Patient Information

Dietetics

Diabetes - Snacking

When you have diabetes you do not usually 'need' to eat snacks unless you have been advised to do so by your dietitian. However, if you are hungry in between meals it is important to aim for healthy snacks. Carbohydrate foods will have an effect on your blood sugar levels. Below are some examples of snacks that contain less than 20g of carbohydrate, some of which are also less than 100 calories.

If you eat a snack with a nutrition label then check that **total carbohydrate** for the portion is **less than 20g**. The lower the carbohydrate, the smaller the effect on your blood glucose levels will be**.**

If you are **aiming to lose weight**, it would be helpful to choose a snack which is **both** low carbohydrate and contains less than 100 calories. Remember to only reach for snacks between meals if you are feeling physically hungry.

Snack	**Less than 10g carbohydrate**	**10-20g carbohydrate**	**Less than 100 calories**
Fruit: small apple, 2 apricots, handful berries, 2 satsumas,	✓		✓
Fruit: small banana, large orange, nectarine, ½ mango		✓	✓
Vegetable sticks with or without 3tbsp reduced fat houmous (e.g. Carrot, cucumber, peppers, cherry tomatoes)	✓		✓
125g pot diet yoghurt	✓		✓

Sugar free jelly	✓		✓
Mug light hot chocolate	✓		✓
15g unsalted, unroasted nuts	✓		✓
60g lean meat, poultry or tinned fish	✓		✓
25g piece hard cheese e.g. cheddar or red Leicester	✓		✓
30g piece softer cheese e.g. brie, feta, goat's cheese, mozzarella	✓		✓
20g cheese snack (e.g. babybel) and 1 small piece fruit	✓		
Half an avocado with cherry tomatoes	✓		
25g bowl unsweetened or spiced popcorn (salted/cinnamon/chilli/paprika)	✓		✓
Chicken drumstick with 1tbsp extra light mayo	✓		
1 egg – omelette, boiled, scrambled or poached	✓		✓
3 seafood sticks	✓		✓
1 savoury or plain rice cake (sweet flavours have a higher carbohydrate content)	✓		✓
50g olives (in brine)	✓		✓
Celery with 1 tbsp nut butter or 30g cream cheese	✓		✓

Snack	Less than 10g carbohydrate	10-20g carbohydrate	Less than 100 calories
2 squares dark or milk chocolate	✓		✓
2 finger chocolate wafer		✓	
1 slice malt loaf (30g without spread)		✓	✓
1 mini wholemeal pitta bread spread thinly with peanut butter		✓	✓
Tinned sardines in tomato sauce on 1 slice wholemeal bread		✓	
Half a cup of dry wholegrain cereal e.g. cheerios, mini shredded wheat, fruit & fibre		✓	
2 oatcakes or crispbreads spread with low fat cream cheese or marmite		✓	
2 pieces sushi		✓	✓
20g Bombay mix		✓	✓
25g pretzels		✓	✓
25g Bag Baked crisps		✓	

Listeriosis risk: foods to avoid

Avoid ready-to-eat cold smoked or cured fish products such as smoked salmon or gravlax due to an increased risk from listeriosis. Listeriosis is an infection caused by bacteria called listeria. People with diabetes are at higher risk of serious illness from listeriosis.

Further information on how to reduce the risk of listeriosis can be found at:

- NHS www.nhs.uk/conditions/listeriosis
- Food Standards Agency www.food.gov.uk/listeria

Further Information

This patient information leaflet has been produced by Coventry & Rugby Dietitians University Hospitals Coventry & Warwickshire NHS Trust. If you require further information or have any more questions, please contact them on 024 7696 6161.

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