Bromley Healthcare
better together

NHS

Snack Ideas



Low carbohydrate snacks

If foods contains carbohydrate these foods will increase your blood glucose. The foods listed below contain very little carbohydrate (less than 5g per serving) so will not increase you blood glucose significantly. You might wish to eat these foods to either snack on between meals or to add to your meals to help fill you up. If you are on insulin these foods should not increase your insulin requirements.

Low carbohydrate snack ideas (these snacks **will not** raise blood glucose)

- **Salads and crudities (raw vegetables)**
- **Low sugar fruits**
- **Low sugar pickles**
- **Dips and dressings**
- **Protein rich foods (meat, fish, cheese, eggs, nuts and seeds)**

***Note these foods are high in fat so not the best choices to eat when trying to lose weight**

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

- Avocado*
- Baby cucumber
- Baby sweetcorn
- Bean sprouts
- Carrot sticks
- Courgette sticks
- Green beans/French beans
- Lettuce &other salad leaves
- Mange tout
- Red, yellow, green pepper
- Radishes
- Spring onions
- Sugar snap peas
- Cherry tomatoes
- Celery

Dips and dressings to be served with above salad and crudités

- Salsa
- Guacamole*
- Reduced fat hummus
- Salad cream*
- Sour cream* or yoghurt-based dip i.e. with added chopped onion/chives/fresh herbs
- Vinaigrette (2 parts oil to 1 of vinegar)
- Reduced fat cream cheese*
- Mayonnaise*
- Tahini paste
- Vinegar

Protein rich foods

- Chicken / turkey slices
- Ham slices
- Cooked meat pieces
- Egg, hard boiled
- Salami, sausages , chipolatas* (high meat content only)
- Pepperami sticks*
- Chunks of cheese*
- Crab sticks
- Smoked salmon slices
- Nuts and seeds, handful*
- Peanut butter, no added sugar *

- **Pickles (vegetables in vinegar)**
  - Beetroot
  - Cabbage
  - Courgette
  - Cucumber
  - Gherkins
  - Onions & shallots

Low carbohydrate fruit (handful, max. 100g)

- Strawberries / Raspberries
- Cherries
- Grapefruit
- Blueberries
- Redcurrants / Blackcurrants
- Blackberries

Drinks, ice lollies and jelly

Sugar-free ice lollies (could make these yourself), sugar-free jelly and sugar free drinks (tea, coffee, sugar-free squash, diet fizzy drink and water), "low calorie and low carb" hot chocolate e.g. Options/Highlights, this could be made with water or unsweetened soya/almond milk, glass of unsweetened plant milk

Carbohydrate based snacks (these **will** raise blood glucose)

Low fat carbohydrate-based snacks: If you wish to eat snacks between meals, consider having **up to** 2-3 of these snacks a day as part of a healthy diet: (the below all contain approximately 10-20g carbohydrate)

- Fresh fruit - keep to one portion at a time e.g. medium apple, orange, pear, fun size banana, handful grapes, small bowlful berries.
- Dried fruit – keep to 1 tablespoon at a time e.g. small packet of raisins or 3-4 dried apricots
- A 125g pot plain natural yoghurt, with a tablespoon nuts or a low sugar fruits such as berries
- Some brands of flavoured yoghurt, check labels for less than 15g carbohydrate per pot
- 2-3 savoury biscuits, e.g. oat cakes, wheat crackers, rice cakes, pretzels, bread sticks, crispbreads with carb-free topping (see overleaf)
- 150mls of fruit smoothie / fruit juice
- Small raw fruit and nut bar, or natural cereal bar – check labels
- Plain popcorn
- Slice of (seeded) toast, English muffin or crumpet (wholemeal) with spread, or a scraping jam/marmalade or any carb-free toppings (see overleaf),
- Small slice of malt loaf, or half a hot cross bun / teacake

More healthy snack ideas can be found on Smart4life recipes App, BBC Good food website.

Tips for healthy snacking:

What you snack on can become a habit - use these ideas to help you form healthy new habits:

- Plan your snacks. Plan what to eat and have snacks at regular times – rather than snacking at any time of day and reaching for what's convenient, or what's being offered to you.
- 'Out of sight out of mind', having those tempting treats where you see them every day can really wear down our will power, if you have to have treats in the house make sure they're tucked away
- Keep a stock of healthy snacks on hand and in your kitchen cupboards. You're less likely to be tempted by vending machines or convenience shops which tend to stock unhealthy snacks.
- Try not to snack in the hour before a meal.
- Go for a variety of different snacks. You'll get a range of nutrients and you're less likely to get bored. Be adventurous and try something new.
- Some snacks, like chocolate, crisps, cake, for instance, are 'melty', and don't fill us up. If you want a snack to fill you up choose from the healthy snack list above.
- Keep your snacks to 400 calories a day or less. For example, with two 200kcal snacks. The rest of your calories can come from meals.

Can't do without chocolate, sweets and salty snacks?

- Go for smaller portions. If you can't resist some chocolate or crisps, buy smaller portions so you're not tempted to eat too much. Just buy one individual portion at a time if that works for you.
- Check the labels. Compare products and look for lower salt and fat options.
- Go for dark chocolate. If you eat chocolate, go for dark chocolate that's high in cocoa solids, i.e. 70%. The fat in cocoa solids doesn't have much effect on your blood cholesterol. Dark chocolate also contains plant chemicals which could be good for your health.
- Choose sugar-free sweets, which are low in fat. If you have a sweet tooth, sweets such as sugar-free boiled sweets, fruit gums, jellies and dolly mixtures contain little or no fat, and won't affect your blood glucose levels.
- If you are having biscuits, or crisps or chocolate a 10-20g carb portion would be either 2-4 lower carbohydrate biscuits, i.e. Rich tea, Ginger nut, Garibaldi slice, Malted milk, Fruit shortcake biscuit, or 1-2 higher carbohydrate biscuits i.e. Jaffa cake, Bourbon, Custard cream, Digestive / hobnob – plain or chocolate coated, Jam sandwich biscuit, small multipack 25g packet crisps, or 25g chocolate

This dietary advice sheet provides some information on snacks. If you need more detailed advice on your diet for diabetes, or if you are following a special diet that makes it difficult to make these changes, please ask to speak with a registered dietitian.

Amended with permission from NHS Norfolk and Norwich Dietetic Department