

Snack Ideas for Diabetes in Pregnancy

Patient Information – Nutrition & Dietetics

You can still include snacks regularly between meals when you have diabetes in pregnancy. Snacks can help you to feel satisfied and meet your nutrition needs whilst you are pregnant. You do not need to test your blood glucose levels after snacks.

Snacks with high fibre carbohydrate and protein can help you to feel fuller for longer. On this sheet, snacks with this sign “+” contain protein.



Choose a carbohydrate:

- 1 slice of multigrain bread
- 1 small roti/chapati
- 2-3 multigrain crackers
- 2 corn/rice thins
- 2 cruskits



Add a protein topping +:

such as peanut butter, 2 slices of edam cheese, low fat cottage/cream cheese, tinned fish, mashed hardboiled egg, pesto, tzatziki. Or avocado



Note for bread: if you are having trouble controlling your blood glucose levels, try Burgen, Vogel's Multigrain or Freya's Lower Carbohydrate bread



Small handful ($\frac{1}{8}$ – $\frac{1}{4}$ cup nuts/ seeds, 30g) of unsalted, unroasted nuts or seeds +:

such as mixed, peanuts, macadamias, walnuts, almonds, Brazil nuts, pistachio, pecan, pumpkin or sunflower seeds



Hardboiled eggs +



Cut up vegetable sticks such as carrot, capsicum, celery, cucumber, cherry tomatoes

Celery stick with peanut butter +



Canned fish + such as tuna, salmon, or sardines (could serve in $\frac{1}{2}$ capsicum, a lettuce cup or with multigrain crackers)



Slice of marinated tofu, grilled +



½ cup boiled, roasted or baked edamame (green soybeans) +



1 cup of plain popcorn sprinkled with cinnamon, paprika or chilli



½ corn cob
Fist sized / ½ cup roasted kumara

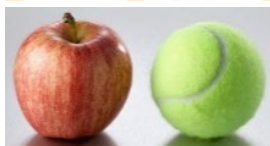
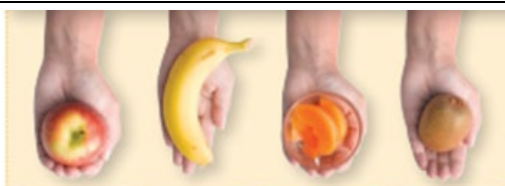


A pottle of unsweetened yoghurt +
add ½ cup frozen mixed berries
(cook or microwave berries before eating)



A pottle of yoghurt + with less than 10g of sugar per 100g

1 glass of milk or no-added sugar plant-based milk +
add some sugar-free chocolate powder for a hot chocolate



1 cupped hand or tennis ball sized piece of fruit
½ cup frozen mixed berries (cook/ microwave before eating), 1 cup watermelon, ½ cup frozen fruit, ½ medium banana, ½ cup tinned fruit in juice drained

Dried fruit: 1 tablespoon of sultanas, 2-3 prunes, 4 whole dried apricots or eight halves



70g can Snack Time Red Kidney Beans, Black Beans or Chickpeas +



1 snack pack (25g) of Roasted Chickpeas (chana) +
or ¼ cup (40g) cooked or canned chickpeas, add your favourite spices and bake in the oven until crisp



1 Nice & Natural Protein Nut Bar or Whole seed bar +



2 hard slices of cheese/match box sized hard cheese +

NOTE: ensure food safety with all snacks. See *Safe and Healthy Eating in Pregnancy* pamphlet by Te Whatu Ora, includes food safety pull-out guide (available from health.govt.nz or visit foodsafety.govt.nz).

For more information about:

hospital and specialist services, go to www.cdhb.health.nz | your health and medication, go to www.healthinfo.org.nz