

Snacks



It is important for everyone to have regular meals including breakfast, lunch and an evening meal. Many of us also eat snacks between meals or at bedtime. Having snacks can help younger children meet their nutritional needs. However, constant snacking can lead to higher blood glucose levels and gaining too much weight.

It is not usually necessary to snack to maintain blood glucose levels. You may need a carbohydrate snack if you are doing extra activity or feel hungry.

If you take one snack with less than g carbohydrate, you should not need to take an extra bolus. Extra insulin may be required if you have a snack containing more than this or if you have more than one snack between meals.

Generally, you won't need to take insulin if you take extra carbohydrate to treat a hypo or for energy during activity. The best way to see if this works, is to regularly check your blood glucose levels. Discuss this with your diabetes team.

Carbohydrate Content of Snacks

Lots of snacks are available. The carbohydrate content of these varies. Packet foods such as biscuits, crisps and cereal bars, normally provide carbohydrate details on the nutritional information. Loose or unwrapped foods like fruit can be great snacks. Use carbohydrate reference tables to learn their carbohydrate content.

Here are some snack ideas with their approximate carbohydrate content. Always check packet labels for product specific information.

| Food item | Example portion | Approximate carbohydrate in example portion |
|---|-----------------|---|
| Grapes | 1 large | 1g |
| Cheddars | 1 biscuit | 2g |
| Satsuma | 1 small | 5g |
| Plum | 1 small | 5g |
| Cracker | 1 | 5g |
| Strawberries | 10 | 6g |
| Frube (40g) | 1 | 5g |
| Oatcake | 1 | 6g |
| Rich tea | 1 biscuit | 6g |
| Custard cream | 1 biscuit | 8g |
| Hobnob/plain digestive | 1 biscuit | 9g |
| Apple | 1 small | 10g |
| Raisins | 1 x 14g box | 10g |
| Corn snacks such as Wotsits, Quavers, Skips | 1 x 17g packet | 10g |
| Milk | 200ml | 10g |
| Plain popcorn | 20g | 10g |
| Frube pouch (70g) | 1 | 10g |

| Food item | Example portion | Approximate carbohydrate in example portion |
|------------------------------|-----------------|---|
| Milk chocolate digestive | 1 | 11g |
| Weetabix Oaty bar | 1 | 12g |
| Orange | 1 medium | 13g |
| Small bag crisps | 1 x 25g bag | 13g |
| Kitkat (2 finger) | 1 | 13g |
| Pancake | 1 medium | 14g |
| Dairylea Dunkers Breadsticks | 1 pack | 14g |
| Banana | 1 small | 15g |
| Pear | 1 medium | 15g |
| Pringles | 20 | 15g |
| Low-fat yoghurt* | 1 pot (125g) | 15-20g |

*Brands and flavours vary a lot in size and carbohydrate values.

Always read labels to check how much carbohydrate is in your chosen variety. Use the table below to help you take notes on your favourite snacks.

| Food Item | My portion | Carbohydrate in my portion |
|-----------|------------|----------------------------|
| My snacks | | |

| Food Item | My portion | Carbohydrate in my portion |
|-----------|------------|----------------------------|
| My snacks | | |

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