

Department of Diabetes

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voice email (option 2), leave your name & number

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

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Diabetes Snacks List

Patient Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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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. The carbohydrate free options are highlighted.

- Fibre one 90 calorie snack bar
- Sugar free jelly pot (carb free)
- 7 strawberries
- Small fun size/kids banana
- Naked peanut butter delight bars x135g
- 1 small slice of wholegrain toast with a scraping of low fat spread or extra light cheese spread
- Lettuce roll-ups - fill with chopped egg, tuna and low fat mayo, cottage cheese, cooked meat (leftovers from bolognese), well cooked prawns (carb free)
- Small pot diet yoghurt (ensure per 100g the sugar content is close to 5g per 100g)

- x2 high fibre Ryvita or oatcakes with or without a scraping of low fat spread or extra light cheese spread
- 20g popcorn (unsalted/unsweetened)
- ½ a small tin of tinned fruit in natural juice
- 1 apple/pear/peach or 2 small tangerines/plums/kiwi
- 2 plain sweet biscuits e.g. nice/ rich tea/ ginger nut
- 10 grapes (could try frozen!)
- 1 cereal bar containing at least 4g of fibre e.g. Alpen light/ Special K chewy delight/ Kellogg's fibre plus
- Cold boiled eggs (carb free)
- Olives (carb free)
- Graze peanut butter & chocolate protein oat bite x130g
- 70% cocoa solids chocolate 30g weight e.g. 3 squares Tesco version
- 150g (1/3 of large 450g pot) natural yoghurt, sprinkle of seeds/ unsalted nuts & handful of blueberries
- Handful of unsalted nuts (carb free)
- Nature Valley protein peanut & chocolate bars x140g
- A handful of vegetable sticks e.g. carrot sticks/ raw pepper sticks/ cucumber/ celery sticks with or without a low fat dip – humus, salsa, cream cheese, cottage cheese, peanut butter, guacamole
- Sugar free squash frozen to make ice lollies.