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# Diabetes Snack List

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in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatkach.

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## Snacking News!

Snacks provide energy for your activities through the day and they can provide valuable nutrients such as vitamins, minerals, protein and fibre. They may also stop you overeating at the next meal by preventing you from becoming too hungry. On the downside, some snack foods can be a source of extra fat, sugar and salt, so choose carefully and keep portion sizes sensible. Below are examples of various snacks which typically have 10-15g of carbohydrate per serving. Keeping snacks to less than 15-20g of **total** carbohydrate can usually 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:

- 125g pot of low fat yoghurt or fromage frais (look for sugar on yoghurt **per 100g** to state below 10g)
- 2 small plums **or** 2 satsumas **or** 2 tangerines
- Fibre one 90 calorie snack bar
- Sugar free jelly pot
- 15 Strawberries
- 1 small bowl of cereal e.g. 1 Weetabix/ 1 Shredded Wheat/ 3 tablespoons of cereal
- Alpen light cereal bar
- Small fun size banana
- 1 small slice of wholegrain toast with a scraping of low fat spread or extra light cheese spread
- 3 dried apricots or small raisin box (35g)

- 2 high fibre crisp breads/ oatcakes with or without a scraping of low fat spread or extra light cheese spread
- 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 or 1 peach
- 2 plain sweet biscuits e.g. nice/ rich tea/ ginger nut
- 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/Kinder surprise finger/ 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
- 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 unsalted nuts