

# Paediatric Diabetes

## Autumn Nutrition Fact Sheet for Children and Young People

### Snacks and Treats



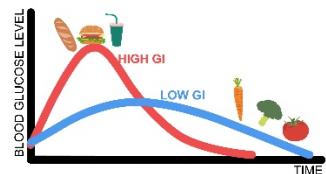
## Do you need snacks? Consider...

- **Balance:** It helps to combine carbs with protein and healthy fats to slow digestion and prevent blood sugar spikes.
- **Timing:** Keep to two snacks per day between meals and Leave at least 2 hours between eating episodes
- **Label reading:** Look for low sugar or no added sugars (ideally less than 5g per portion)



## Can I eat sweets? Yes, but...

- **Occasional treats are fine:** sweets can be a small part of a balanced diet, not a daily habit. Ideally have your sweet treats as a dessert after a meal, this will limit the spike in blood glucose
- **Portion control is key:** small servings will help prevent blood sugar spike:
- **Carb counting is essential:** sweets contain fast-acting carbs, so insulin doses must be given accordingly
- **Pair with protein or fibre:** this lowers the glycaemic response which slows digestion and stabilizes blood glucose



## Pro tips for parents/carers...

- **Learning Tool:** Teach your child how to count carbs and dose insulin
- **Keep special:** Save treats for birthdays, celebrations and holidays
- **Food diary:** Track how different sweets affect blood sugar

## Low-glycaemic index (GI) options to try:

Try these	Carbs	Protein	Ideas
Cherry tomato & mozzarella skewers	2.5g	4g	Add basil for flavour
Egg bites (mini muffin tin)	1g	5g	Add veggies or lean ham
Hard-boiled egg	0g	6g	Simple and portable
Deli roll-ups (meat + cheese + pickle)	16g	24g	Great for lunchboxes
Celery with peanut butter	10g	8g	Crunchy and satisfying
Carrots with hummus	15g	3g	Fibre-rich combo
Rice cake with nut butter	15g	8g	Choose whole grain rice cakes
Plain yogurt + berries	16g	21g	Use unsweetened yogurt

## What to avoid...

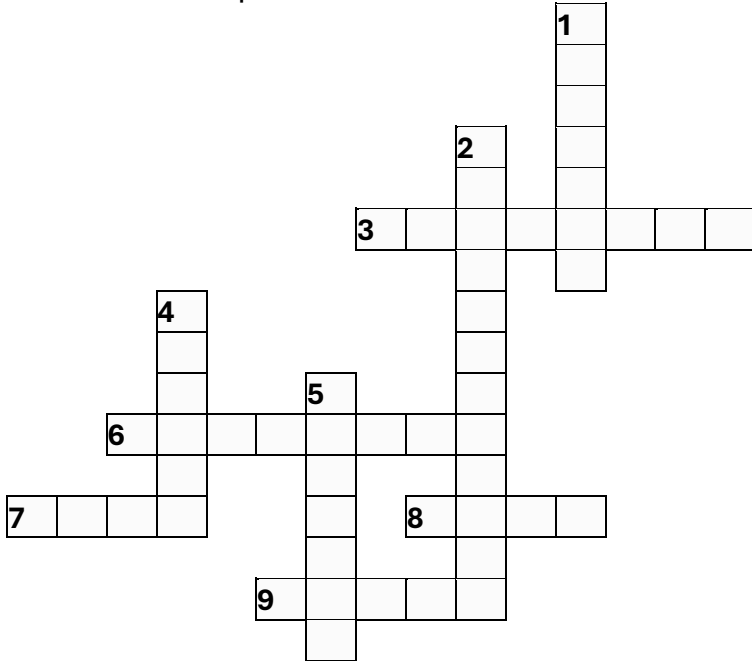
- Sugary drinks like fizzy drinks or fruit juice (unless treating a hypo)
- Large portions of sweets, chocolate or cake
- “Diabetic” labelled foods – they are often expensive, high in fat, and can cause digestive issues

### **Sugar-Free Options: are they better?**

Sugar-free sweets often use **xylitol or sorbitol**, which:

- Are lower in carbs
- Can cause stomach upset or diarrhoea in some children
- Still require carb counting just less than regular sweets

Complete the crossword puzzle below



**CLUES**

**Down**

- 1. You need this to build muscles
- 2. You count this in your food
- 4. Something small round and red
- 5. Add any sweet treats to your meal carbs to match your..... dose

**Across**

- 3. Don't eat too much; what is important?
- 6. Eat a .... diet
- 7. Amount of carbohydrate in hard-boiled egg
- 8. You might eat this on your birthday
- 9. This can slow digestion of sugars

Answers on next page

Colour me in



- ANSWERS:**  
DOWN  
1. PROTEIN  
2. CARBOHYDRATE  
4. TOMATO  
5. INSULIN  
ACROSS  
3. PORTIONS  
6. BALANCED  
7. ZERO  
8. CAKE  
9. FIBRE

## Contact details

Should you require further advice or information please contact:  
Department Nutrition & Dietetics: **01772 522517**  
Paediatric Diabetes Team: **01772 523979**

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)  
[www.nhs.uk](http://www.nhs.uk)  
[www.accessable.co.uk](http://www.accessable.co.uk)  
[www.patient.co.uk](http://www.patient.co.uk)  
[www.lancsteachinghospitals.nhs.uk/veteran-aware](http://www.lancsteachinghospitals.nhs.uk/veteran-aware)  
<https://bepartofresearch.nihr.ac.uk/>

## References

Sandwell and West Birmingham NHS Trust (2021) Healthy eating for young people with type 1 diabetes Information and advice for parents and carers.

<https://www.swbh.nhs.uk/wp-content/uploads/2023/12/Paediatrics-Healthy-eating-for-young-people-ML5336.pdf>

Diabetes UK (2025) Fruit, vegetables and diabetes.

<https://www.diabetes.org.uk/living-with-diabetes/eating/fruit-and-diabetes>

Diabetes UK (2025) Fussy eaters and diabetes.

<https://www.diabetes.org.uk/living-with-diabetes/eating/my-child-has-type-1-diabetes/fussy-eaters>

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