

## Insert Name

### Snack Times

If 4.4 and under see separate HYPO sheet

#### **NO FRUIT TO BE GIVEN AS A SNACK**

#### **10.30 – 11.00 am**

*4.5 and over*                      Snack (approx 15 g of carbs)  
ie : Two biscuits, snack bar or equivalent

#### **2.30 – 3.00 pm**

*4.5 and over*                      Snack (approx 15 g of carbs)  
ie : Two biscuits, snack bar or equivalent

If at all worried about being too low it is better to overload her with 'sugar' than not and check her blood sugar.