

## Carbohydrate Free and Low Carb Snacks Ideas

Choosing snacks that contain little or no carbohydrate can help to stop you feeling hungry in between meal times without increasing blood sugars

- ✓ **Avocado**
- \* **Berries** (limit portion size to a handful)
- ✓ **Cheese** (only use pasteurised cheese if pregnant)
- \* **Cherry Tomatoes** (limit portion size to a handful)
- ✓ **Chicken, Meat, and Fish** (avoid coatings or crumbs)
- ✓ **Chorizo/Salami** (only use pasteurised versions if pregnant)
- ✓ **Eggs** (Runny yolks ok in pregnancy if Red Lion stamped)
- \* **Greek Yoghurt or Natural Yoghurt** (Avoid low fat varieties as they often have added sugar)
- \* **Hummus**
- \* **Nuts**
- ✓ **Olives**
- \* **Peanut Butter (Unsweetened)**
- ✓ **Salad** (Avoid adding sweetened dressings, choose oil or vinegar based)
- ✓ **Stuffed Peppers**
- ✓ **Sugar Free Jelly**
- ✓ **Vegetable Sticks**

Snacks with ✓ are carb free. Snacks with \* are either low carbohydrate or are very slow acting carbohydrates so should not cause an increase to blood glucose levels.