

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

Remember:





