



Ideas for supper snacks

Not eating enough carbohydrate during the evening can result in high blood glucose levels in the morning. Having a supper snack in the evening can help to prevent this.

Snacks with both carbohydrate and protein are useful, as the protein helps to slow down the release of carbohydrate into the bloodstream. Here are some snacks you could try.



Milk

1 cup

This can be plain, with a teaspoon of Milo/Ovaltine, in a milky coffee or mixed with 1 cup fruit to make a smoothie



Yoghurt

$\frac{3}{4}$ cup or 1 tub (150g - 200g)

Look for yoghurt with less than 10g sugar per 100g



Wholegrain crackers

3 to 4 wholegrain crackers

Try adding cheese or peanut butter



Wholegrain bread or toast

2 slices

Try adding cheese or peanut butter



Fruit bread

1 to 2 slices

Try adding cream-cheese or peanut butter



Legumes

1 small tin or $\frac{1}{2}$ cup

Try things like baked beans, lentils, or edamame beans



Muesli bars

1 small muesli bar

Look for muesli bars with less than 15g sugar per 100 g