

Low carbohydrate snack ideas

Information for patients



Everyone has different eating habits. Some of us might eat snacks between meals or at bedtime. Having snacks can be helpful especially when main meals are smaller. However, continuous snacking can lead to higher blood glucose levels and weight gain.

15g carbohydrate snack ideas:

- One portion of fruit such as a medium sized apple, small fun size banana, medium orange, one medium peach, one medium pear, 160g blueberries, three apricots, 80g grapes, one tbsp tinned fruit, 10 strawberries (155g), raisins – one dessert spoon or small snack box (20g).
- Fruit and nut snack packs (20g).
- One handful unsweetened popcorn (27g).
- One plain pancake.
- One slice medium toast with low fat spread/peanut butter.
- Two rice cakes with low fat cream cheese/low fat spread/peanut butter.
- Four mini breadsticks and low-fat cream cheese.
- Two crisp breads with low fat cream cheese and cucumber slices.
- Two oat cakes with low fat spread.
- Light cereal bar (such as Alpen, Special K, one slice of Go Ahead crispy slices, Tesco Healthy Living cereal bar).

10g carbohydrate snack ideas:



- Low fat yoghurt (125ml) (for example Irish diet yoghurts, Weight Watchers fromage frais and flavoured yoghurts, 0% fat natural yoghurt, Muller Greek yoghurts), Alpro soya fruit yoghurt (125ml).
- Small latte/cappuccino (only if age appropriate).
- Low calorie hot chocolate.

5g – 10g carbohydrate snacks:

- 1 small (fun size) apple
- 2 small clementines/satsumas
- 1 grapefruit
- 15g (1tbsp) raisins
- Savoury – 1 x oat cake, crisp bread or rye cracker, 2 x cream cracker
- Breadsticks x 2 long
- Pretzels x 3
- Bread/ toast x 1 thin slice
- 1-2 x Frube pouch
- 200ml milk
- 20g plain popcorn (small bowl)

Less healthy:

- 1 plain biscuit e.g. digestive, hob nob, rich tea
- Corn snacks – Wotsits, Quavers, Skips
- Chocolate (3 squares), 1 finger kit kat.

0g – 5g carbohydrate snacks:

- Six cherry tomatoes or sundried tomatoes.
- Boiled egg
- Unsalted nuts / nut butter
- Small kiwi, plum, satsuma, 5 large grapes, 5 strawberries
- Savoury biscuits – 2 cheddars, 1 cracker, 1 rice cake (plain/ savoury)
- Avocado, olives, gherkins, radishes
- Cooked/cold meats (1 slice), pepperoni stick, cocktail sausages
- Small fromage frais (50g pot), 1 yoghurt tube (frubes/choobs), 100ml milk

(High fat cheese and meats can be given occasionally).

Extra notes:

*Children under 5 years old may choke on small pieces of foods. Please speak to your Dietitian regarding foods that may not be appropriate/ may need to be altered e.g. smooth nut butters instead of whole nuts and chop up small round fruits/ vegetables lengthways, remove pips.

LESS HEALTHY less than 15g low carbohydrate snack ideas (include in moderation as part of a healthy balanced diet):

- One mini croissant.
- Three cheese twists.
- Two small biscuits (for example Rich Tea, party rings, choc chip cookies, chocolate sandwich biscuits, ginger biscuits, pink wafers).
- One standard size biscuit (digestive, jam ring, custard cream, shortbread finger).
- Up to five chocolate fingers.
- One tbsp (30g) roasted/salted peanuts.
- Three squares of chocolate (plain, milk, white or dark).
- One small packet of crisps.
- Mini muffin.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

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Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

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