

## Carb Free Snacks

**Foods & drinks which do not contain carbohydrate (carb free foods), do not require insulin. \*Therefore the following foods and drinks can be eaten in moderation between meals without insulin - because they contain no or minimal amounts of carbohydrate:**

- Vegetables including carrot, pepper, celery, cucumber sticks
- Fresh tomato's, cherry tomato's
- Hard cheese chunks, slices, strings
- Small amount soft cheese, spread or dip
- Pickles e.g. pickled onions, cabbage, beetroot
- Sugar free jelly
- Meat from the bone e.g. roast beef or chicken, chicken drumstick, ham from the bone. Check the label on processed meats such as sausages/ ham as these foods usually contain some carbohydrate & will need to be eaten in moderation.
- Fish e.g. prawns, salmon, tuna, mackerel, cockles, muscles
- Eggs e.g. plain or cheese omelette, hard boiled egg
- Water, sugar free drinks & ice pops (e.g. no-added-sugar squash or diet/zero soft drinks)

**\* Remember:** snacks high in fat or salt should be eaten in moderation. If you need more advice about snacks the dietitian can help you identify whether a food is suitable and how much carbohydrate it contains.

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