GESTATIONAL DIABETES

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
	l 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
	¾ 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 ½ cup
	Try things like baked beans, lentils, or edamame beans
ALC: SAL	Muesli bars
	1 small muesli bar
	Look for muesli bars with less than 15g sugar per 100 g

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