

DIABETES-FRIENDLY SNACKING

WITH PECANS



HARNESS THE POWER OF PECAN PAIRINGS

If you have diabetes, you know that food choices are a vital part of managing your blood glucose (aka blood sugar) levels. 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, which is lower than other tree nuts
- Provide 3 grams of fiber per serving, which keeps you feeling full
- Are delicious and heart-healthy*
- Have 3 grams of plant-based protein per serving

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.



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:

1 serving of pecans =  19 halves =  1/4 cup pieces

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 or frozen
berries



1

cup
low-fat
dairy milk



2/3

cup
low-fat dairy
yogurt



ENJOY A HANDFUL, NOT A CAN-FUL








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 |
|---|--|---|--------------------------|
|  | Instant Banana Nut Muffin 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 |
|  | Pecan Energy Bites Combine these 4 simple ingredients in a food processor and roll into 8 individual balls. In just minutes, you'll have satisfying, energizing bites for any time of the day. | ¾ cup pecan pieces + 5 dates + ½ cup dry rolled oats + pinch of salt | 17 grams per Energy Bite |

Reference

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>

*According to the U.S. Food and Drug Administration, scientific evidence suggests but does not prove, that eating 1.5 ounces per day of most nuts, such as pecans, as part of a diet low in saturated fat a cholesterol may reduce the risk of heart disease.

