

SMART SNACKING FOR DIABETES



Harness the Power of Pecan Pairings

If you have diabetes, you know that food choices are a vital part of managing your blood sugar levels. Nuts, like pecans, have essential nutrients, healthy fats, and protein that play key roles in achieving a balanced diet. Plus, one serving of pecans contains just 4 grams of carbohydrates, with 3 grams being from dietary fiber. High dietary fiber intake offers many health benefits, and doesn't spike blood sugar levels the way other carbohydrates can.¹

Balanced snacking is a powerful way to help manage blood glucose. Carbohydrate foods naturally increase blood glucose levels. Pair pecans with carbohydrates because they contain only 4 grams of carbohydrate per serving

- Provide 3 grams of fiber per serving, which keeps you feeling full
- Have 3 grams of plant-based protein per serving
- Are naturally gluten-free and fit well into balanced, plant-based, Mediterranean, paleo, and keto-friendly eating styles

Carbohydrates per 1-ounce serving²:

- Pecans: 4 grams
- Walnuts: 4 grams
- Almonds: 6 grams
- Peanuts: 4.6 grams
- Cashews: 8 grams



DID YOU KNOW?

One serving of pecans delivers 11% of your daily value (DV) of dietary fiber, which may support satiety, blood sugar control, and digestive health throughout the day.^{2,3}

KNOW YOUR PORTIONS

- Being mindful of portion size is the first step in creating a balanced snack.
- Enjoy up to 3 snacks per day, following your hunger cues.
- Aim for 1 serving of pecans and 1-2 servings of a carbohydrate food per snack.



CARBOHYDRATE FOOD SERVINGS

1 serving = ~15 grams carbohydrate



1/2 CUP
COOKED
OATMEAL



3 CUPS AIR
POPPED
POPCORN



1 SMALL
FRESH
APPLE



3/4 CUP
FRESH/FROZEN
BERRIES



1 CUP LOW-
FAT DAIRY
MILK



2/3 CUP LOW
FAT DAIRY
YOGURT





NUT-URE YOUR HEALTH, ONE HANDFUL AT A TIME

Mindfully munch on pecans by:

- Pre-measuring your pecans before snacking rather than eating from the package
- Enjoying each pecan one at a time to savor the naturally sweet flavor and buttery texture of the nut
- Trying to minimize distractions such as working or watching TV while snacking, as these distractions may lead to mindless eating
- Following your hunger cues and snacking when you feel hungry and stopping when you feel full

Build in Pecan-Powered Snacks to Your Day

Try these mouthwatering and easy ideas for a balanced snack that supports blood glucose management:

	BALANCED SNACK INSPIRATION	PECAN PAIRING	CARBOHYDRATE CONTENT
	Banana Nut Bites Enjoy a bite of pecan and banana at the same time to savor the flavors of a favorite muffin.	19 pecan halves + ½ large banana	17 grams
	Spring Trail Mix Chop dried apricots and mix with pecans for a quick and easy snack on the go.	19 pecan halves + 3 dried, chopped apricots	17 grams
	Pecan Parfait Sprinkle pecan pieces on top of your favorite dairy yogurt. Add fresh berries for some sweetness.	¼ cup pecan pieces + 2/3 cup dairy yogurt + ½ cup fresh berries	29 grams
	Cinnamon Pecan Popcorn Combine popcorn and pecan halves in a mixing bowl. Season with 1 teaspoon of cinnamon and a pinch of salt. Mix and enjoy!	19 pecan halves + 3 cups plain popcorn + 1 teaspoon cinnamon + pinch of salt	22 grams



Follow us @eatpecans
American Pecan Promotion Board, 2024

Visit: eatpecans.com
3880 Hulen Street, Suite 105 Fort Worth, TX 76107

1. CDC. "Fiber: The Carb That Helps You Manage Diabetes." Diabetes, 13 May 2024, www.cdc.gov/diabetes/healthy-eating/fiber-helps-diabetes.html.
2. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.
3. Barber, T. M., Kabisch, S., Pfeiffer, A. F. H., Weickert, M.O. The health benefits of dietary fibre. *Nutrients* (2020) doi:10.3390/nu12103209.
4. American Diabetes Association; Standards of Medical Care in Diabetes—2022. *Diabetes Care* 1 January 2022; 45 (Supplement_1): S1–S2. <https://doi.org/10.2337/dc22-S001>