



Snacks Options for Diabetes in Pregnancy

A patient's guide

During pregnancy you may find yourself hungry in between meals, especially if you have reduced your carbohydrate portions at your main meals. This guide is designed to help you choose suitable low carbohydrate snacks according to personal preference. All snacks are under 15g carbohydrate and may include protein to help control blood glucose and hunger levels. Make sure you have snacks outside of your test window e.g. at least 1 hour after a meal. If you start snacking before your test time, this will impact on your blood glucose result.

Choosing 2-3 snacks per day can help to ensure you eat adequate energy and nutrients.

Snacks containing 10-15g of carbohydrates or under:

| Fruit | |
|---------------------------------------|-----|
| 1 Kiwi Fruit | 5g |
| 1 Slice Mango (40g) | 5g |
| 1 Slice Pineapple (40g) | 5g |
| 5 Strawberries | 5g |
| 1 small handful of blueberries | 5g |
| 1 medium size Apple | 10g |
| 3 Raw Apricots | 10g |
| 1 large slice Melon (200g) | 10g |
| 1 Nectarine/Peach | 11g |
| 1 Pear | 10g |
| 2 Plums | 10g |
| Small handful of dried fruit and nuts | 10g |
| Avocado (70g or half medium) | 1g |



| Dairy & alternatives | |
|--|---------|
| Fage 0% fat yoghurt (170g pot) | 7g |
| Weight Watchers Fat free (110g pot) | 8g |
| Danone Light and Free (115g pot) | 8g |
| Arla Skyr Icelandic yogurt (150g) | 6g |
| Alpro Soya Yogurt (150g) | 3g |
| Milk; cows, unsweetened almond, unsweetened soya, lacto-free, or hazelnut milk (200ml) | 2 - 10g |
| Low fat cottage cheese (150g) | 6g |
| Low Fat cream cheese (30g) | 1g |

| Savoury Snacks | |
|--|--------|
| 2 Handfuls of plain Popcorn | 10-15g |
| 1 small packet popcorn (15g non sweet) | 8g |
| 1 Large Rice Cake | 6g |
| 1 packet of crisps, e.g. Quavers®, Wotsits® or Pom-Bear® | 10-15g |
| Corn Cake/thins x 2 | 6-10g |
| 2 Oatcake | 12g |
| Ryvita Thin x 2 | 10g |
| Water biscuit x 2 | 10g |
| Crisp Bake x 1 | 7g |
| Breadsticks x 3 | 12g |
| Tomato Salsa (1 tablespoon) | 1g |
| Tzatziki (1 Tablespoon) | 1g |
| Prawn cocktail 200g (1 pot) | 4g |
| Unsalted nuts (30g/ 1 handful) | 4-8g |



| Biscuits | |
|------------------|-----|
| 1 Hobnob | 10g |
| 1 Digestive | 10g |
| 2 Rich Tea | 10g |
| 1 Jaffa Cake | 10g |
| 2 Malted Milk | 10g |
| 1 ginger biscuit | 8g |

Don't forget to have a drink with your snack - thirst can often be mistaken for hunger! Try and sip on water at regular intervals throughout the day.

Low to no carbohydrate snacks

The snacks listed below can be combined with the above, e.g. try having vegetable sticks with nut butter or unsweetened Greek yogurt topped with seeds, cinnamon and chopped apple.

If you have gained a lot of weight during your pregnancy, the dietitian may encourage you to choose lower calorie snack options, such as vegetable sticks, salad, low-fat cream cheese, seeds, and plain popcorn or rice cakes.

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|--------------------------------|--|
| • Tomato and Mozzarella salad | • Prawn pack (cooked) |
| • Olives | • Cheese (30g/matchbox size) |
| • Gherkins | • Beetroot |
| • Pickled Onions | • Cherry tomatoes |
| • Vegetable sticks | • Cold meats or chicken or fish (cooked) |
| • Crab sticks | • Quorn or Tofu pieces |
| • Hard-boiled eggs or omelette | • Roasted/baked chickpeas (80g) |
| • Soya beans (80g) | • Cocktail sausages |



Contact Us

This leaflet should be used in conjunction with the advice you receive during your pregnancy from your diabetes specialist dietitian. Please don't hesitate to contact the dietitian on 0207 288 5553 if you have any dietary questions or concerns.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

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