

# Smart Snacks

information for young people with diabetes

Young people can feel hungry between meals, especially after school! Snacks can be included as part of a healthy diet as long as they are chosen carefully. This sheet aims to give you information on a sensible snacking routine and ideas for healthier snacks. Often though, we snack due to reasons other than hunger. Think about when you snack – are you eating due to boredom, habit or hunger? The following tips will help you to snack sensibly:



1. Before having a snack, ask yourself if you are truly hungry. Could you do something to distract yourself for 10 minutes? You could try reading a magazine, going for a walk or phoning a friend. If you are still hungry after 10 minutes, have a healthy snack. However if you are not really hungry, you may find that you forget about snacking because you are busy doing something else!
2. Have regular meals. Don't be tempted to skip a meal and replace it with a snack later on. You're more likely to be hungry and choose a snack that's high in fat and/or sugar.
3. Think about what to eat – and when to eat it! Eating a healthy snack in-between each of your main meals will help you to avoid grazing on lots of snacks throughout the day.
4. Don't snack in the hour before a meal.
5. Plan and take snacks with you to school, college, work and when out with friends. This way, you will be less tempted to buy high-calorie foods and drinks. Turn over for 'snacks on-the-go' ideas.
6. Try to include a variety of foods as snacks rather than always choosing the same snack – this will give you a wider variety of nutrients including vitamins and minerals.

Having diabetes doesn't mean you have to completely avoid biscuits, crisps or chocolate but keep these as occasional treats just once or twice a week.

## Foodie fact:

Eating 1 less biscuit everyday results in roughly half a stone weight loss over a year!

It can also be helpful to choose smaller portion sizes of these foods, e.g. small packets of crisps from a multipack, fun-size chocolate bars, mini-muffins, but don't be tempted to have more of them! Or you could try sharing the standard-size version with a friend or family-member.

## Healthy Snacks

Healthy snacks don't need to be boring! The table below gives you some ideas of healthy snacks that you could plan into your daily routine. Choose 2-3 to have each day:

| Snacks at home   | Snacks for on-the-go                                      |
|--|---|
| Glass of semi-skimmed or skimmed milk.                               | Portion of fruit – apple / pear / orange / medium banana. |
| Glass of fruit smoothie (no added sugar).                            | Dried fruit and nuts (small handful).                     |
| Small glass of fruit juice (100-150ml).                              | Yoghurt / fromage frais tube.                             |
| Reduced sugar hot chocolate drink.                                   | Cereal bar.   |
| Low-fat yoghurt – try freezing as an alternative to ice-cream!       | Small scone with reduced fat margarine.                   |
| Small bowl cereal with milk.   | Homemade popcorn.   |
| Crumpet with reduced fat margarine or light cream cheese.            | Homemade oat bar.*  |
| 2 plain, oat or fruit biscuits.                                      | Slice of homemade banana cake.*                           |
| Slice of granary or seeded bread with peanut butter.                 | Small bag of baked crisps or corn snacks.                 |
| Houmous, cottage cheese or salsa with raw vegetables or breadsticks. | 2 rice cakes or oatcakes.                                 |
| Bowl of vegetable soup.  | Fun size chocolate bar.                                   |
| Sugar-free jelly with fruit.   | * See the Change 4 Life website for recipes               |

All takeaways are high in calories and fat so try to limit them to no more than once a month. Get involved in preparing healthy, homecooked meals for the whole family. Use the Change 4 Life Smart Recipes app or GoodFood Healthy cookbook app or take a look at the BDA's teen weightwise website for healthy recipe ideas. Even better, why not attend a cookery course at the Ministry of Food! Ask your dietitian for a list of dates.



## Food for Life - Bradford Dietitians

Bradford Nutrition & Dietetic Service is located within Bradford Teaching Hospitals NHS Foundation Trust

Author: Paediatric Diabetes Dietitians Review Date: Nov 2019

Code:PDM-04-05-17 MID:17092020

Telephone: 01274 365219 (8.30am – 4.30pm) Answerphone available

We use Next Generation Text for people with hearing difficulties. This used to be called BT Text Relay. Please ring 18001 01274 365219

Fax: 01274 365182 E-mail: SLH.DiabetesTeam@bthft.nhs.uk  
www.bradfordhospitals.nhs.uk/dietetics

If you need this information in another format or language, please ask a member of staff to arrange this for you.