

Snacks

Snacks are important for energy in growing children, even with diabetes. If you are not taking any insulin with your snacks, carbs will make your BGLs rise. We recommend limiting carbs to 15g per snack and adding in carb-free foods to fill you up.

Here are some examples of 15g carb snacks.

Fruit

- All fruit have carbohydrates from natural sugars
- As a general rule, one handful of fruit is ~10-15g carb
- Berries are lower in carb than other fruit – one handful is considered carb free, but you will need to count the carbs if you are having more.



1 medium apple



1 orange



2 kiwifruit



15 grapes



3 apricots



$\frac{1}{2}$ banana
(or 1 bobby banana)



2 small plums



$\frac{1}{2}$ mango



$\frac{1}{2}$ tin fruit salad



2 small mandarins



1 small pear



4 medium feijoas

To find out the carb content of other fruits and vegetables, check out the “*New Zealand Food Composition Database*” website or use the carb counting booklet from your dietitian.

Healthy snack ideas (<15g carb)

- **Frozen yoghurt** – blend ½ cup plain yoghurt with ½ cup frozen berries.
- **Banana ‘nice’ cream** – blend 2 medium frozen bananas until smooth and creamy. Add extra flavours e.g. 1 cup frozen berries, 2 Tbsp peanut butter, 1 Tbsp cocoa with 1 tsp vanilla. Makes 4x 15g serves.
- **Mini pizza/quesadilla** – spread half an English muffin or small wrap with savoury mince or tomato paste. Top with cheese and grill.
- **Mini quiche** – roll a slice of bread until thin, press down into muffin tray and bake for 15 min until golden. Make quiche filling and divide between each bread case and bake again. 1 bread case = 15g carb.
- **Crackers with dip** – 2 rice cakes/3-4 corn thins/ 4 grainy crackers/ ~10 small rice crackers to dip in mashed avocado with lemon juice, peanut butter, cottage cheese/ricotta, tomato salsa, or cheese.
- **Veggies and hummus** – ⅓ cup hummus + 1 cup raw fresh cut veggies
- **French toast** – dip one slice of bread in beaten egg and fry. Serve with a small amount (1 tsp) of jam, syrup or cinnamon sugar.
- **Popcorn** (reduced fat/salt/sugar) – 1 cup once popped.
- ½ cup cereal and milk
- Plain yoghurt with fruit
- 1 slice of toast or ½ muffin split – add protein to fill up
- **Chia seed pudding** – 2 Tbsp chia seeds soaked overnight with ½ banana and ½ cup plain unsweetened yoghurt



Occasional snacks (<15g carb)



2 sweet biscuits



2 small pikelets



1 small muffin



1 small bag of chips



2 medium snack balls



1 muesli bar



1 ½ Tbsp raisins

To find out the carb content of other snacks, use the carb counting booklet from your dietitian, read the label on the package or speak to your dietitian in clinic or by emailing diabdiet@adhb.govt.nz.