



## Healthy Snacks

People with diabetes often ask whether or not they can include snacks between meals and which foods are suitable. The answer is yes you can, particularly if you are taking certain diabetes tablets or insulin. Other people may find they do not require a snack between meals.

So, which snacks are suitable? To be part of a healthy eating plan snacks should be low in fat (particularly saturated fats) and high in fibre. Be aware that many low fat foods still have a significant kilojoule content, so snack in moderation. Try some of these healthy suggestions:

### Sweet snacks

- Weston's Highland Oatmeal™ or Rich Tea™ biscuits
- Slice of raisin toast or bread
- Arnott's Full o' Fruit™, Snack Right Fruit Slice™ or Spicy Fruit Roll™ biscuits
- So Natural Soy Banana Smoothie™, Brownes Coffee Chill Lite™
- Café Latte (coffee made with low fat/skim milk)
- Ovaltine Light Break™, Cadbury High Lights™ or Jarrah™ hot chocolate
- Frozen fruit cut into pieces (eg. banana, orange, pineapple)
- Small handful of dried fruit such as apricots, sultanas, apple and prunes
- Mixed with nuts.
- Low-fat or diet fruit yoghurt, or Fruche Light™
- Fruit or /wholemeal scones spread with fruit spread

- Light dairy deserts such as Cadbury Light Chocolate Mousse™ or Nestle Diet Mousse™
- Fresh or tinned fruit (e.g. peaches, apricots, pears, cherries, mandarins, grapes, mango and plums)
- Yoghurt topped with berries and/or passionfruit
- Pikelets or wholemeal crumpets
- A fruit smoothie made with low fat milk/soy milk, strawberries, banana or mango
- Low fat custard with fruit salad
- Fruit/Bran Muffin
- Mother Earth Wholemeal Fruit Bars™
- Freedom Foods 97% fat free Fruit Biscuits or Paradise Lites 50% Less Fat Cookies™
- Low fat fruit cake

### Savoury snacks

- Pretzels, low fat corn chips or rice chips
- Low fat noodles, eg Long Life™, Trident™
- A mini-can of baked beans
- Rice crackers or Grissini Sticks™ with hummus or tzatziki
- A Sushi Roll
- An English muffin topped with tomato slices and low fat cheese
- Cup a Soup (low fat varieties)
- Toasted pita bread triangles with low fat tomato salsa dip

- Low-fat crackers or vegetable sticks (eg. celery, carrot, capsicum, snow peas) with low fat dips (eg. Swans Skinny Dips™) or low fat pate
- Green's Poppin' Lite Microwave Popcorn™
- Ryvita™ or Vita-Weats with 9 Grains™ topped with salmon, low-fat cottage cheese, vegemite, flavoured tuna, low fat cheese slices and tomato.
- Low-fat crackers or vegetable sticks (e.g. celery, carrot, capsicum, snow peas) with low fat dips (e.g. Swans Skinny Dips™) or low fat pate
- Low fat savoury muffins e.g. Low fat cheese and tomato, lean ham and pineapple
- Celery Boats (filled with cottage cheese, tomato and lean ham).



These snacks all vary in glycemic index and kilojoule content. Consider these snacks in relation to what you plan to eat for the rest of the day.