

# Diabetes Snack List

A snack can help to curb hunger between meals. Below are examples of various snacks which typically have 5-15g of carbohydrate per serving.

Keeping snacks to less than 15g of **total** carbohydrate can help to keep your blood glucose levels under control.

Most of these snacks also have less than 100 calories per serving, which can be useful if you are watching your weight:

- 1 peach
- 1 125g pot of low fat yoghurt or fromage frais
- 2 plums
- 1 small bowl of cereal e.g. 1 Weetabix/ 1 Shredded Wheat Bisk/ 3 tablespoons of cereal
- 2 small satsumas
- 1 small slice of wholegrain toast with a scraping of low fat spread or extra light cheese spread
- 3 dried apricots
- 2 high fibre crisp breads/ oatcakes with or without a scraping of low fat spread or extra light cheese spread
- 15 strawberries
- 1 standard packet of lower fat crisps (brands vary so compare food labels)

- ½ a small tin of tinned fruit in natural juice
- 1/3 pint of skimmed/ semi skimmed/ 1% milk
- 1 apple
- 2 plain sweet biscuits e.g. nice/ rich tea/ morning coffee/ ginger nut/ garibaldi biscuits
- 10 grapes
- 1 cereal bar containing at least 4g of fibre e.g. Alpen light/ Special K chewy delight/ Kellogg's fibre plus
- 2 kiwi fruits
- 1 small chocolate bar e.g. Blue Ribbon/ Rocky/ 2 finger Kit-Kat
- 20g of plain popcorn
- 3 heaped tablespoons of fresh fruit salad
- 1 low calorie hot chocolate drink e.g. Options, Highlights or supermarket own brand
- 1 slice of pineapple

The following snacks contain little or no carbohydrate:

- A handful of vegetable sticks e.g. carrot sticks/ raw pepper sticks/ cucumber/ celery sticks with or without a low fat dip

- 10-20g/ 1-2 tablespoons of almonds/ cashew nuts/ brazil nuts/ hazelnuts/ walnuts
- 10-20g/ 1-2 tablespoons of pumpkin seeds/ sunflower seeds
- 2 slices of lean ham/ chicken/ turkey
- 1 pot of sugar free jelly

Food labels can be checked for actual amounts of carbohydrate and calories.



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