

Healthier Communities,  
Outstanding Care



Sherwood Forest Hospitals  
NHS Foundation Trust

# Low carbohydrate snack ideas

Information for patients



## Healthy 15g carbohydrate snack ideas:

- One portion of fruit such as a medium sized apple, small fun size banana, medium orange, one peach, small pear, 160g blueberries, three apricots, 80g grapes, one grapefruit, 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 (20g).
- 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).

## Healthy 10g carbohydrate snack ideas:



- Low fat yoghurt (for example Shape, Irish diet yoghurts, Weight Watchers fromage frais and flavoured yoghurts, 0% fat natural yoghurt, Muller Greek yoghurts), Alpro soya fruit yoghurt.
- Small latte/cappuccino.
- Low calorie hot chocolate made with 150ml warm milk and 50ml water.



## Healthy less than 5g low carbohydrate snacks:

- Soya plain yoghurt (two tbsp).
- Vegetable sticks (celery, carrots, mangetout, peppers, cucumber).
- Six cherry tomatoes.
- Radishes.
- Dips such as three tbsp houmous, four tbsp guacamole, three tbsp salsa, 1/3 pot of sour cream and chive or tzatziki dip.
- Low fat cream cheese/cottage cheese (30g).
- Cube of Cheddar (10g) or other hard cheese on a cocktail stick with ham and one pineapple chunk.
- Sugar free jelly.
- Plain/vegetable/cheese omelette.
- Low calorie hot chocolate made with water.
- One tbsp (30g) almonds/brazil nuts/walnuts/cashews/hazelnuts.
- One tbsp (30g) seeds (pumpkin, sunflower, linseeds and so on).

## **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](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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.

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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](mailto:sfh-tr.PET@nhs.net).

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