



# SNACKING 101

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# HEALTHY SNACK CHOICES



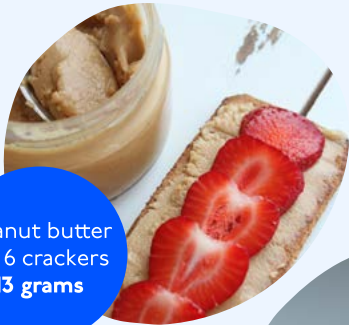
Small Tin  
of Tuna  
**No carb**



1 small tub  
yoghurt  
**15-25 grams**



½ an English  
Muffin mini pizza  
(top w/ meat, cheese,  
mushrooms, tomato,  
spinach)  
**10 grams**



Peanut butter  
on 6 crackers  
**13 grams**



Piece of fruit  
**10-15 grams**



1 small packet  
popcorn  
**6 grams**



¼ Cup Nuts  
**5 grams**



1 Mountain  
Bread (very thin  
wrap) with salad,  
cold meat,  
cheese  
**13 grams**



Small  
Omelette  
**No carb**



½ cup  
Greek yoghurt  
w/ handful  
berries  
**10 grams**



1 cup milk  
**15 grams**



2 rice/corn  
cakes with avo,  
cheese, tuna,  
hummus, egg,  
tomato  
**10 grams**



Veggie Sticks  
w/ Hummus or  
Salsa  
**<5 grams**



½ punnet  
berries  
**5 grams**

To further Tune Up your nutrition, you can:

- ♦ Download [Straight To The Point: A Guide for Adults Living With Type 1 Diabetes](#)
- ♦ Check out our [Type 1 Diabetes Parents Guide](#)
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