

Snack ideas for diabetic patients on multiple daily injections

On multiple daily injections, there is no need to snack inbetween meals. For younger children however, small snacks are often required. Discuss with your diabetes team what size snack is appropriate for you. As a general rule, up to 10g carbohydrate can be taken without insulin, however it could be less than this for some individuals.

Below are some snack ideas containing approximately 10g carbohydrate. Try to make healthy choices where possible.

Snacks containing 10g carbohydrate

- 2 water biscuits/cream crackers
- 2 oatcakes
- 2 rice cakes
- 200ml milk
- Half a large apple/ 1 small apple
- Half a medium size banana
- 2 small clementines
- 10 grapes
- 1 pear
- 15g raisins (a mini box)
- 2 x rich tea biscuits
- 1 x digestive biscuit
- 2 x breadsticks
- Plain scotch pancake
- Alpen light cereal bar
- Some crisps e.g. wotsits/quavers (check packet)
- 20g plain/salted popcorn

The snack list below is of foods that contain no or minimal carbohydrate. This means they will have minimal effect on blood sugar levels. Watch out for the foods that have a * by them – these are high in protein and if you eat these in large amounts, they can cause a rise in your blood sugars about 4 hours after eating them. This is because some of the protein is converted in to glucose. They are also high in salt and can be high in fat too, so not a healthy choice for every day.

Snacks containing no/minimal carbohydrate:

- Cucumber/carrot/pepper/celery sticks
- Sugar free jelly
- Diet fizzy drinks
- Olives (high in salt)
- Seeds
- Picked vegetables
- Nuts* (choose unsalted dry roasted versions)
- Cold meats e.g ham*, chicken
- Cheese*