

Snacks and Protein Bars – Beware

Watch out for snacks! They are often low in protein and high in blood sugar disrupting carbs. Read labels so you know what you're getting.

There are at least 2 reasons people typically eat protein bars.

1. You want a snack, and you want to avoid jacking up your blood sugar as a result of eating the protein bar.
2. You know it's going to be a long time until the next meal and you are trying to avoid issues with a blood sugar crash.

These are reasonable reasons to reach for a protein bar.

But beware!

The food industry plays dirty tricks and can be misleading in labeling, marketing and promoting some food items as “protein bars”.

The idea of eating a protein bar sounds good at first, for helping you stave off feelings of hunger until mealtime. In fact, it sounds like it would offer more protein than the typical snack bar does.

Well, that might not be the case. **You really do have to read the label on the “protein bar” to be sure it will meet your needs.**

The label should say the protein bar offers about 15 – 20 grams of protein per serving size. Each serving size is usually an individual protein bar.

But some food products on the market label these kinds of products as “protein bars” when they offer as little as 3 – 5 grams of protein. And if that isn't misleading enough, these same so-called protein bars usually have plenty of added sugars, with carb counts over 20 grams being the norm. *It's not fair!*

So what's a **savvy Blood Sugar Whisperer** to do?

Be on the lookout for candy bars in protein wrappers! There are some food products marketed and labeled as “protein bars” that are really candy bars in disguise.

When you are dealing with blood sugar issues, the last thing you need to eat is something you bought, that you **think** is healthy, that turns out to be junk with a pretty package around it.

Be a **savvy Blood Sugar Whisperer**, and read labels, even if a snack claims to be “healthy”.

A lot of so-called healthy snack bars are full of added sugars. You don’t want it.

If the snack bar is a repackaged cereal of some kind, say “no thanks”.

Instead – eat seeds, nuts, roasted seaweed or cucumbers and hummus as healthful snacks.

These are blood sugar friendly snacks.

These kinds of snacks are more satisfying. And they help you avoid a tendency to do unaware snacking, where you gobble down handfuls of food, usually while doing something else like chores, cooking, reading, or watching TV. These kinds of snacks promote mindful eating habits and better blood sugar control.

Don’t let the sneaky food industry defeat your desire for health and wellness with blood sugar issues.

If you have **Type 2 diabetes, prediabetes, metabolic syndrome, PCOS (PolyCystic Ovarian Syndrome)** or are insulin-resistant, stay vigilant and be on the lookout for these things that can rob you of your health, energy, vitality and longevity.