

Snacks for children with diabetes

Snacks are an important way to keep your child's blood sugar steady during the day. Snacks can be both fun and healthy. This handout gives you some tips and ideas for snacking.

Tips for snacking:

- Choose healthy snacks, and try to limit less nutritious foods such as chips or sweets.
- Keep snack times the same from day to day.
- Choose a variety of snacks.
- Choose snacks that are small but are filling.
- Include protein with a bedtime snack to help slow digestion and to prevent overnight hunger and low blood sugars.

Freebies

These foods will not affect your child's blood sugar. They can be eaten anytime your child is hungry or added to the **Snack ideas** listed below.

Foods high in protein	Extra vegetables	Other foods
<ul style="list-style-type: none"> • Cheese • Cottage cheese • Cheese spreads • Tuna or salmon or egg salad • Deli meat • Pepperoni sticks • Eggs 	<ul style="list-style-type: none"> • Tomatoes • Celery sticks • Salad with or without salad dressings (read label for carbohydrate or added sugar) • Sliced peppers • Cucumber slices • Broccoli and cauliflower • Dill pickles 	<ul style="list-style-type: none"> • Butter or margarine • Up to 10 nuts (except cashews) • Jell-O® Light cups or Hunts® No Sugar Added Juicy Gels • Diet pop • Water • Crystal Light® or Sugar-free Kool-Aid® • No Sugar Added Mr. Freeze®

Snack ideas

These snacks have 10 to 15 g carbohydrate:

Crackers and salty snack		Cookies and sweet snacks	
1/4 to 1/3 cup	Bits and Bytes	2 to 3	cookies, Christie arrowroot
3 to 5	crackers, Christie animal	3 to 4	cookies, Social Tea
12 to 18	crackers, Crispers	2	cookies, Dare Digestive
30 to 45	crackers, Goldfish	2 to 3	graham wafers
8 to 10	crackers, Mini-Ritz sandwich	11 to 17	Teddy Grahams
7 to 10	crackers, rice	Other	
5 to 7	crackers, Ritz	1/2 to 1/3 cup	Cheerios, plain (dry)
5 to 7	crackes, soda	1	fruit + vegetable serving (see Meal Plan Guide for serving size)
3 to 5	crackers, Triscuit, square	1 cup	milk, white
6 to 9	Doritos chips	2	yogurt, Minigos (60g)
2 to 3 cups	popcorn, microwave	2	yogurt, artificially sweetened (100g)
11 to 17	potato chips, Pringles		

These snacks have 15 to 25 g carbohydrate:

Crackers and salty snacks		Cookies and sweet snacks	
1/3 to 1/2 cup	Bits and Bytes	3 to 5	cookies, Christie Arrowroot
19 to 31	crackers, Crispers	2 to 3	cookies, chocolate chip, packaged
45 to 75	crackers, Goldfish		
10 to 20	crackers, Mini-Ritz sandwich	6 to 8	cookies, Christie Arrowroot, animal
11 to 17	crackers, rice	3	cookies, Dare Digestive
8 to 12	crackers, Ritz	2	cookies, oatmeal
8 to 12	crackers, soda	2	cookies, Oreo or Fudgee-O
6 to 9	crackers, Triscuit, square	5 to 7	cookies, Social Tea
10 to 15	Doritos chips	3 to 5	graham wafers
3 to 4 cups	popcorn, microwave	1	granola bar, small, chewy
15 to 20	potato chips, Pringles	1	Rice Krispie square, packaged
2	rice cakes, large, flavoured		
		18 to 29	Teddy Grahams
Others			
1 1/2 slices	bread (or 3/4 sandwich)	1	fruit cup in light syrup
1 to 1 1/3 cup	Cheerios, plain (dry)	1 1/2 cup	milk, white
1 cup	Cheerios, plain and 1/2 cup milk	2 to 3	yogurt tubes (60 g)
2	fruit + vegetable servings (see Meal Plan for serving size)	2 to 3	yogurt, artificially sweetened (100 g)

Recipes

Refrigerator Oatmeal Nut Bars

1/2 cup	peanut butter
2 tbsp.	honey
2	eggs
2 tbsp.	margarine
1 tbsp.	vanilla
1/2 cup	sunflower seeds
1/2 cup	chopped walnuts
2 cups	quick rolled oats
1/2 cup	raisins

Makes 24 servings.

Mix peanut butter and honey in saucepan over medium heat. Beat in eggs one at a time. Stir constantly for 3 minutes. Remove from heat. Stir in margarine and vanilla. Add seeds, nuts, oats, raisins, and mix well. Press into greased 8" square pan and chill. Cut into 24 bars.

1 bar = 10 g carbohydrate

✓ a source of protein

Sunflower Sesame Bars

1/2 cup	honey
1/2 cup	peanut butter
3/4 cup	skim milk powder
3/4 cup	sesame seeds
3/4 cup	sunflower seeds

Makes 24 servings.

In a small pan over low heat, stir together honey and peanut butter until smooth. Remove from heat and add remaining ingredients. Press into greased 8" square pan. Bake at 325°F for 12 to 15 minutes until slightly browned. Cut into 24 bars right away. Refrigerate until hard.

1 bar = 10 g carbohydrate

✓ a source of protein

Chocolate Popcorn

6 cups plain popped popcorn
1 tbsp. margarine
2 tbsp. corn syrup
1 tbsp. cocoa powder
1 1/2 tbsp. milk
1/8 tsp salt

Makes 6 servings.

Keep popcorn warm in oven while making chocolate sauce. In small pan, melt margarine over low heat. Add corn syrup, cocoa, milk, and salt. Stir over low heat until well blended and mixture is hot. Pour over warm popcorn. Stir quickly to coat all pieces.

1 cup = 15 g carbohydrate

Cheesy Barbecue Popcorn

8 cups popped popcorn
3 tbsp. margarine
1/2 tsp. chili powder
1/2 tsp. garlic powder
1/4 tsp. onion powder
1/2 cup grated parmesan cheese

Makes 4 servings.

Melt margarine add seasonings. Pour over popcorn. Sprinkle cheese over top and mix thoroughly.

2 cups = 10 g carbohydrate

✓ a source of protein

Vanilla Pudding

2 cups milk
1/3 cup cornstarch
1 egg
2 tsp. vanilla
 sugar substitute – use amount that equals 1/3 cup sugar

Makes 4 servings.

In 4 cup microwave container, mix 1 cup milk and cornstarch. Microwave on high for 3 minutes, stirring once. Beat egg into remaining milk, stir into hot milk mixture. Microwave on high for 3 minutes, stir well. Let stand for 1 minute. Stir in vanilla and sugar substitute.

1/2 cup = 18 g carbohydrate

✓ a source of protein

For Chocolate Pudding, replace cornstarch in above recipe with 1/4 cup unsweetened cocoa powder and 1/4 cup cornstarch.

Blueberry Scones

1 cup flour
1/2 cup whole wheat flour
2 tsp. baking powder
2 tsp. sugar
1/2 tsp. salt
1/2 cup milk
1 egg
2 tbsp. margarine, melted
1 cup blueberries (fresh or frozen)

Makes 10 servings.

In a mixing bowl, combine flours, baking powder, sugar, and salt. In a small bowl, whisk together milk, egg, and margarine. Make a well in the flour mixture and pour in the milk mixture. Add the blueberries. Stir only until dry ingredients are moistened. Batter will be lumpy. Drop 1/2 cup portions onto greased baking sheet to make 10 scones. Flatten slightly with the back of a spoon. Bake at 400°F for 20 minutes or until golden brown.

1 scone = 17 g carbohydrate.

Banana Nut Muffins

1 cup	flour
1/2 cup	whole wheat flour
1 1/2 tsp.	baking powder
1/2 tsp.	baking soda
1/2 tsp.	salt
1/2 cup	buttermilk
1	banana, mashed
1	egg, lightly beaten
1 tsp.	vanilla
1 tbsp.	margarine, melted
2 tbsp.	chopped walnuts
	sugar substitute – use amount that equals 1/3 cup sugar

Makes 12 muffins

Grease or line muffin cups. In a bowl, combine flours, sugar substitute, baking powder, baking soda, salt, and nuts. In a separate bowl, combine all other ingredients. Make a well in dry ingredients, and pour in banana mixture. Mix just until dry ingredients are moistened. Divide batter evenly among 12 muffin cups. Bake at 400°F for 20 minutes, or until lightly browned.

1 muffin = 13 g carbohydrate

Oatmeal Chocolate Chip Cookies

1/3 cup	margarine
1/3 cup	light brown sugar (lightly packed)
1/4 cup	water
1 egg	white
1 1/4 cup	quick rolled oats
3/4 cup	flour
1 tsp.	cinnamon
1/2 tsp.	baking soda
1/2 cup	mini chocolate chips

Makes 36 cookies.

In mixing bowl, cream together butter and sugar. Beat in water and egg white. Combine rolled oats, flour, cinnamon, and baking soda. Stir into creamed mixture until well mixed. Stir in chocolate chips. Grease or line baking sheets: Drop 1 tbsp. of dough at a time, about 2 1/2 inches apart onto sheets, to make 36 equal cookies. Bake at 400°F for 10 to 12 minutes, or until golden brown. Place cookies on rack to cool.

2 cookies = 14 g carbohydrate

This chart may help you with serving sizes:

Metric and Imperial Sizes	
250 ml	= 1 cup
175 ml	= 3/4 cup
125 ml	= 1/2 cup
60 ml	= 1/4 cup
15 ml	= 1 tablespoon (tbsp.)
5 ml	= 1 teaspoon (tsp.)

**All brand name products listed in this handout
have a registered trademark.**

Weekly Snack Rotation

Use this guide to help plan your child's snacks for the week. Try to rotate snacks to increase variety. Your dietitian will help you complete this chart.

	Morning Snack	Afternoon Snack #1	Afternoon Snack #2	Bedtime Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				