

Nutritious snacks for children with type 1 diabetes

Patient information leaflet

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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 formie,
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 بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Healthy eating

Frequent snacking, especially on foods higher in fat and/or sugar, such as biscuits, crisps and chocolate can contribute to tooth decay, weight problems and cause difficulties managing glucose levels.

Grazing (snacking often through the day) is associated with higher glucose levels.

Where possible, try to choose more nutritious snack options. Some ideas are included on the following pages.

Having a good mealtime routine may help prevent the need to snack. If a snack is needed, it is worth establishing a meal and snack plan to avoid grazing.

Eating balanced meals containing a low Glycaemic Index (GI), high fibre, carbohydrates, protein and vegetables/fruit can help prevent hunger and the need to snack.

Notes



Insulin for snacks

Insulin is needed for any snacks containing carbohydrates to prevent glucose levels rising too high. Therefore, it is important to inject/bolus for snacks that contain carbohydrate. Use your insulin to carbohydrate ratio to determine how much insulin to use.

Exercise snacks

Insulin for carbohydrate containing snacks may not be required before or during activity where the snack is being used as an “exercise snack” to prevent hypoglycaemia. Your diabetes team will be able to provide guidance on this.

Carbohydrate free snacks

One option for snacks are carbohydrate free or very low carbohydrate snacks that do not need an insulin injection/bolus.

However there are few options, and some snacks are carbohydrate free but may still affect blood glucose levels if eaten in large amounts (e.g. very high protein snacks).

It is also worth noting that some carbohydrate free snacks may not be nutritious options due to their fat or salt content (e.g., chipolatas and other processed meats).



Snack ideas

Very low carbohydrate snacks (less than 5g carbs)

(No insulin required with these snacks).

Food	Portion size
Selection of vegetable sticks (celery, cucumber) + guacamole/ no added sugar peanut butter dip/ reduced fat soft cheese	100g vegetable sticks + 30g guacamole/10g peanut butter/ 30g soft cheese
Sugar free jelly	125g pot
Sugar free ice lolly	1 ice lolly
Almonds/ walnuts/ Brazil nuts/ pecans/ macadamia nuts/ peanuts	30g
Pistachios (in shells)	30-50g
Seeds (sunflower/ pumpkin)	15g
Olives	50g
Roast chicken or turkey	1-2 slices
Boiled egg	1 egg
No added sugar almond milk/ soya milk with sugar free milkshake syrup	200ml
Mini "quiche"	For recipe, see QR code on page 10
Omelette wrap	1 egg omelette spread with 1-2 tsp salsa
Mini cheese (cheddar, Babybel™)*	1
Tuna mayo with cucumber	70g tuna, 100g cucumber
Small bowl of salad with vinaigrette	40g salad, 10ml vinaigrette
Gherkins	60g

* Higher in saturated fat/salt. Try to only have these snacks occasionally

Whiston diabetes team contact details

- Helpline: 07789 174 893 (10am - 6pm, Monday to Friday).
- Diabetes nurses: 0151 430 1404 (10am - 6pm, Monday to Friday).
- Ward 3F out of hours: 0151 430 1616.
- Dietitians: 0151 430 1201 (Variable hours, core hours 8am - 4pm, Monday to Friday).

Southport & Ormskirk contacts details

- Paediatric diabetes dietitians
01695 656 867.
- Paediatric diabetes specialist nurses
01695 656 766.
- Children's ward
01695 656 912.

Email address

whistonhospital.cypdteam@merseywestlancs.nhs.uk

Mini “quiche” <5g carbohydrate)

<https://www.nhs.uk/healthier-families/recipes/no-pastry-mini-mushroom-quiches/>



Choc cherry popcorn cakes (8g carbohydrate)

<https://www.nhs.uk/healthier-families/recipes/chocolate-cherry-popcorn-cakes/>



Nutty apple and celery rice cakes (9g carbohydrate)

<https://www.nhs.uk/healthier-families/recipes/nutty-apple-and-celery-rice-cakes/>



There are more ideas for healthy snacks on the Change4Life website:

<https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>



5g Carbohydrate snacks

(May require insulin depending on the ratio).

Food	Portion size
Strawberries/raspberries	80-100g
1 probiotic drink (e.g. Actimel)	100g (check label carbs)
Plain/lightly salted popcorn	10g
Milk	100mls
1 cream cracker with thin slice of cheese*	7g cracker 10g cheese
Multigrain crispbread with reduced fat soft cheese	1 crispbread ?add in the amount of cheese
Fat free plain Greek yoghurt (not “Greek style”) with flaked almonds/ chopped hazelnuts (Option to flavour yoghurt with vanilla essence + sweetener)	100g yoghurt + 10-20g nuts
Carrot sticks	60g
1 small kiwi/ plum/ clementine	55g
Mini corn on cob	50g
Salt and vinegar/Marmite™ rice cake	1 rice cake (~7g)
Edamame (+ soy sauce)*	100g edamame, 5ml soy sauce
Cashew nuts	25g

* Higher in saturated fat/salt. Try to only have these snacks occasionally.

Snack ideas

10g carbohydrate snacks

Food	Portion size
1 small (400g loaf) piece of wholemeal bread (toasted) with thin scrape of marmite/low fat cheese spread or peanut butter	22g slice of bread
2 x high fibre crackers and a slice of cheese*	2 x 7g crackers
Milk (you can add sugar free milkshake syrup if desired)	200mls
10 x grapes	Approx 60g
1 x slice melon	160g slice
Small apple	85g without core (100g with core)
Small box raisins	14g
Plain/lower sugar popcorn	17g
Dried fruit and nut mix	25g
Breadsticks with guacamole/ no added sugar any type of nut butter	2 x breadsticks + 20g guacamole/10g any nut butter
Mini houmous pot and vegetable sticks	60g houmous, 80g Veg sticks (celery, cucumber, peppers)
Apple sandwich (slices of apple layered with no added sugar peanut butter)	85g apple with 10g peanut butter
Blueberries	100g
Choc cherry popcorn cakes	For recipe, see QR code on page 10
Nutty apple and celery rice cakes recipe	For recipe, see QR code on page 10

* Higher in saturated fat/salt. Try to only have these snacks occasionally.

Soy sauce roasted seeds/nuts* (1 serving (26g) <5g carbohydrate)

Ingredients:

- 250g seeds/mixture of pumpkin & sunflower (You can also make with almonds).
- 1tsp oil (olive/rapeseed).
- 1 tsp soy sauce/tamari.
- ¼ tsp cayenne (optional – this makes them spicy).
- 1 tsp honey/maple syrup.

Method:

- Preheat oven to 160°C (Gas mark 3, 140°C in air fryer).
- Mix all ingredients together, bake on middle shelf for 10-15mins until brown and crisp.

You may need to stir halfway to ensure even. Let them cool then they are ready to eat.

* Higher in saturated fat/salt. Try to only have these snacks occasionally.

Please note, whole nuts and seeds are not recommended for children under 5 years due to risk of choking.

For young children, slice small fruits such as grapes, strawberries etc. into quarters, lengthwise to reduce risk of choking.



Snack ideas

Apple, apricot and sultana squares recipe (18g carbohydrate)

Ingredients:

- 100g lower fat spread.
- 4 tablespoons golden syrup.
- 250g high fibre porridge oats.
- 1 apple, cored and chopped into small chunks.
- 50g ready to eat apricots, chopped.
- 50g sultanas or raisins (or a mixture).
- half a teaspoon ground mixed spice (optional).
- 1 egg, beaten.

Method:

- Preheat the oven to 180C (fan 160C, gas mark 4).
- Grease a 23cm (9-inch) shallow square cake tin with a little reduced fat spread, then line the base with baking parchment or greaseproof paper.
- Melt the remaining spread in a large saucepan with the golden syrup.

Take care that the mixture does not get too hot.

- Remove the pan from the heat and add the porridge oats, apple, apricots, sultanas (or raisins) and mixed spice (if using).
- Stir well.
- Add the beaten egg and mix well again.
- Tip the mixture into the prepared tin and level the surface.
- Bake on middle shelf for 20-25 minutes until firm.
- Cool in the tin for about 20 minutes, then cut into 16 squares.

15g Carbohydrate snacks

Food	Portion size
1 small banana	100g in skin or 65g peeled banana
Medium apple	130g without core, 150g with core
1 Nectarine/ peach	165g
1 medium slice wholegrain bread/ toast (with a scraping of spread/ no added sugar nut butter (any type) / marmite/reduced fat soft cheese)	33g (with a scraping of butter/ margarine/no added sugar nut butter/marmite)
2 high fibre crackers with reduced fat cheese spread	2 x 8g crackers with 30g spread
Lower sugar yoghurt (≤7g carbs per 100g, <3g fat per 100g)	125g pot of yoghurt (try to choose low fat, low sugar varieties)
Grapes/mango/cherries	100g
Raisins	20g
Snack a jacks™ large rice cakes (savoury flavour)	2 x 10.5g rice cakes – these are high in salt so try not to have to often
Plain biscuit & milk	1 x 8-12.5g biscuit + 100mls milk
Fruit & yoghurt	100g 0% fat Greek yoghurt (not “Greek style”) + small 85g apple/ 2 x 55g kiwis/100g mixed berries
Open sandwich	1 medium sliced piece wholegrain bread topped with 1 slice chicken/ cheese spread and salad
Egg & soldiers	1 medium sliced wholegrain toast with 1 soft boiled egg

* Higher in saturated fat/salt. Try to only have these snacks occasionally.

Snack ideas

20g carbohydrate snacks

Food	Portion size
1 thick slice of wholegrain bread (no added sugar nut butter (any type)/marmite)	44g
1 slice malt loaf	30g
1 wholemeal crumpet	50g
2 x plain breakfast biscuit or 1 biscuit and milk	2 x 12.5g biscuit or 1 x 12.5g biscuit and 200ml milk
Homemade smoothie	Blend 200ml milk with 100g Greek yoghurt (not Greek style) and 100g frozen berries
Fruit & yogurt	80g portion chopped fruit with 125g natural yoghurt
1 medium banana	140g banana in skin or 100g peeled banana
Tinned peaches (in juice)	180g
Grapes	130g grapes
Large apple	200g apple
Cereal bar	A cereal bar with <20g carbohydrate (or try recipe on next page)
Mini pitta with houmous filled with salad	30g pitta, 30g houmous + salad
2 x Crispbread topped with houmous/tuna mayo/egg mayonnaise	2 x 11g crispbreads + 30g houmous/50g tuna or egg mayo
Banana nice cream	See recipe on next page

Recipes

Banana nice cream (20g carbohydrate)



Ingredients (Serves 4):

- 4 very ripe bananas (approx. 600g when weighed with skin)
- Small amount of milk (any type)

Method:

- Peel & Slice the Banana.
- Freeze for at least 2 hours, or overnight.
- Add to a food processor and blend until smooth and creamy.

You may need to scrape down the sides a few times and add a drizzle of milk for the right consistency. Add cinnamon/chopped walnuts if desired.