

Applications & resources

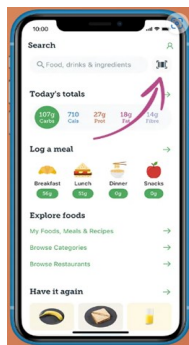
Carbs & Cals

Carbs and Cals is produced in both book and app format.



The free version of the app is similar to the book but with only 3 portion sizes of each food.

Subscription unlocks many other benefits such as barcode scanner and custom weight of portion.



Nutracheck App

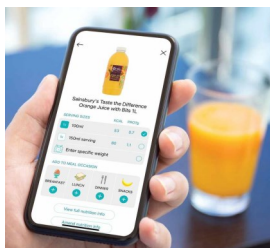
Nutrient preferences must be changed to carbohydrate.

Has a barcode scanner and can input custom weight of portion for carbohydrate value.



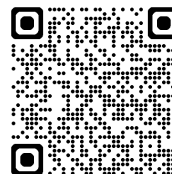
Can save up to 5 items/day but more if paying for the app.

Unfortunately it does not show different portion sizes as a pictorial guide.



Other helpful resources

British Dietetic Association:
Healthy Snacks



Change for life : Healthier
snacks for kids



Diabetes UK : Healthy
swops - snacks



BBC Food : Healthy snack
recipes



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Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

Southport Hospital
Town Lane, Kew,
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PR8 6PN
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Snack ideas for children and young people with Type 1 diabetes

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتسقيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Snacks and Diabetes

While there is no special diet required for people with diabetes, eating a healthy balanced diet will help to provide us with all the nutrients we need for growth and to keep us healthy.

Having a regular meal pattern of three meals a day is important for everyone and can help with blood glucose control. This meal pattern can include small snacks between meals but only if you are hungry, and ideally we need to be choosing healthy snacks most of the time.

To help get snacks healthier, swap the crisps, chocolate and sweets for fruit, veggie sticks and wholegrains, and keep sweet treats for treats.

Unless the snack is being used to treat a low blood glucose level (hypo) or for exercise management, all other snacks need to be carbohydrate counted and the appropriate amount of insulin given for them. Please ensure that this is 2 hours after the last bolus insulin dose (otherwise this can lead to hypo's).

You shouldn't need to snack to maintain your blood glucose levels, but if you're finding this is occurring, please speak to your diabetes team.

Healthier Snack Ideas

Fruit—either a piece of fruit or a small bowl of fruit salad
A small box of raisins
Apple slices with a nut butter
Small handful of dried fruit and nuts
Plain popcorn
Vegetable sticks with hummus
Crackers with low fat cream cheese
Oatcakes with peanut butter
Breadsticks with hummus
A slice of wholegrain toast
Greek yoghurt with berries
Yoghurt pot
Glass of milk



Lower Carb or “Carb Free” Snacks

Please be cautious when choosing snacks that are “carb free” as many of these foods can be higher in fat and salt which aren't healthy to include regularly in our diets. They are fine to have occasionally but can lead to weight gain and will still have some impact on blood glucose levels.

It is also really important that children and young people are having carbohydrate from healthy foods, as it is important for energy and growth.

In the table below we have listed some snack ideas of foods lower in carbohydrate (depending on the portion eaten) but they should still be eaten in moderation.

Olives
A boiled egg
Cooked meat e.g. chicken or ham
Vegetable sticks
Handful of tomatoes
Small handful of nuts
A small “matchbox” portion of cheese
Sugar free jelly