

## Snacks

### Snacks under 10g carbs

If you have Type 1 diabetes, you don't have to take insulin to cover snacks with less than 10g of carbs. If you're on an insulin pump, you will probably still be covering it with a bolus.

For people with Type 2 diabetes, who are trying to limit their carbs, these low-carb snack ideas are also useful.

- 115g pot of sugar-free jelly: 1.2g carbs and 8 calories
- 25g toasted seed mix: 3.8g carbs and 132 calories
- 25g almonds: 1.7g carbs and 153 calories (If you are watching your weight, bear in mind this is fairly high in calories)
- ¼ pot (50g) reduced-fat hummus (5.7g carbs and 120 calories) and ½ packet (75g) fresh sliced peppers (3.6g carbs and 22 calories): 9.3g carbs and 140 calories
- 1 chopped boiled egg (1.7g carbs and 63 calories) and 100g carrot batons (7.7g carbs and 42 calories): 9.4g carbs and 107 calories
- 25g root veg crisps: 10g carbs and 129 calories
- ½ an avocado (80g): 1.5g carbs and 158 calories (Although high in calories, they are calories from good fats)
- 1 kiwi fruit: 8.5g carbs and 44 calories

### Snacks under 50 calories

- 1 small apple: 38 calories
- 2 satsumas: 50 calories
- 4 heaped tbsp blueberries: 44 calories
- 1 handful of grapes: 45 calories
- 1 kiwi fruit: 42 calories
- 1 peach: 30 calories
- 3 rings pineapple: 50 calories
- 1 light cheese triangle (25 calories) and 8 cherry tomatoes (24 calories): 49 calories
- 30g ready-to-eat partially rehydrated prunes: 48 calories
- 1 rice cake (27 calories) and 1 teaspoon (10g) pure fruit spread (22 calories): 49 calories
- 1 x 14g mini box of raisins: 45 calories
- 1 lighter cheese slice (34 calories) with ¼ cucumber (11 calories): 45 calories
- 1 x 115g pot sugar-free jelly: 8 calories



## Snacks under 100 calories

- 4 bread sticks: 92 calories
- 80g defrosted frozen cherries (38 calories) with 50g 0% fat Greek-style yogurt (55 calories) whizzed together with ice: 93 calories
- 10 almonds: 69 calories
- 100g carrot batons (42 calories),  $\frac{1}{4}$  cucumber (11 calories) and 50g ( $\frac{1}{4}$  pot of 200g pot) salsa (27 calories): 80 calories
- Half a pot (300g) of shop-bought fresh tomato soup: 93 calories

## Snacks under 150 calories

- 1 tsp (15g) almond butter (97 calories) spread onto slices of a chopped apple (50 calories): 147 calories
- 100g 0% fat Greek-style yogurt (57 calories) plus 100g blueberries (68 calories): 125 calories
- 4 small (9g) crispbreads (108 calories) and 60g 0% fat cottage cheese (39 calories) : 147 calories
- 25g toasted seed mix: 132 calories
- 170g pot 2% fat Greek-style yogurt: 123 calories
- 1 (25g) slice Edam cheese (78 calories) and 1 apple (50 calories): 128 calories
- 2 small crispbreads (78 calories) and 1 x (30g) slice chicken breast (38 calories): 116 calories
- 25g raisin, nut, goji berry and seed mix: 124 calories
- 2 rice cakes (54 calories) and  $\frac{1}{4}$  pot (50g) tzatziki dip (61 calories): 115 calories

## More snacking advice

If you have Type 1 diabetes, you might need to eat a small snack between meals sometimes to help keep your blood glucose levels up. However, regular snacks can make it difficult to maintain a healthy weight, so check with your diabetes team for specific advice that's tailored for your diabetes management.

If you have Type 2 diabetes, it usually isn't necessary to eat snacks between meals if you aren't taking any medication for your diabetes. If you treat your diabetes with insulin and/or certain Type 2 medications that put you at risk of hypos (low blood glucose), you may need a snack. However, if you find you are having to snack regularly to prevent hypos, speak to your diabetes team. Regular snacks can make it difficult to maintain a healthy weight and, in the long term, this can affect your diabetes management.

## **Snack swaps**

### **Savoury**

- Instead of crisps, try plain popcorn with added spices or cinnamon
- Instead of bread and dips, try carrots and celery with salsa or low-fat hummus

### **Sweet**

- Instead of milk chocolate, try dark chocolate rice cakes
- Instead of ice cream, try frozen banana, frozen grapes or low-fat frozen yogurt

### **Drinks**

- Instead of fizzy sugary drinks, try water flavoured with mint or fresh fruit

## **More information:**

**Diabetes UK**

[diabetes.org.uk](http://diabetes.org.uk)