

# LIVING with DM

## Snacks for patients with diabetes



**Coordinator:**  
**Dr Antonio Pérez Pérez**  
Head of Unit, Endocrinology  
and Nutrition Department.  
Hospital de la Santa Creu  
i Sant Pau, Barcelona.  
Medical Professor,  
Universitat Autònoma de  
Barcelona. CIBERDEM

**Author: Ms Claudia  
Rodríguez Hernández**  
Technical Consultant.  
Medtronic. Ibérica S.A.  
Diabetes Department.  
Barcelona.

**Author: Ms Natalia  
Mangas Fernández**  
Diabetes Educator Nurse.  
Hospital de la Santa Creu  
i Sant Pau. Endocrinology,  
Diabetes and Nutrition  
Research Group (IIB Sant Pau).  
Barcelona

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Nutrition is one of the fundamental pillars of diabetes treatment, along with the prescribed drugs and physical activity. Therefore, it must be in line with the characteristics of each treatment.

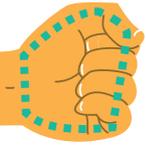
Giving up snacks between meals is usually a difficult task. Both the calories they provide (due to insulin resistance) and the spike in blood sugar levels they cause must be taken into account.

Below, we have listed some low-carbohydrate snacks, with the characteristics of the foods they can include, so that you can choose the best option and know the approximate amounts you should consume according to your treatment.

## Recommendations

- ★ Snacks are not compulsory. The recommendation is to eat three main meals, and if you are hungry between meals, have a snack.
- ★ The approximate recommended size of each snack is given in each of the examples.
- ★ The  symbol indicates high in calories.
- ★ The  symbol indicates high salt content.
- ★ The  symbol indicates high fat content.
- ★ Minimise consumption of ultra-processed products.
- ★ Follow your nurse's advice on prioritising food choices.

# Snacks



**Nuts:** unsalted and not fried. Those specified here have the lowest carbohydrate content.  
Size -> a closed handful.

- ★ Pecans  
- ★ Brazil nuts  
- ★ Macadamia nuts  
- ★ Hazelnuts  
- ★ Walnuts  
- ★ Peanuts  
- ★ Almonds  

**Pickled products:** size —> olives, a closed handful; the rest, 1/2 cup.

- ★ Gherkins 
- ★ Cocktail onions 
- ★ Other pickled vegetables such as carrots, cauliflower, etc.
- ★ Olives  
- ★ Example: half a cup of gherkins and cocktail onions

**Vegetables:** size —> cut into sticks or slices, in cupped hands

- ★ Celery
- ★ Cucumber
- ★ Pepper
- ★ Carrot
- ★ Endives
- ★ They can be eaten dressed with oil and spices or with a low-carbohydrate sauce, for example:

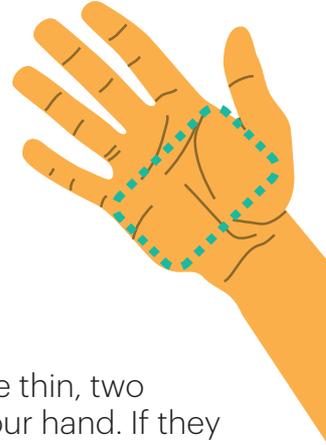
(a) ½ grated cucumber, 1 yoghurt, mint leaves and lemon juice. Size-> 2 tablespoons.

(b) 2 tablespoons cream cheese, 2 tablespoons yoghurt, dill and lemon juice. Size-> 2 tablespoons.

Example: four endives with two tablespoons of sauce b.

**Fish and seafood:** these are usually canned, so the size of the palm of your hand usually equates to a normal small or medium-sized can.

- ★ Mussels 
- ★ Razor clams 
- ★ Cockles 
- ★ Salt-cured tuna 
- ★ Mackerel  
- ★ Pickled anchovies in oil  
- ★ Smoked salmon  
- ★ Anchovies in oil  



**Meat and eggs:** if the slices are thin, two slices the size of the palm of your hand. If they are thick (e.g. sliced chicken), just one, and if they are small (e.g. Iberian pork loin), then four.

- ★ Serrano ham
- ★ Chicken
- ★ Turkey
- ★ Pork loin
- ★ Other cold meats  
- ★ Boiled egg
- ★ We recommend checking the label on cold cuts and cured sausages to ensure they contain more than 90% meat.

**Cheeses:** size —> fresh cheeses, one small tub; all other cheeses, a wedge two fingers thick.

- ★ Fresh/skimmed/low-salt cheeses
- ★ Semi-cured cheeses  
- ★ Cured cheeses  
- ★ Blue cheeses  

Example: fresh cheese sliced with oil and oregano.

**Miscellaneous:** sugar free jelly.



## Remember...

- ★ We do not recommend eating foods with a medium or high carbohydrate content between meals in combination with your diabetes treatment. For this reason, you will not find in this list of snacks foods such as fruit or dairy products; this does not mean that they are not suitable for the other meals or with some specific treatments.
- ★ All snacks can be accompanied by drinks such as water, water with lemon, herbal teas (tea, peppermint, chamomile tea, etc.), black coffee, carbonated water or, to a lesser extent and only occasionally, sugar-free soft drinks.