

## LOW & CARBOHYDRATE FREE SNACKS

### Every day

**Minimal effect on  
BG and good for  
health**

Cucumber  
Sugar snap peas  
Tomatoes  
Celery  
Carrots  
Peppers  
Radishes  
Mangetout  
1 small apple/pear  
1 kiwi fruit  
1 satsuma/clementine  
Handful of:  
    Blackberries  
    Blueberries  
    Raspberries  
    Strawberries  
    Cherries  
Pickles – e.g. onions,  
gherkins  
Salsa  
Olives  
1 pot sugar free jelly

### 2-3 times a week

**Minimal effect on  
BG and good for  
your health but  
could cause  
weight gain**

Avocado/ Guacamole  
Low fat houmous  
Eggs (boiled, poached,  
scrambled)  
Nuts (unsalted) and  
Sugar free Nut butters  
(including low sugar  
cocoa spreads e.g.  
Meridian)  
Falafel  
Fish e.g. Tuna, prawns,  
crab sticks, cockles  
Low fat soft cheese  
Cottage cheese  
Tofu  
Quorn meat substitutes  
(not bread crumbed)

### Once a week

**Minimal effect on  
BG but negative  
effect on health  
and could cause  
weight gain**

Chicken (no coatings)  
Hard Cheese (e.g.  
Cheddar)  
Ham (choose better  
cuts, not preformed  
hams)  
Cocktail sausages  
Hot dogs  
Corned beef  
Koftas/kebabs  
Processed meat snacks  
e.g. Fridge raider,  
Pepperami, Beef jerky,  
Pepperoni, salami and  
other cured meats

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