

Low carbohydrate snacks

Less than 10g of carbs per serving



Information for patients

Sheffield Dietetics



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Introduction

Snack foods that are lower in carbohydrate are a good option if you are hungry between meals but do not want the snack to raise blood glucose levels.

Most of the time, base your snacks on foods that are unprocessed or less processed and are good sources of protein or fibre or healthy unsaturated fat. These are filling and nourishing.

Most snacks are very low in carbohydrate with less than 3g carb in each serving. Some have more carbohydrate with 4 to 10g per serving and are indicated with (C).

You may have other dietary needs that you want to consider when choosing a snack such as reducing salt or considering the calorie content. Check the individual food labels to find out more.

Vegetables and salad: Good source of fibre

An 80g serving of:

- Baby corn, cucumbers, carrots, peppers
- Cabbage, lettuce, salad leaves
- Celery, radishes, spring onions
- Mange tout, sugar snap peas, green beans
- Tomatoes - 4 cherry tomatoes or a standard size one
- Carrot or beetroot (C)
- Pickled onions, cauliflower, peppers
- Gherkins and cucumber
- Cabbage, including sauerkraut and kimchi
- Olives (50g serving, about 8)
- Avocado, one half

Dips and dressings: Source of healthy fats

- Salsa - 100g, home made or up to one third of jar or half tub
- Tzatziki or flavoured natural/ plain, full fat/whole milk yoghurt - 3 tablespoons. Add flavour with herbs like chives or mint, spices such as chilli or cumin, onions/garlic (powder), tomato puree, chilli sauce, Hendersons Relish™ or Worcestershire sauce. (C)
- 1 tablespoon guacamole
- Olive oil and vinegar dressing or mayonnaise
- Balsamic vinegar, cider vinegar etc
- 1 tablespoon coleslaw
- 1 tablespoon tahini

Meat, cheese and other protein foods: Good source of protein

- Cooked meat slice - chicken, turkey, lean ham or beef
- Chicken satay sticks - 4 mini ready cooked
- 70g prawns, mussels, cockles, smoked salmon or mackerel, sashimi, tinned fish - tuna, sardines etc
- Individual cheese portion
- Cottage cheese
- Egg, 1, hard boiled or egg and spinach protein pot
- 1 tablespoon houmous (C)
- Edamame beans
- Small handful or individual pack of nut and/or seed mix
- Roasted chick peas or other beans e.g protein mix
- 1 tablespoon cream cheese
- 1 tablespoon peanut butter or other nut butter
- 1/2 pack Quorn ham slices
- 3 tablespoons (100g) of plain natural, Greek or non-dairy yoghurt (C)

Fruits: Good source of fibre

Up to 100g portion:

- Blackberries, blueberries, raspberries, strawberries (C)
- Blackcurrants (C)
- Small apricot, plum, nectarine, peach (C)
- Snack sized apple, pear, orange (C)
- Grapefruit (C)
- Kiwi (C)
- Fresh coconut chunks up to 50g (small handful)

Other food and drinks

- Sugar free drinks - fizzy, squash, flavoured waters
- Sugar free jelly pot or sugar free Ice-lolly
- Tea, fruit tea, coffee (unsweetened)
- Low calorie hot chocolate sachet, made up with water
- 1-2 squares of dark chocolate (at least 70% cocoa solids) (C)

Contact details: Sheffield Diabetes Dietitians: **0114 271 4445**



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