

WTNS Radio OSU Extension Update for February 27, 2023
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about healthy snacking with diabetes, and as always look at some upcoming programs from OSU Extension.

It was so good this week to be back visiting with seniors at the Coshocton Senior Center. On Thursday, I taught a lesson about Healthy Eating with Diabetes and focused on snacks. We talked about the advantages of choosing snacks that combine carbohydrates with fiber, protein, or healthy fats.

What is the advantage of that? It helps in a few ways. The first is a more gradual release of sugar into the bloodstream avoiding spikes to blood sugar levels. Another benefit is feeling fuller longer. These combinations also help us to get more nutrients that our bodies need.

According to University of Illinois Extension, "it is now known that snacks are not needed to regulate blood glucose levels and may cause weight gain or increased blood glucose levels when excessive." It is important to talk with your physician or dietitian about the best meal plan and approach for you if you are living with diabetes.

Sometimes we can get into a rut with our food choices. Thankfully, the American Diabetes Association has created the Diabetes Food Hub® (diabetesfoodhub.org) with food information and lots of great recipes. These are all available from nutrition professionals who specialize in diabetes nutrition.

Here are a few great combinations to try, whether you have diabetes or not, to give you a more balanced approach to snacking.

Snacks with veggies and fruit:

- Cream cheese & Cucumber sandwiches: Sandwich 1 tsp of cream cheese between 2 cucumber slices (make 6 sandwiches total). (80 calories, 1 g carb)
- Apple slices & Nut Butter: Slice half of a medium apple and dip in 1 tbsp peanut or other nut butter. Add a sprinkle of cinnamon for flavor. (150 calories, 15 g carb)

- Fruit & Cheese: Have one small piece of fruit (like a plum or clementine) with a string cheese. (110 calories, 9 g carb)
- Sweet Cottage Cheese: ½ cup cottage cheese topped with ¼ cup fruit such as berries, chopped pineapple, or peaches. (100 calories, 8 g carb)

Snacks with protein:

- Hard-Boiled Egg: Prepare several hard-boiled eggs and store unpeeled in the fridge for a quick protein-packed snack. Optional: season with salt and pepper or hot sauce. (80 calories, 0 g carb)
- Hummus & Raw Veggies: Dip raw veggie sticks (like cucumber, red bell pepper, or radishes) in ¼ cup hummus. (140 calories, 15 g carb)
- Cucumber Boats: Slice a small cucumber in half lengthwise and scoop out the seeds. Fill one cucumber half with ½ cup tuna or chicken salad. (160 calories, 9 g carb)

Snacks with healthy fats:

- Avocado Bowl: Top half an avocado with 1-2 tbsp salsa and 1 tsp shredded cheese—eat it right out of the avocado skin. (125 calories, 7 g carb)
- Trail Mix: combine 1 tbsp each of pumpkin or sunflower seeds, chopped nuts, and raisins or other dried fruit. (125 calories, 10 g carb)

And now let's look at some upcoming programs from OSU Extension.

Registration is open for the East Ohio Women in Agriculture Conference. This year's conference will be in Wooster on Friday, March 24. This year's keynote speaker is Rebecca Miller, editor of Farm and Dairy. There will be 16 breakout sessions on a variety of livestock, crop, and business topics as well as those relating to home, family, and communication. Visit our Facebook page, OSU Extension Coshocton County, for more information.

Do you feel like your grocery store bill just keeps going up? Join me at the Coshocton Public Library on Monday, March 20 to learn about "Meals and Deals: Foods to Prepare on a Budget." You can learn more and register on the library website, coshoctonlibrary.org.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!