



**University  
Hospitals Sussex**  
NHS Foundation Trust

# Low carb snack list

Department of Diabetes and Dietetics

Patient information

# Why have I been given this low carb snack list?

You have been given this low carb snack list as swapping to lower carb snacks can help you to manage your diabetes.

## Be aware

Although foods marked with an \* (asterisk) are low in carbohydrates, they are also high in saturated fat, which can increase cholesterol.

All nuts are 1 tbsp per portion.

All fruit is 1 handful per portion unless another amount is listed.

Under 5g carbohydrate	5 to 8g carbohydrate	8 to 10g carbohydrate
Almonds (1 tbsp)	Fromage frais 50g (small)	Pineapple (2 rings or 80g of chunks, in juice)
Avocado	1 Kiwi fruit	Long breadsticks x 2
Boiled egg	1 Plum	Cows' milk (one 200ml glass)
Carrot sticks	1 Rice cake (plain or savoury)	Natural yoghurt (3 tbsp)
Cashews	1 Satsuma or clementine	Raisins (1tbsp)
Blueberries	Strawberries	1 Sweet rice cake
Cheddar cheese (30g)*	1 oatcake	1 grapefruit
Cheese string*	1 rye cracker	1 orange
Cheese triangle*	Greek yoghurt (full fat, 3tbsp)	1 small pear (under 100g)
Babybel*		
Raspberries		
Sliced ham, chicken, or turkey		
Fish sticks		
Cherry tomatoes x 6		

Under 5g carbohydrate	5 to 8g carbohydrate	8 to 10g carbohydrate
<p>Cocktail sausage*</p> <p>Cottage cheese</p> <p>Cucumber sticks</p> <p>Diet or 'zero'drinks</p> <p>Jerky*</p> <p>Olives</p> <p>Peanut butter. Check label for sugar content and aim for less than 5g per 100g.</p> <p>Peanuts</p> <p>Pumpkin seeds</p> <p>Raw peppers</p> <p>Raspberries</p> <p>Spiced snack sausage*</p> <p>Sugar free jelly</p> <p>Walnuts</p>	<p>Skyr or strained yoghurts (plain, 3 tbsp)</p> <p>Soya and most plant based yoghurt (unsweetened, 3 tbsp)</p> <p>Hummus 3 tbsp</p> <p>Cherries x 5</p>	<p>Edamame beans (handful)</p> <p>3 dried apricots</p> <p>Plain or savoury popcorn (20g)</p>

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