

# Healthy snacks

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## and diabetes

People with diabetes on certain types of tablets or insulin may require one snack between each meal and for supper. However, most people aiming to control their body weight are advised not to have snacks between meals. For specific advice, discuss this with your dietitian or diabetes educator.

**The best snack for everyone is one piece or serve of fresh fruit. For fabulous taste sensations select fruit that is in season eg: an apple, a banana, a peach, a pear, 3 apricots, half a cup of grapes, 1 cup of strawberries or a slice of rockmelon or watermelon.**

Other suggestions are listed below:

Fruits	<ul style="list-style-type: none"> <li>• Fresh or tinned fruit eg: 1 peach, 3 apricots, 1 pear, 2 mandarins, grapes, half a mango, 3 plums</li> <li>• Frozen fruit eg: 1 banana, 1 orange, 1 circle of pineapple</li> <li>• Frozen fruit juice cubes</li> <li>• 1 serve of dried fruit</li> </ul>
Salads and vegetables	<ul style="list-style-type: none"> <li>• Vegetable sticks (eg: celery, carrot, capsicum, snow peas) with 1 tbsp low fat dip such as Black Swan Skinny Dips®</li> <li>• Celery boats filled with 2 tbsp of cottage cheese and tomato</li> </ul>
Nuts	<ul style="list-style-type: none"> <li>• 30 grams of mixed or plain nuts</li> </ul>
Breads	<ul style="list-style-type: none"> <li>• 1 slice of raisin toast or multigrain bread</li> </ul>
Dairy products	<ul style="list-style-type: none"> <li>• 1 tub of low fat yoghurt</li> <li>• 1 tub of fruche light®</li> <li>• 1 cup of low fat custard</li> </ul>
Cereal	<ul style="list-style-type: none"> <li>• 1/2 cup of high fibre breakfast cereal</li> </ul>
Drinks	<ul style="list-style-type: none"> <li>• 1 cup or 250 mls of any low fat flavoured milk or soy milk or fruit smoothie</li> <li>• 1 café latte</li> <li>• 1 Ovaltine Light Break®</li> </ul>
Sweet biscuits	<ul style="list-style-type: none"> <li>• 1 Arnott's Full o' Fruit®, Spicy Fruit Roll®, Snack Right Fruit Slice® or Fruit Roll®</li> <li>• 1 Freedom Foods 97% fat free Fruit Biscuit®, 1 Paradise Lites, 50% less fat Choc Chip Cookie®</li> </ul>
Snack bars	<ul style="list-style-type: none"> <li>• 1 Kellogg's K Time Bar®, Uncle Toby's Real Fruit®, Fruesli Bar® or Weight Watchers Bar®</li> </ul>

## Healthy snacks and diabetes continued

Cakes	<ul style="list-style-type: none"> <li>• 1 small pikelet or wholemeal crumpet with 1 tsp of jam</li> <li>• 1 small fruit or plain scone with 1 tsp of jam</li> </ul>
Savoury treats	<ul style="list-style-type: none"> <li>• 30 grams of salt reduced Parker's Pretzels®</li> <li>• 2 Ryvita®, rice cakes or Vita-Weats with 9 Grains® topped with cottage cheese, tomato and chives</li> <li>• 1 cup of plain popcorn</li> </ul>
Savoury bread snacks	<ul style="list-style-type: none"> <li>• 1/2 English muffin with tomato slices and 1 slice of reduced fat cheese</li> <li>• 2 toasted pita bread triangles with 1 tbsp low fat tomato salsa dip</li> <li>• 1 small low fat savoury muffin eg: reduce fat cheese and tomato</li> </ul>
Others	<ul style="list-style-type: none"> <li>• 2 small sushi rolls (avoid using soy sauce)</li> <li>• 1 mini can of baked beans</li> </ul>

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