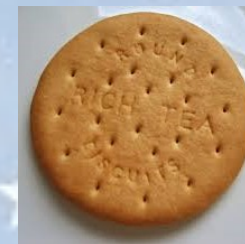


Snacks for Diabetics

For patients with diabetes requiring a bedtime snack aim for 15 – 20g carbohydrate using the following as a guide:



Food	Carbohydrate Content
1 digestive biscuit /custard cream	10g
Medium sized banana	20g
Medium slice bread/toast	15g
2 cream crackers	10g
200 mls milk	10g
2 teaspoons Ovaltine	10g
Ambrosia Custard pot	18g
Ubley yogurt	30g
Small yoghurt pot	10g

If the patient has a MUST score of 1 or above continue with the Fortified Trolley Round of 2 nourishing drinks and 3 between meal snacks a day, ensuring that at least one of these is in the evening before bed and contains 15 – 20g carbohydrate.

For patients on a textured modified diet please refer to the Fortified Trolley Round Poster for guidance on suitable consistency snacks.