

Snacks options for diabetes in pregnancy

Patient information factsheet

Overview

- During pregnancy you may feel hungry in between meals, especially if you have reduced your carbohydrate portions (bread, rice, pasta) at main meals.
- This guide is designed to help you chose low carbohydrate snacks based on your personal preferences.
- Each snack contains 15g carbohydrate or less, as per snack recommendations.
- Eat two to three of these snacks daily.
- Make sure that you eat your snacks at least one hour after a meal. Snacking before your test time can affect your blood glucose results.

Snacks containing 10-15g of carbohydrates or under

Fruits (weight in grams)	Quantity of carbohydrates in grams
1 Kiwi fruit (55g)	5g
½ Medium mango (80g)	11g
1 Slice of pineapple (80g)	8g
1 Handful raspberries (80g) / 4 strawberries (80g)	4 - 5g
1 Large handful of blueberries (80g)	7g
½ Medium apple (80g)	8g
2 apricots (60g)	4g
½ Cup of galia melon (80g)	4g
1 nectarine (120g)	11g
½ pear (80g)	9g
1 plum (90g)	8g
½ Medium avocado (70g)	1g
½ Cup of watermelon (80g)	6g

1 satsuma (80g)	5g
1 Medium orange (150g)	15g
1 Small banana (80g)	11g

Dairy and alternatives

Fage 0% fat yoghurt (150g)	5g
Tesco 0% fat greek style yoghurt (100g)	8g
Danone light and free range (115g)	8g
Arla Skyr icelandic style natural flavour yogurt (150g)	18g
Alpro Greek-style plain dairy free yogurt (200g)	10g
1 glass of milk (200ml): cows, unsweetened almond, unsweetened soya, lacto-free, or hazelnut milk (200ml)	2 to 10g
Cottage cheese (100g)	3g
Cheddar cheese/ Red Leicester (50g)	0g
Cream cheese (30g)	1g

Savoury Snacks

2 Handfuls of salted popcorn	10 – 15g
1 small packet of salted popcorn. E.g. Proper corn	6g
1 Large rice cake (7g)	6g
1 Packet of crisps, e.g. Quavers, Wotsits or Pom-Bear	8 – 10g
1 Corn Cake (7g), e.g. M&S or Kallo	6 – 7g
2 Oatcake (20g)	12g
1 Ryvita thin (10.5g)	7g
1 Crispbread (11g)	7g
3 Breadsticks (18g)	12g
Tomato salsa (1 tablespoon)	1g

Tzatziki (1 tablespoon)	0 - 1g
Houmous (1 tablespoon)	2g
4 tablespoons of roasted chickpeas	6g
2 tablespoons of almonds, brazil nuts, hazelnuts, peanuts, pistachios (20g)	1 - 2g

Biscuits

1 Oaty hobnob	9g
1 Plain/chocolate digestive	10g
2 Rich tea	12g
1 Jaffa cake	8g
2 Malted milk	12g
1 Ginger nut biscuit	7g

- Do not forget to drink something with your snack because sometimes when you feel hungry, you might just be thirsty.
- Try and sip on water often, throughout the day.

Low to no carbohydrate snacks

- The snacks listed below can also be eaten with the above.
- For example, 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.
- Try vegetable sticks, salad, low-fat cream cheese, seeds, and plain popcorn or rice cakes.

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| • Tomato and mozzarella salad | • Cheese (30g/matchbox size) |
| • Olives | • Beetroot |
| • Gherkins | • Cherry tomatoes |
| • Pickled onions | • Cold meats or chicken or fish (cooked) |
| • Vegetable sticks | • Quorn or tofu pieces |
| • Crab sticks | • Cocktail sausages |
| • Hard-boiled eggs or an omelette | |

Contact our service

- This leaflet should be used along with the advice you receive during your pregnancy from your diabetes specialist Dietitian.
- Please do not hesitate to contact the Dietitian on 020 7288 5553 if you have any dietary questions or concerns.

Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient Advice and Liaison Service (PALS) on **020 7288 5551** or whh-tr.PALS@nhs.net.

If you need a large print, audio or translated copy of this leaflet, please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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