

Healthy Snacks for Diabetes

Department of Nutrition & Dietetics

Information for patients,
relatives and carers

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Introduction

It is advisable to avoid unnecessary snacking, particularly if you are aiming to lose weight. However, the following ideas for snacks each contain 10 to 15g of carbohydrate and are medium to low GI, which may help to minimise the effect on your blood glucose.

Savoury:

- 1 medium slice of bread
- 1 mini pitta bread, ½ standard pitta – 30g
- 2 Ryvita, 2 crispbread, 2 oatcakes, 2 rice cakes
- Popcorn, unsweetened (30g)
- Pretzels (25g)
- Twiglets (25g)

Sweet (Fruit):

- 1 medium to large apple, pear, orange, nectarine
- 2 clementines, satsumas, kiwi, plums
- 1 small banana
- Small bowl of strawberries or other berries
- Handful of grapes – 10 large or 20 small
- 2-3 apricots, dates, figs
- 2 tbsp (25g) Raisins/ dried fruit
- Tinned fruit in juice, drained 3 tbsp
- 2 slices of Pineapple (140g), melon (100g), mango (110g)
- Fruit juice or smoothie (150ml) once daily

Other:

- Malt loaf (30g) 1 slice
- ½ plain scone
- ½ teacake
- Soya dessert (125g)
- Low fat yoghurt (125g)
- Fat free yoghurt (200g)
- No added sugar Instant Whip
- Hot chocolate (made up with water) e.g. Options or Highlights (200ml) or Horlicks, Ovaltine - 1 teacup (150ml)
- Low fat Milkshake - 150ml
- Semi skimmed or skimmed milk, up to 250ml.
- Low fat ice cream -2 scoops

The following pages contain recipes for healthy dips that you can snack on with vegetables sticks.

Artichoke and Butter Bean Dip

Serves 4-6	kcal	protein	carbs	fat
Nutrition per serving	104	6.7	13	3.5

Ingredients

- 1 x 280g jar artichoke hearts, drained
- 1 garlic clove
- 1 x 400g tin butter beans, drained and rinsed
- ½ tsp ground cumin
- ½ lemon, juiced
- 150g pot low-fat yoghurt

Method

1. Put the artichokes, garlic, butter beans, cumin and some salt and pepper in a food processor and blend until smooth.
2. Add the lemon juice and yoghurt and blend.

Healthy Homemade Hummus

Makes 4 snack portions	kcal	protein	carbs	fat
Nutrition per serving	102	6	11	4

Ingredients

- 1 x 400g can chickpeas, not drained
- 1 tbsp tahini paste
- 1 fat garlic, chopped
- 3 tbsp 0% fat Greek yoghurt
- Good squeeze lemon juice

Method

1. Drain the chickpeas into a sieve, set over a bowl or jug to catch the liquid.
2. Tip the chickpeas, tahini, garlic and yogurt into a food processor or blender and whizz until smooth.
3. Add a tablespoon of the chickpea liquid at a time until you have a nice consistency, then scrape into a bowl, stir in a squeeze of lemon juice and season to taste.

Pea, Mint and Chilli Dip

Serves 4	kcal	protein	carbs	fat
Nutrition per serving	85	7.5	11.9	1.5

Ingredients

- 400g frozen peas, defrosted
- 100g fat-free natural yogurt
- Juice of 1 lemon
- 1 tsp ground cumin
- Small handful mint leaves
- 1 small red chilli, chopped

Method

1. Whizz the peas, yogurt, lemon juice, cumin, mint and chilli together in a food processor to a texture you like.
2. Divide between plastic tubs to pack into lunchboxes or tip into a serving bowl.

Butternut and Harissa Hummus

Serves 6	kcal	protein	carbs	fat
Nutrition per serving	173	5.8	13.8	10.9

Ingredients

- ½ butternut squash (about 400g), peeled and cut into 2cm pieces
- 3 garlic cloves, unpeeled
- 2 tbsp olive oil
- 3 tbsp tahini paste
- 1 tbsp harissa, plus a little extra for drizzling
- 400g can chickpeas, drained and rinsed

Method

1. Heat oven to 200C/180C fan/gas 6. Put the butternut squash and garlic cloves in a roasting tin, season well and add 100ml water. Cover the tin with foil and bake for 45 minutes, until the squash is really tender. Leave to cool.
2. Tip the squash into a food processor with any juices from the tin. Add the garlic cloves, squeezed out of their skins. Add the remaining ingredients, season with salt and blend to a paste.
3. Scrape the hummus into a bowl. Drizzle with extra harissa before serving.



Edamame and Chilli Dip

Serves 8	kcal	protein	carbs	fat
Nutrition per serving	75	6.7	5.5	3.1

Ingredients

300g frozen soya beans
150g low-fat natural yogurt
1 red chilli, chopped
Juice of 1 lime
1 garlic clove, crushed
1 red onion, finely chopped
Handful coriander, chopped

Method

1. Cook the soya beans in boiling salted water for 4 minutes. Drain and cool under cold running water.
2. Blitz with the yogurt, chopped red chilli, lime juice and crushed garlic clove until smooth.
3. Fold in the finely chopped red onion and a handful of chopped coriander.

The dip will keep covered in the fridge for up to three days

Warm Mexican Bean Dip

Serves 8	kcal	protein	carbs	fat
Nutrition per serving	60	2.7	8	2.2

Ingredients

- 1 onion, chopped
- 1 tbsp olive oil
- 1 tsp soft brown sugar
- 1 tsp wine vinegar
- 1 tsp Cajun seasoning
- 400g tin mixed beans, rinsed and drained
- 400g tin chopped tomatoes, with garlic

Method

1. Fry the chopped onion in olive oil until soft.
2. Add soft brown sugar, wine vinegar and Cajun seasoning.
3. Cook for 1 minute then add the mixed beans and chopped tomatoes with garlic.
4. Simmer for 10-15 minutes until the sauce has thickened then season.

Make ahead and reheat dip before guests arrive.

Tomato and Pepper Dip

Serves 6	kcal	protein	carbs	fat
Nutrition per serving	71	0.8	5	6

Ingredients

- 375g jar of sweet piquante peppers
- 3 tomatoes, roughly chopped
- 1 tbsp sundried tomato paste
- A bunch of chives, snipped

Method

1. Drain and rinse the jar of peppers and tip them into a food processor or blender. Add the tomatoes, roughly chopped, sundried tomato paste and most of the bunch of chives, snipped.
2. Whizz together until blended, but still chunky. Season with pepper and spoon half into a serving dish, sprinkle over the remaining chives.

The other half of the dip will keep refrigerated for three days

Cucumber Salad

Serves 4-6	kcal	protein	carbs	fat
Nutrition per serving	98	5.7	7.7	5.4

Ingredients

- 350g natural whole-milk yogurt
- 2 medium cucumbers, peeled, deseeded and sliced
- Juice of ½ lemon
- ½ tsp lightly crushed fennel seeds
- Small bunch chopped mint
- Extra-virgin olive oil (2 tsps. if required)

Method




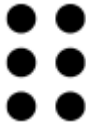
1. Mix yogurt with cucumbers, lemon juice and fennel seeds. Season and chill until needed - just before serving, fold in mint and olive oil

Notes

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Ref no.			
Issue date	October 2019	Review date	October 2022

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