



Get my FREE  
INSULIN  
RESISTANCE  
Snack Guide!

## FILL UP WITH FRUITS:



- Medium apple with 1 tablespoon of peanut butter or almond butter
- Half of a medium banana with 1 tablespoon of peanut butter or almond butter
- A handful of green grapes with one low fat cheese stick
- A small bag of apple slices with an 100 calorie pack of cashews
- 3/4 cup of fresh pineapple and 1/2 cup of lowfat cottage cheese
- One cup of cherries with a mini Babybel® light cheese

## GET PLENTY OF VEGGIES:



- Half a can of tuna with sliced cucumber
- 1 tablespoon of peanut butter or almond butter with celery sticks
- Red pepper slices with a low fat cheese stick
- A handful of baby carrots with an 100 calorie pack of cashews or mixed nuts
- Spinach salad topped with a hard boiled egg, 1 teaspoon of dried cranberries, and 1 tablespoon of light dressing
- 1 cup of steamed broccoli with 1 ounce of melted, shredded low fat cheese
- Turkey roll ups with a slice of avocado

## MAKE WHOLE THE GOAL:



- 1 slice of Dave's Killer Bread® (toasted) with 1 tablespoon of almond butter or peanut butter
- 1 ounce of whole grain tortilla chips with 1 ounce of melted, shredded low fat cheese
- 1/4 cup of whole grain, unsweetened cereal with 1 container of light Greek yogurt
- 3 cups of low sodium popcorn with a turkey roll up
- 2 small whole wheat tortillas with mashed avocado and a sprinkle of low fat shredded cheese (optional: turkey for protein)

# INSULIN RESISTANCE

## Snack Guide



### YOUR BODY

uses the hormone, insulin, to turn the glucose in the foods you eat into energy! But unfortunately, sometimes your cells aren't able to use the insulin effectively. This leads to high blood sugar levels.

If you don't regulate your blood sugar levels, you can put yourself at risk for pre-diabetes. Here are my favorite snacks for those with insulin resistance!

### Keep these tips in mind:

- Choose less- processed carbs with nutritional value over sweets with a high glycemic index
- Make sure to add learn protein and fiber to your carbohydrate of choice!
  - Protein options should have **at least 7 grams** of protein
  - Fiber options should have **at least 3 grams** of fiber
- Choose vegetables that are low in starch
- Try to eat snacks regularly throughout the day
- Keep yourself satisfied by aiming for balance, variety, and moderation!



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# LET'S CONNECT!



Hi! I'm Theresa! I'm a certified nutrition coach with a background in nursing specializing in women's health.

I help busy women reach their health and nutrition goals. My goal is to empower women to develop a better relationship with food and become the best versions of themselves.

For years, I've personally struggled with diets that promised quick solutions and fast gains only to be disappointed by their temporary returns and unhealthy lifestyle.

It wasn't until I made an effort to change healthy habits into a lifestyle that I saw sustainable, long lasting progress on my health and fitness goals. I've found that these habit based changes make a tremendous impact on both physical and mental health.

**If this guide helped you, I want to hear from you!** Shoot me a DM on Instagram (@nuleaf\_nutrition\_coach) or send a message via the "Contact Me" page on my website, [www.nuleafnutrition.online](http://www.nuleafnutrition.online). I can't wait to connect with you!



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