

Department of Nutrition and Dietetics

Paediatric Diabetes- Snacks

If you have any questions please speak to your Paediatric Dietitian, Diabetes nurse or Paediatrician

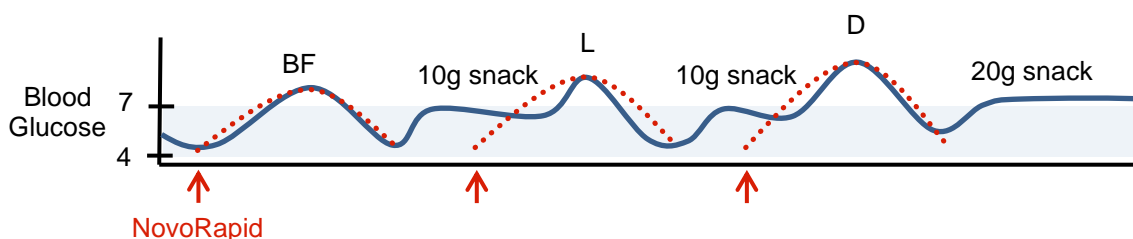
Myth busting

- When you have diabetes you do not usually 'need' to eat snacks unless you have been advised to do so by your dietitian. Provided that main meals are well balanced (contain carbs, protein and vegetables), lack of snacks should not cause hypoglycaemia.
- **ALL** children and adults (not just those with diabetes) should limit processed snacks (such as crisps) to 1-2 per week.

Consider reason for snack

- In most children snacks should only be given if the child is hungry to avoid creating unhealthy "grazing" habits which contribute to obesity later in life.
- If hunger is the reason for snacking, vegetables and fruit will provide greater satiety per carb amount than biscuits or other snack foods.

How many carbs and why



For optimal diabetes control, the aim is to keep bloods sugars between 4mmol/l - 7mmol/l pre meals. **Any carbohydrate given without insulin will increase your blood glucose levels, so it is important to choose free foods as snacks as much as possible.**



Patient Information

If your child is still hungry between meals, you can:

- A. Bulk up the free food snack with up to 10g of carbohydrate
- B. Give a larger carbohydrate snack with an insulin injection
- C. If child is continually hungry between meals, consider whether mealtime portions should be increased. Is there always a protein/ vegetable source? Can the meal times be adjusted?

Which foods are best for snacks?

Snacks with 0-5g carbohydrate

- Carrot sticks
- Cucumber sticks or slices
- Cherry tomatoes
- Celery sticks
- Sweet pepper slices
- Broccoli
- 1 String cheese or low-fat cheese
- 1 handful of unsalted nuts
- Sugar-free jelly
- Low-fat cold cut of meat (turkey, chicken, low-fat ham)
- Eggs



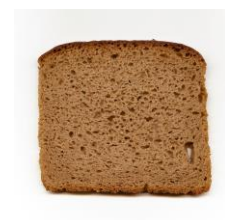
Snacks with 5-10g carbohydrate (always check label)

- 1 small apple
- 1 large handful strawberries
- 1 large handful blueberries
- 1 large handful raspberries
- 10 grapes
- 2 plums
- 2 satsumas
- Half a mango
- 1 small orange
- Plain flavoured yoghurt
- Plain flavoured Greek-style yoghurt
- Small bowl of unsweetened popcorn
- 1 glass of milk (unflavoured)
- 1 plain biscuit



Snacks with 15-20g carbohydrate (**for before bed**)

- 1 large apple, peach or nectarine
- Plain Greek-style yoghurt with choice of fruit
- 1 small-medium banana
- 1 slice of plain brown toast
- Grilled cheese on 1 slice of brown toast
- Beans on 1 slice brown toast
- Scrambled egg on 1 slice brown toast
- 2-3 plain biscuits



Patient Information

Produced by Coventry & Rugby Paediatric Dietitians, University Hospitals Coventry & Warwickshire NHS Trust

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