



# A guide to...

## Low Carbohydrate Snacks

### Patient Information

#### How to contact us

West Herts Children & Young People's Diabetes (CYPD) Team  
Children's Outpatients, Hemel Hempstead Hospital  
Hillfield Road, Hemel Hempstead, Hertfordshire, HP2 4AD

**Tel:** 01442 287425 **Email:** [westherts.paediatricdiabetes@nhs.net](mailto:westherts.paediatricdiabetes@nhs.net)

If you need this leaflet in another language, large print, Braille, or audio version, please call **01923 217 198** or email [westherts.pals@nhs.net](mailto:westherts.pals@nhs.net)



Author	Julia Marks
Department	Nutrition and Dietetics
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## Low carbohydrate snacks

This leaflet gives you some suggestions for low carbohydrate snacks. The amount of carbohydrates you can have between meals without additional insulin is usually 10g carbohydrate when initially diagnosed, however *you may be allowed more or less* than this depending on your insulin to carbohydrate ratio (ICR). Your diabetes team will let you know how much carbohydrate for snacks you can have without additional insulin.

My Insulin to Carb Ratio is : \_\_\_\_\_

I am allowed \_\_\_\_\_ grams of carbs between meals/insulin injections without additional Insulin\*\*

## Frequently asked questions

### ***How many low carb snacks can I have without requiring additional insulin?***

It is recommended that you can have 1 x 10 g carb snack (or 2 x 5g carbohydrate snack) between each meal without requiring additional insulin. If you choose to have more than 1 x 10g carbohydrate snack, it is likely that you will need to have additional insulin. However, carbohydrate free snacks do not require additional insulin, nor do exercise snacks.

### ***Do all my snacks need to be low in carbohydrate?***

You can have carbohydrate rich snacks if you give yourself the appropriate amount of insulin as per your diabetes management. It is not recommended to have carbohydrate rich snacks too close to meals (ideally 2 hours apart).

### ***Am I allowed low carb snacks on an insulin pump?***

When using an insulin pump, it is recommended to enter all carbohydrates into your pump (even low carbohydrate snacks) to ensure your pump knows when you eat to get the best results.

### ***Is there a carbohydrate counting book/resource I can use?***

- **Carbs & Cals**  
Available as a hard copy book or mobile app
- **Calorie King**  
Available as a hard copy book, mobile app, or website
- **MyFitnessPal**  
Available as an open-source app, so data can be entered in by anyone
- **Nutracheck app**  
Available on mobile app (this is an open-source app, so data can be entered in by anyone)
- **Individual food Labels**  
This is the gold standard and available on your individual foods

## Low carbohydrate snacks- carb free

### Vegetables

- Cucumbers
- Celery
- Tomatoes (fresh/sundried)
- Avocado
- Leafy green/salads
- Mushroom
- Green beans
- Radish
- Coleslaw (80g)
- Pickles
- Olives

### Dairy / dairy alternatives

- Unsweetened Almond / coconut /
- Cheese
- Soft cheese
- Cream
- Whipped cream
- Vegan cream

### Meat / nuts / alternatives

- Ham
- Beef/turkey/chicken slices
- Tuna
- Boiled egg
- Pepperami/salami
- Nuts 15g
- Nut butters
- Tofu (120g)
- Fridge raiders

### Dips / sauces / spread

- Oil and vinegar dressing
- Guacamole/salsa
- Cream cheese
- Sour cream
- Marmite/vegemite
- Butter/margarine

### Other

- sugar free jelly
- sugar free ice lolly
- cocoa powder
- Sweeteners (Splenda, stevia)
- Sugar free fizzy drink/squash
- Herbal tea

## Low carbohydrate snacks - 5g carbohydrate or less\*

\* Other foods not listed may also be under 5g carbohydrate – check labels or resources such as Carbs and Cals

Some of the below foods have weights/portion sizes next to them – more than this would exceed 5g of carbohydrates

### Vegetables

- Mangetout
- Peas (50g)
- Peppers
- Carrot (1 medium)
- Coleslaw (100g)
- Cucumbers
- Celery
- Tomatoes (fresh/sundried)
- Avocado
- Leafy green/salads
- Mushroom
- Green beans
- Radish
- Pickles
- Olives

### Fruit

- Blackberry (100g)
- Blueberry (50g)
- Clementine (1 medium)
- Fresh cranberry (100g)
- Fresh Fig (1 fruit)
- Kiwi fruit (1 fruit)
- Melon (80g)
- Stone fruit (1 small fruit)
- Raspberry (100g)
- Satsuma (1 medium)
- Strawberry (100g)

### Dairy / dairy alternatives

- Unsweetened Almond / coconut /soya milk
- Regular Almond / coconut /soya milk (150ml)
- Cheese
- Vegan cheese (1 slice/30g)
- Cream
- Whipped cream
- Vegan cream
- Greek yoghurt (80g)
- Petit filous / peppa pig/paw patrol fromage frais (1x 45g pot)
- Alpro plain yoghurts
- Actimel fat free

### Meat / nuts / alternatives

(most meats that are cooked without crumbs/batter contain <3g carbohydrate)

- Ham
- Beef/turkey/chicken slices
- Tuna
- Cocktail sausages (5)
- Boiled egg
- Pepperami/salami
- Nuts (cashew <30g)
- Nut butters
- Tofu (120g)
- Fridge raiders

### Dips / sauces / spread

- Mayonnaise
- Oil and vinegar dressing
- Guacamole/salsa
- Cream cheese
- Ketchup (20g)
- Reduced sugar ketchup (40g)
- Sour cream
- Hummus (2tbp)

### Other

- rich tea (1 biscuit)
- nice biscuit (1 biscuit)
- malted milk (1 biscuit)
- fibre one protein bar
- Jacobs baked cheddar biscuits (2 biscuit)
- Dark chocolate (1 piece)

## **Low carbohydrate snacks - 10g carbohydrate or less\***

\* Other foods not listed may also be under 10g carbohydrate – check labels or resources such as Carbs and Cals.

Some of the below foods have weights/portion sizes next to them – more than this would exceed 10g of carbohydrates.

If some of the 5g carbohydrate snacks have weights/portion sizes next to them – can double them to have 10g carbs

### **Vegetables**

Tinned lentils/chickpeas (50g)

- Roasted parsnip (50g)
- Sweet corn (75g)

### **Fruit**

- Apple/Pear (1 small)
- Banana (half small or 45g)
- Grapefruit
- Mango (75g)
- Papaya (100g)
- Tinned peaches (100g)
- Tinned pineapple (80g)
- Watermelon (150g)

### **Dairy / dairy alternatives**

- Cow's milk (200ml)
- Greek yoghurt (all brands) (160g)
- Muller light Greek luscious pot
- Activia no added sugar pot
- Natural yoghurt (200g)
- Yeo organic little yeo pots
- Alpro fruit/flavoured yoghurts (~100ml)
- Benecol yogurt drink
- Kefir original yoghurt drink (250ml)

### **Meat / nuts / alternatives**

- Chicken dippers (4 dippers)
- Quorn nuggets (3 nuggets)
- Scotch egg
- Quorn picnic egg (3 eggs)
- Nuts and dried fruit mix (25g)

### **Other**

- Digestive biscuit (1 biscuit)
- Nature Valley Protein bar
- Fibre One popcorn bar
- 1 snack pack corn or potato puffs (e.g. pom bears, quavers etc)
- Chocolate coated malted milk (1 biscuit)
- 1 snack pack popcorn (not toffee)
- Rice/corn/oat cake (1-2 cakes)
- Crackers (2-3 crackers)
- Cracker bread / Ryvita (1-2 breads)
- Hot chocolate powder (10-15g)
- Jaffa cake (1)
- Bread sticks (2 sticks)
- Some brands of cuppa soup – check product label
- Fibre 1 bar (chocolate fudge brownie, salted caramel drizzle squares, Doughnut Chocolate Flavour, Doughnut Strawberry)
- Laughing cow dip and crunch
- Angel delight (60g as prepared) / no added sugar (80g as prepared)

## **Putting it all together – Snack ideas**

### **Almost no carbs**

- Ham and cucumber sticks with baby bell cheese
- Egg +/- curry powder
- Omelette, egg, and cheese
- Veggie sticks or salad vegetables
- Meat/fish/egg/feta with salad veg and oil/vinegar
- Baby bell cheese and veggie sticks

### **Less than 5g carbohydrate**

- Sugar free jelly, with berries and whipped cream
- Veggie sticks or salad vegetables with low carb dip e.g. mayonnaise, hummus etc
- Unsweetened almond/coconut/soya milk with cocoa powder +/- whipped cream +/- sweetener
- Omelette/scrambled egg with cheese
- Handful of nuts with veggie sticks
- Petit Filous and a few berries
- Boiled egg +/- curry powder and nuts

### **Less than 10g carbohydrate**

- Two Ryvita with low carb spread e.g. marmite, cheese, ham, nut butter, cream cheese
- Scotch egg with vegetable sticks
- Cow's milk with cocoa powder +/- whipped cream +/- sweetener
- Unsweetened almond/coconut/soya milk with hot chocolate powder +/- whipped cream
- Quavers and veggie sticks
- Yoghurt and berries