



Control your cravings:

21 Dietitian approved snacks
to control your blood glucose
levels

*11 recipes
included*

Tips for planning snacks



Add at least one serving of unsaturated plant fat/ oils per day to help support cardiovascular health.



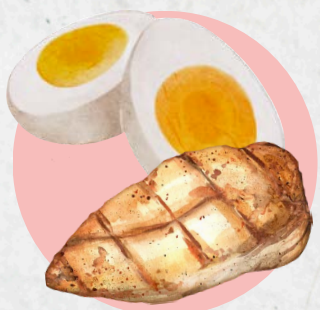
Choose high fibre, whole grain products that help control your blood sugar levels.



Opt for fresh or frozen fruits above the processed versions like dainties/ fruit rolls. You can safely have 2 fruit servings per day.



Include vegetables in your daily routine. Low carb veggies don't spike your sugar and adds plenty of antioxidants.



Lean proteins should also feature as part of a fruit or starch snack to stabilize your blood sugar levels, and keep you fuller for longer.



Tips to prevent cravings



Practice sleep hygiene- destress before bedtime
Limit use of devices 90minutes before bedtime



Have a meal routine that helps keep sugar levels stable- eat every 3-4 hours



Don't keep unhealthy treats in the house
If you do, stick to bite-size portions
e.g. Kitkat 2-finger bar



Honour your body's messages and try to be mindful of what your body is trying to communicate



Stay well hydrated. Drink 6 - 8 glasses of clean water each day



Reading a food label

INGREDIENTS

Yoghurt flavoured coating (20 %) (Vegetable oil [Palm kernel] - Sugar - Dried skimmed milk - Inulin [Chicory fibre] - Full cream milk powder - Calcium carbonate - Yoghurt powder (5 %) - Whey powder - Acidity regulators [Lactic acid - Citric acid] - Emulsifier [Rapeseed lecithin] - Flavouring) - Almonds (19 %) - Oligofructose [Chicory fibre] - Rice pops (Rice flour - Sugar - Sodium carbonates) - Dried apricot (9 %) - Dried mango (9 %) - Desiccated coconut (9 %) - Water - Honey - Vegetable oil (Sunflower seed - Antioxidant: TBHQ) - Glycerol - Emulsifier (Rapeseed lecithin).

ALLERGENS

Tree nuts - Cow's milk - Sulphur dioxide. Made in a factory that uses peanuts.

VEGETARIAN WITH HONEY & MILK

STORAGE

STORE IN A COOL, DRY PLACE.

TYPICAL NUTRITIONAL INFORMATION

Average values	Per 100 g	Per 50 g serving
Energy	2001 kJ	1001 kJ
Protein	7,4 g	3,7 g
Carbohydrate of which total sugar	39 g	20 g
	27,5 g	13,8 g

Total fat	30,3 g	15,2 g
of which saturated fat	18,6 g	9,3 g
of which trans fat	<0,1 g	<0,1 g
of which monounsaturated fat	8,8 g	4,4 g
of which polyunsaturated fat	2,9 g	1,5 g
Cholesterol	<0,9 mg	<0,9 mg
Dietary fibre#	11,4 g	5,7 g
Total sodium	56 mg	28 mg

Information for ready to eat product. #AOAC 985.29

50 g



Reading the Nutrition Information food label per 100g, gives you the ability to “judge” a given product.

You also want to compare similar food products to each other, and choose the one with the best content regarding total sugar, fat and fibre per 100g.

Take note of the serving size of the food item you buy to ensure you stay with the recommended serving.



Fats

Should contain less than 10g per 100g



Sodium

Should contain less than 120mg per 100g



Sugar

Should contain less than 15g per 100g



Fibre

Should contain more than 6g per 100g





Low fat yoghurt
Berries
Seeds/ chopped nuts



Low fat cottage cheese
Chopped pineapple



Roasted edamame
beans



Low fat cottage cheese
Guacamole
Vegetable crudités



Egg muffins with
Bell peppers &
Lean shoulder bacon



Low sugar nut butter
Apple slices



Low fat cottage cheese
Salmon ribbons
Cucumber slices





**Mozzarella sticks with
basil & tomato wrapped
in turkey slices**



**Dry roasted,
spicy chick peas**



**FutureLife High
Protein Lite bar**



**Lean beef biltong
Can pair with a fruit*



**Devilled eggs made with lite
mayo & cottage cheese**



**Low fat yoghurt
Chia seeds
Berries/fruit puree**



**Air popped
Trigz corn chips**



**Hummus with
vegetable crudité**





**Rice paper wraps
filled with vegetables**
**Can add protein*



**Seed crackers with
toppings**
Avo/ Cheese/ Hummus



Tuna & lite mayo
**Whole wheat
crackers**



**Pickled cucumber
wrapped
in beef pastrami**



Home made popcorn



Meatballs





Egg muffins



12 muffins

INGREDIENTS

- 10 large eggs
- 1 – 1 ½ teaspoons salt or to taste
- ¼ – ½ teaspoon black pepper or to taste

DIRECTIONS

1. Preheat the oven to 200°C.
Line/spray a 12 count muffin pan and set aside.
2. In a large mixing bowl, crack eggs and whisk together with salt and pepper.
3. Whisk in any dried herbs or spices.
4. Spoon into muffin pan until each cup is filled to about 2/3 of volume.
5. Top with chopped vegetables, cheese or meat of your choice.
6. Bake in the oven for 12–15 minutes or until set.

Varieties to try- add the following to the egg base mixture:

- Chopped/ grated vegetables- baby marrows, carrot, mushrooms
- Tinned, peeled tomato
- Grated, low fat cheese
- Lean meat, chicken, bacon or ham
- Spices & herbs: cumin, turmeric, paprika, rosemary, basil, parsley, oregano
- Sundried tomatoes
- Pesto- basil/ sundried tomato





Mealprep meatballs

INGREDIENTS

- 500g lean grass-fed beef or venison (may substitute ground turkey, pork or chicken)
- 1 ½ teaspoon olive oil
- 1 cup mixed vegetables, finely diced (such as mix of onion, carrots, green peppers)
- 2 handfuls of spinach, chopped
- 2 tablespoons almond flour (or flour of choice)
- 3 tablespoons low fat dressing of choice
- 1 teaspoon garlic powder
- 1 teaspoon dried mixed herbs
- ½ teaspoon fine salt
- ¼ teaspoon black pepper

DIRECTIONS

1. Preheat oven to 190 °C. Line a baking sheet with parchment paper, set aside.
2. In a large pan over medium-high heat add the oil. Once the oil is hot, add the vegetables, and spinach. Sauté until vegetables are tender. Remove from heat.
3. In a medium bowl combine all of the ingredients including sauteed vegetables. Mix well.
4. Form into 18-20 meatballs and place on prepared baking sheet.
5. Bake in the oven for 12-15 minutes.
6. Let cool and package in smaller containers to freeze as snacks or for meals combined with a whole grain and vegetables/ side salad.

NOTES

- Makes 20 meatballs
- 1 serving = 5 meatballs



312 calories



5g carb

1g fibre

25g protein

21g fat





Roasted chickpeas



2 servings



45 minutes

INGREDIENTS

- 2 tins chickpeas (drained, rinsed and dried)
- 2 Tbsp Parmesan cheese (powder)
- 2 Tbsp olive oil
- 1 Tbsp dried rosemary
- 1/8 Tbsp garlic powder
- 1/8 tsp cayenne pepper
- Salt and pepper to taste

DIRECTIONS

1. Line a baking sheet with foil and preheat the oven to 220°C
2. Pour drained and dried chickpeas into a bowl and drizzle with the olive oil.
3. Sprinkle with the seasonings and stir everything together until coated evenly.
4. Pour onto the foil-lined sheet and bake for 30-40 minutes. Shake the baking sheet around every 15 minutes to ensure even cooking.
5. For crispy roasted chickpeas, leave it in for longer.
6. Remove the baking sheet from the oven and let cool slightly before eating.

NOTES

It can be stored in an airtight container and packed into smaller servings to take to school/work, or as a small snack in your bag when you are out and about for the day.



Cottage cheese dips

DIRECTIONS

1. Place all ingredients in blender and blend until smooth.
2. Chill in fridge until ready to serve


1 Ranch dip

INGREDIENTS

- 2 cups fat free cottage cheese
- ½ teaspoon onion powder
- 1 teaspoon garlic powder
- 2 teaspoons dried dill
- ¼ teaspoon salt
- Touch of cayenne pepper to taste



Per serving (makes 6 serves):

 75 calories

 4g carb 10g protein 0.7g fat

2 Creamy vanilla


cinnamon


INGREDIENTS

- 1 cup fat free cottage cheese
- 1 tablespoon honey
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract/ 1 teaspoon vanilla essence



Per serving (makes 4 serves):

 69 calories

 4g carb 7.5g protein 0.5g fat



Cottage cheese dips

DIRECTIONS

1. Place all ingredients in blender and blend until smooth.
2. Chill in fridge until ready to serve

3 Olive & pepper dip


INGREDIENTS


- 1 cup fat free cottage cheese
- 2 tablespoons extra virgin olive oil
- 2 cloves of garlic (or 1/8 teaspoon garlic powder or 3/4 teaspoon minced garlic)
- 7 black olives, pitted and chopped
- 1 red bell pepper, finely chopped (or 2 tablespoons chopped pimento pepper)
- Salt and pepper to taste



Source: www.archanaskitchen.com

Per serving (makes 4 serves):

 120 calories

 5g carb 7.5g protein 8g fat

4 Mustard cheese dip


INGREDIENTS


- 1 cup fat free cottage cheese
- 1/4 cup yellow mustard
- 1/4 cup fresh dill
- 1 hard boiled egg
- 1/4 teaspoon paprika
- Pinch of salt



Source: www.thishealthytable.com

Per serving (makes 4 serves):

 85 calories

 5g carb 10g protein 1g fat



Cottage cheese dips

DIRECTIONS

1. Place all ingredients in blender and blend until smooth.
2. Chill in fridge until ready to serve

5 Lemon & thyme dip


INGREDIENTS


- 450g fat free cottage cheese
- 1 small lemon
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh thyme, chopped
- Salt & black pepper to taste



Source: www.countryhillcottage.com

Per serving (makes 8 serves):

 62 calories

 4g carb 7g protein 2g fat


6 Buffalo dip

INGREDIENTS

- 2 cups fat free cottage cheese
- 3 tablespoons hot sauce of your choice
- 2 teaspoons lemon juice
- Pinch of salt
- $\frac{3}{4}$ cup low fat yoghurt
- 50g medium fat cream cheese



Per serving (makes 6 serves):

 91 calories

 6.7g carb 11g protein 2.3g fat



Cottage cheese dips

DIRECTIONS

1. Place all ingredients in blender and blend until smooth.
2. Chill in fridge until ready to serve

7

Whipped caramel dip

INGREDIENTS

- 1 cup fat free cottage cheese
- ½ cup sugar free caramel dessert sauce
- Pinch of salt



8

Chocolate dip

INGREDIENTS

- 1 cup fat free cottage cheese
- 2 tablespoons honey
- 2 tablespoons cocoa powder
- ½ teaspoon vanilla extract/ 1 teaspoon vanilla essence



NOTES

Serve with your favourite fresh fruit like apples, pears or berries.

