FOOD BETWEEN MEALS/SNACKS WHEN ON MULTIPLE DAILY INJECTIONS







Snacks are not needed to manage BG levels and can make interpreting insulin requirements confusing but if you are going to snack, see the table for some choices. Having a snack free week every 3 months or so will help you to check whether you are on the right dose of mealtime and background/basal insulin.

Whether we have Diabetes or not, evidence shows that we should all try to eat well and snack less to reduce the risk of weight gain and bad teeth.

Our team would love all our families to have a positive relationship with food, without feeling guilty about what foods are eaten.

If you have Diabetes it's more important to keep your body healthy and eat well because having Diabetes puts you at an increased risk of developing some health problems when you are older.

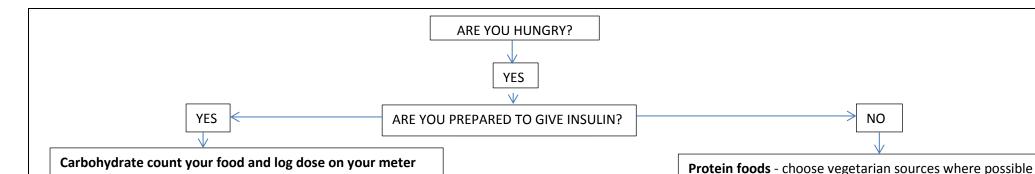
We can stay healthy by:

- Eating when we are hungry, don't overeat or eat out of habit
- Eating regularly (3 meals a day) avoid grazing
- Eating fruit and veggies with every meal (at least 5 a day)
- Choosing a good variety from all the food groups (see Eatwell Guide on the Healthzone app)
- Choosing high fibre, oat based, wholegrain and seeded foods as they digest slowly
- Eating high fat, high salt, low fibre foods less often increasing the risk of weight gain
- Doing something active every day



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Minimal effect on BG if insulin is given and good for health

Fruit any size portion (>10g carbs)

Yoghurt –
preferable low fat
and low sugar

Milk - low fat

Latte (not with flavoured syrup)

Hot chocolate with sweetener

Milkshakes (made with fresh fruit)

Minimal effect on BG if insulin is given but could cause weight gain

Porridge/ low sugar cereal

Oat cakes/ crackers/ breadsticks

Low sugar cereal bar

Rice cakes/corn cakes

Wholemeal/ wholegrain bread/toast/rolls/ fruit teacakes

Wraps/Sandwich

Crisps, tortilla chips

Pot noodle

Samosas/pakoras/bhajis

Greater effect on BG
even with insulin,
negative effect on
heart health and
could cause weight
gain

Cakes/buns

Biscuits

Doughnuts

Desserts/gulab jamen/jalebi

Fruit corners

Sweets/ chocolate

Ice cream

Sweetened rice /cereal bars

Avoid full sugar drinks

Milkshakes eg McDonald style and syrups; fresh juice; fizzy pop; slushes; coffee with flavoured syrups; smoothies; hot chocolate; coffee shop fruit coolers

As often as you like

Minimal effect on BG and good for heart

Cucumber/Sugar snap peas

Tomatoes/Celery

Carrots/Peppers

Radishes/Mangetout

Fruit under 10g carbs one portion between each meal or will raise BG (give insulin if on a pump)

Pickles – e.g. onions, gherkins

Salsa

Olives

1 pot sugar free jelly

2-3 times a week

Low carbohydrate foods

Minimal effect on BG and good for heart but could cause weight gain

Guacamole/ avocado

Low fat houmous

Eggs (boiled, poached, scrambled)

Nuts (unsalted) and Nut butters including low sugar cocoa spreads

Falafel

Tuna, prawns, crab sticks, fish

Low fat soft cheese/ cottage cheese

Tofu/Quorn meat substitutes (not bread crumbed)

Once a week

Minimal effect on BG but negative effect on heart health and could cause weight gain

Hard Cheese (e g Cheddar)

Ham (choose better cuts, not preformed hams)

Processed meat snacks e.g. Fridge raider, Pepperami, Beef jerky

Pepperoni, salami and other cured meats

Cocktail sausages/Hot dogs

Corned beef

Koftas/kebabs

