

healthy snacks & diabetes

There are many suitable snack options to choose from if you are advised to have snacks. Try some of these suggestions which are both healthy and tasty.

Fruits

- Fresh, canned or frozen fruit eg: 1 peach, 3 apricots, 1 pear, 2 mandarins, 1/2 –1 cup of grapes, half a mango, 3 plums, 1 banana, 1 orange, 1 circle of pineapple
- 1 serve of dried fruit eg: 1 tablespoon sultanas or mixed fruit, 10 apricot halves

Salad & vegetables

- Vegetable sticks (eg: celery, carrot, capsicum, snow peas) with 1 tbsp low fat hommous or low fat cream cheese
- Celery boats filled with 2 tbsp of cottage cheese or low-fat cream cheese and tomato

Nuts

- 30 grams of mixed or plain unsalted nuts eg: macadamia nuts

Breads

- 1 slice of raisin toast or multigrain bread

Dairy products

- 1 tub of low fat, no fat or diet yoghurt
- 1 tub of Fruche light®
- 1/2 cup of low fat custard

Cereal

- 1/2 cup of high fibre breakfast cereal

Drinks

- 1 cup or 250 mls of any low fat plain or flavoured milk or soy milk
- 1 Ovaltine Light Break®

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 may not need a snack between every meal. To find out what is best for you, discuss this with your dietitian or diabetes educator.



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Sweet biscuits

- 2 Arnott's Full o' Fruit® or Snack Right Fruit Slice®
- Freedom Foods 100 Healthy Calories Breakfast Bar®
- 2 Freedom Foods Healthy Calories Cookies

Snack bars

- 1 Kellogg's K Time Twist Bar®, Uncle Toby's Real Fruit®, or Weight Watchers Bar®

Bakery products

- 1 small pikelet or wholemeal crumpet with 1 tsp of jam
- 1 small fruit or plain scone with 1 tsp of jam

Savoury treats

- 30 grams of Parkers Pretzels®
- 2 Ryvita® or 4 Vita-Weat with 9 Grains® topped with cottage cheese, tomato and chives
- 1 cup of plain popcorn

Savoury bread & snacks

- English muffin with tomato slices and 1 slice of reduced fat cheese
- 2 toasted pita bread triangles with 1 tbsp low fat tomato salsa dip or low-fat hommous
- 1 small low fat savoury muffin eg: reduced fat cheese and tomato

Others

- 2 small sushi rolls (avoid using soy sauce)
- 1 mini can of baked beans

If you are aiming for a healthy weight, remember that large serve sizes can contribute to weight gain. For example, a small serve of dried fruit is a good snack, not the whole packet.

Would you like to join Australia's leading diabetes organisation?

- > Dietary services
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For more information phone **1300 136 588** or visit your State/Territory Organisation's website:

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NT	www.healthylivingnt.org.au	QLD	www.diabetesqld.org.au
SA	www.diabetessa.com.au	TAS	www.diabetestas.com.au
VIC	www.diabetesvic.org.au	WA	www.diabeteswa.com.au

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