



SNACKING 101

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HEALTHY SNACK CHOICES



Small tin
of tuna
No carbs



1 small
yoghurt tub
15-25 grams



½ English muffin
mini pizza with
meat, cheese,
tomato, spinach
& mushroom
10 grams



6 crackers
& peanut
butter
13 grams



Piece
of fruit
10-15 grams



1 small
popcorn
packet
6 grams



¼ cup
of nuts
5 grams



1 mountain
bread (very
thin) wrap
with cheese,
meat & salad
13 grams



Small
omelette
No carbs



½ cup Greek
yoghurt with
handful of
berries
10 grams



1 cup
milk
15 grams



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



Veggie sticks
with hummus
or salsa
<5 grams



½ punnet
of berries
5 grams

To further Tune Up your nutrition, you can:

- Visit jdrf.org.au/resources and download Straight to the Point, a guide for adults living with T1D, or the Teen Toolkit, for parents of teens living with T1D

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