

Diabetes - Low carbohydrate meals and snacks

This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice, or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian

The general rule is that if food contains carbohydrate it will increase your blood glucose levels but the items listed below contain very little (less than 5g per serving). You might find some of these foods useful to either snack on or to add to your meals to help fill you up without increasing your insulin requirements.

The following types of snacks contain very little carbohydrate

** These foods are high in fat so not the best choices to have when trying to lose weight*

Salads and Crudité's (whole, sliced, shredded or cut into sticks according to size and texture)

- Avocado*
- Baby sweet
- Bean sprouts
- Carrots,
- Cabbage
- Celery
- Courgette sticks
- Green beans/French beans
- Lettuce & other salad leaves
- Mange tout
- Olives
- Red, yellow, green pepper
- Radishes
- Spring onions
- Sugar snap peas
- Tomatoes

Dips and dressings

- Cream cheese*
- Guacamole*
- Reduced fat hummus
- Mayonnaise*
- Salad cream*
- Salsa
- Sour cream* or yoghurt with added onion / chives /tomato puree/fresh herbs
- Tinned fish (e.g. tuna/sardines in tomato sauce mashed with mayonnaise*)
- Tahini paste
- Tomato puree mixed with mayonnaise*
- Vinaigrette (2 parts oil to 1of vinegar)
- Vinegar

Meat, cheese and other protein rich foods

- Chicken slices
- Chunks of cheese*
- Egg, hard boiled
- Ham slices
- No added sugar peanut butter
- Nuts and seeds*
- Pepperami sticks*
- Ribs
- Salami, sausages , chipolatas* (high meat content only)
- Turkey slices
- Smoked salmon slices

Pickles (vegetables in vinegar)

- Beetroot
- Cabbage
- Courgette
- Cucumber
- Gherkins
- Onions &

Low sugar fruit (max 100g)

- Blackberries
- Cherries
- Grapefruit
- Raspberries
- Red/blackcurrants
- Strawberries

Sugar-free ice lollies and sugar free drinks (tea, coffee, sugar-free squash, diet fizzy)

drink and water)

Low carbohydrate meals and snacks

Low to moderate carbohydrate meal and snack ideas

Breakfast

- 1 -2 poached eggs and grilled mushrooms with 1-2 slices of wholegrain bread
- 1-2 eggs, scrambled with a little milk and mixed herbs on 1-2 slices of wholegrain toast
- Grilled kipper and one tomato on 1-2 slices of wholegrain bread
- Natural yoghurt with a handful of nuts or seeds and/or blueberries or strawberries

Packed lunches or cold meals

- Big box of salad vegetables with added nuts, seeds, cubes of cheese, strips of cooked meat (e.g. ham, salami) or fish (e.g. smoked salmon) with 3-4 crisp breads
- Chicken or turkey drumsticks with salad box and / or salsa or yogurt dressing and a bread roll
- Crudités (from list overleaf) with pot of hummus , yogurt or guacamole and two wholegrain crackers
- Mixed box of salad veg with olives, nuts, cooked meats, sliced avocado, vinaigrette and 2 bread sticks
- Tinned mackerel or sardine with a slice of toast or new potatoes and a big vegetable salad

Hot meals

- Stir-fried vegetables with shredded cooked meat, tofu or Quorn (use soy sauce or Worcestershire sauce rather than sweet chilli or sweet and sour) and a cup of noodles
- Steamed or boiled vegetables or mixed salad served with 4-6 new potatoes or a cup of boiled basmati rice and one of the following;
 - Grilled steak or chops (marinate the meat in wine or lemon juice or cold stock and/or seasoned with garlic / peppercorns / herbs the night before cooking if wished)
 - Fish fillet steamed or baked in the oven in a foil parcel with lemon juice and herbs or shredded ginger, onion or celery
- Spanish omelette with herbs and chopped peppers, onions, tomatoes, mushrooms and ham or bacon
- Barbecued beef, chicken, lamb, pork or quorn (but avoid burgers and sausages unless they are cereal free) with steamed vegetable and 4-6 new potatoes

Snack ideas

- A small pot of natural yogurt with a tablespoon nuts or a low sugar berry fruit such as strawberries
- Vegetable sticks such as carrot, cucumber or red pepper sticks and reduced fat hummus or natural yoghurt
- Handful of berries and seeds
- 1-2 crackers or breadsticks with cheese* or hummus