

Patient information

Low carbohydrate snacks for people with diabetes

The snacks listed below are very low in carbohydrates and you would not usually need to inject any insulin when eating them.

- If you control your diabetes with diet alone, with tablets, or with once-a-day or twice-a-day insulin, these snacks should not increase your blood glucose levels.
- If you control your diabetes with an insulin pump or multiple-dose insulin injections (a long-acting basal insulin and a quick-acting insulin with meals) you should not need to take any quick-acting insulin with these snacks:

- ★ Carrot sticks
- ★ Celery
- ★ Mange tout
- ★ Cherry tomatoes
- ★ Cucumber
- ★ Peppers
- ★ Salsa
- ★ Guacamole
- ★ Sugar free jelly
- ★ Boiled egg
- ★ Some brands of low calorie hot chocolate – check product labels

The following foods are low in carbohydrate but higher in calories (some are also high in salt). If you are trying to lose weight, only choose them occasionally (once or twice a week) and ideally in the amounts recommended below:

- ★ 50g Taramasalata or creamy dip (eg sour cream and chive / garlic and onion)
- ★ 30g cheese (small matchbox size)
- ★ 30g nuts
- ★ 50g olives

- ★ half a small bag of crisps (20g weight)
- ★ 1 mini Scotch egg (60g weight)
- ★ 30g pine nuts / pumpkin seeds / sunflower seeds

The following snacks are low in carbohydrates (approximately 5 - 10g carbohydrate per portion stated below).

- If you control your diabetes with diet alone, with tablets, or with once-a-day insulin or twice-a-day insulin, these snacks should only increase your blood glucose levels slightly, **if eaten in the amount stated.**
- If you control your diabetes with an insulin pump or multiple daily insulin injections, you may need to take a dose of quick-acting insulin with these snacks, depending on your individualised protocol.
 - ★ 1 very small apple or pear
 - ★ 1 malted milk biscuit
 - ★ Half a grapefruit
 - ★ 1 small plum
 - ★ 125g Greek / natural yoghurt
 - ★ 80g strawberries (5 - 7 berries)
 - ★ 40g blueberries (20 berries)
 - ★ 1 small satsuma/clementine / tangerine
 - ★ 1 - 2 breadsticks (add to vegetables / dips listed on previous page)
 - ★ 1 cracker plus low fat cream cheese / tuna / salmon / salad
 - ★ Some brands of flavoured yoghurt – check product labels
 - ★ Home-made ice lollies, made with sugar-free squash
 - ★ Some brands of cup-a-soup – check product labels
 - ★ 1 rich tea biscuit
 - ★ 5 cherries
 - ★ 1 kiwi fruit
 - ★ 100g raspberries
 - ★ 1 fresh apricot

For more information

Please contact the West Suffolk Hospital Diabetes Centre:

Phone: 01284 713311

Email: wsh-tr.westsuffolksns@nhs.net

or visit the Diabetes UK website: <https://www.diabetes.org.uk/>

Reading labels

Carbohydrate

You need to look at the total carbohydrate (not the “of which sugars”) when deciding if a food will use more or less insulin than another food (whether this is insulin your body makes or that you inject).

Per 100g

This tells you how much carbohydrate you would eat if you ate 100g of the food. Use this number to see if one food has more or less carbohydrate than another.

Think! If you are not eating 100g of the food, you can't use this number on its own.

| NUTRITION INFORMATION | | |
|-----------------------|-------------|----------|
| AVERAGE VALUES | PER BISCUIT | PER 100g |
| ENERGY (kJ) | 353 | 2039 |
| (kcal) | 84 | 487 |
| PROTEIN | 1.2g | 6.7g |
| CARBOHYDRATE | 10.8g | 62.5g |
| of which SUGARS | 5.1g | 29.3g |
| FAT of which | 4.0g | 23.3g |
| SATURATES | 2.1g | 12.0g |
| FIBRE | 0.5g | 2.9g |
| SODIUM | 0.1g | 0.5g |

Per portion or per serving

This tells you how much carbohydrate you would eat if you ate one portion or serving of the food.

Think - what is a portion?

This number only tells you how much carbohydrate you are eating if you have **what the packet says** is a portion (in this case 1 biscuit).

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

