

Gluten free and Low Sugar Snacks



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Foods

- Gluten free cereal - gluten free o's
- Rice and buckwheat porridge or Nairns porridge
- Rude health organix rice puffs
- Gluten free Bread rolls or wholemeal bagels - topped with low sugar jam, peanut butter, marmite
- Gluten free Toast - topped with cheese, peanut butter, marmite, low sugar jam
- Fishfinger sandwich
- Corn chips with salsa dip or topped with melted cheese
- Gluten free crumpets or muffins spread with tomato puree and melted cheese
- 2-3 stacked gluten free crumpets topped with banana and natural yogurt
- Gluten free Pitta or bagel or Naan bread topped with tomato and cheese or hummous
- Potato wedges with basil and lemon mayo dip *
- Oatcakes
- Eat Natural bars
- Gluten free breadsticks
- Naked choc orange/ginger bread/cocoa delight/berry/apple pie bar
- Nainsoaty bakes (cheese, onion or chilli)
- Jam wheels (Prewetts)
- Pretzels (Try-free, Barkats, E-nerg)

Recipes

Basil mayonnaise dip

- 1) Use 4 Sprigs of basil, 2 tbsp mayo, 1/2 lemon juice and stir well

Suitable Brands

- Livwell Brand
- Dietary Specials
- Tru Free
- Schar
- Asda
- Sainsburys

Websites

www.bda.uk.com

www.diabetes.org.uk

www.coeliac.org.uk

www.canderel.co.uk

www.splenda.co.uk

www.infantandtoddlerforum.org

www.runsweet.com

For further information or advice please contact the Paediatric Dietitians at Ashford and St Peter's Hospital NHS Foundation Trust:

Tel: 01932 723937

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Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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