on Cucumber Slices**
  - 20g protein (1/2 can tuna)
- 11. Lentil Chips with Guacamole**
  - 8g protein (1 serving chips, 2 tbsp guac)
- 12. String Cheese with a Handful of Almonds**
  - 10g protein (1 stick cheese, 10 almonds)
- 13. Mini Omelette Muffins (Eggs, Veggies, Cheese)**
  - 8g protein per muffin (2 muffins)
- 14. Smoked Salmon on Whole Grain Crackers**
  - 15g protein (2 oz salmon)
- 15. Roasted Chickpeas**
  - 7g protein (1/2 cup)
- 16. Peanut Butter and Banana Roll-Up (Whole Wheat Tortilla)**
  - 10g protein (2 tbsp peanut butter, 1/2 banana)
- 17. Pumpkin Seeds with Berries**
  - 9g protein (1/4 cup pumpkin seeds, handful of berries)
- 18. Quinoa Salad with Veggies and Feta**
  - 12g protein (1/2 cup quinoa, 1 oz feta)
- 19. Walnuts and Dates**
  - 6g protein (handful of walnuts, 5 dates)
  - Store in an airtight container in the fridge for up to a week.

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## 20. Protein-Rich Energy Balls

- 6g protein per ball (depending on size and ingredients used)

### Ingredients:

- 1 cup rolled oats
- ½ cup almond butter or peanut butter
- ¼ cup honey or maple syrup
- ¼ cup chocolate protein powder (or vanilla, if preferred)
- 2 tablespoons chia seeds or ground flaxseed
- ¼ cup chopped nuts (e.g., almonds or walnuts)
- ¼ cup dark chocolate chips or cacao nibs (optional)

### Instructions:

- In a large mixing bowl, combine all ingredients and stir well until fully combined. The mixture should be sticky but firm enough to roll into balls. If it's too dry, add a bit more almond butter or a splash of water.
- Use a tablespoon to scoop and roll the mixture into bite-sized balls.
- Place the energy balls on a plate or baking sheet lined with parchment paper and refrigerate for at least 30 minutes.

## 5 Blood Sugar Hacks for Better Balance and Energy

*Maintaining balanced blood sugar is one of the best ways to support stable energy levels, reduce inflammation, and promote hormonal health. Here are five simple strategies to incorporate:*

### 1. Apple Cider Vinegar (ACV) Before Meals

- ACV has been shown to improve insulin sensitivity and slow down the digestion of carbs, leading to steadier blood sugar levels. Try mixing a tablespoon of ACV in water about 10-15 minutes before your meal to experience this benefit.

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## 2. Prioritize Protein in the First Meal of the Day

- Starting your day with a high-protein meal can help reduce cortisol spikes, which are often highest in the morning. A protein-rich breakfast also improves satiety, helping you feel full longer and can lead to reduced calorie intake throughout the day.

## 3. Eat Carbs with Protein and Fat

- Carbs alone can cause quick spikes in blood sugar, especially if they're high-glycemic. Pairing carbs with protein and fat slows down the absorption, making it easier on your blood sugar. For example, add almond butter to apple slices or cheese to whole-grain crackers.

## 4. Opt for Whole, Fiber-Rich Foods

- Fiber slows the absorption of sugars, preventing rapid spikes. Fruits like apples, pears, and berries paired with nuts or seeds can provide balanced energy without sugar crashes. Fiber is also beneficial for digestion and reducing inflammation.

## 5. Consider Movement After Eating

- Light movement, such as a brisk walk or standing on a vibration plate after meals, can help your muscles use the sugar in your blood more effectively, reducing post-meal spikes. Even 10-15 minutes of movement can make a difference in blood sugar management.