



## Carbohydrate free foods for meals and snacks

### Why eat carbohydrate free foods?

Carbohydrate-free foods have negligible effect on blood sugar levels and can be consumed without extra insulin. With the new types of insulin available there is no need to avoid eating carbohydrate foods, however, carbohydrate free foods can be eaten between meals as 'free' snacks or with carbohydrate foods with meals and snacks.

### Vegetables

All vegetables except for potato, sweet potato, corn, yam, taro, cassava and legumes are considered carbohydrate free. Vegetables are rich in fibre and micronutrients and are an important part of your diet. They can help satisfy hunger without the need for additional carbohydrate. Some ways you can incorporate more vegetables in your diet include:

- Vegetable sticks with dip (try salsa, guacamole, cream cheese or tzatziki)
- Celery filled with peanut butter or light cream cheese. Vegetable roll ups: fill lettuce leaves filled with grated cheese, thinly sliced salad vegetables and lean meats

- San choy bow: lettuce filled with cooked lean beef / chicken / pork mince cooked with diced vegetables and soy sauce
- Vegetable quiche prepared using eggs, ricotta, and vegetables and baked in muffin tins. You can serve these hot or cold.
- Vegetable soup (dilute, no milk) – carrot, pumpkin, broccoli, cauliflower – add grated cheese, herbs, small amounts shredded cooked meat or cooked egg for further flavour
- Serve main meals with a side salad or cooked vegetables and add salad to wraps or sandwiches. This will help you feel full without the need for additional carbohydrate

### Dairy

Cheese is carbohydrate free. Choose mainly reduced-fat cheese. Try:

- Low fat cheese or cottage cheese mixed with grated vegetables
- Cottage cheese mixed with berries or diet jelly
- Reduced-fat cream cheese as a spread or dip
- Baked ricotta cheese



### Fruit

The following fruits can be considered carbohydrate free in small amounts:

- Berries (fresh or frozen)
- Passionfruit
- Lemon
- Lime

### Meat and alternatives

All fresh meats are carbohydrate free.

Choose lean cuts of meat and remove all visible fat. Suggestions include:

- Cooked skinless chicken can be used as a snack or in addition to salads
- Fill lean slices of with sliced salad vegetables, cottage cheese and roll up
- Eggs can be served boiled as a snack, devilled, scrambled or cooked into an omelette
- Mini meatballs made with lean mince and grated vegetables
- Tinned tuna, salmon or chicken (including flavoured varieties)
- A small handful of nuts and/or seeds
- Serve cooked egg with tomato and mushrooms

Limit processed meats as they are often high in saturated fat and salt and are also linked to cancer.

### Other foods/ condiments

There are a range of other foods that are carbohydrate free and useful for adding flavour and variety to your diet. They include:

- Vegemite\*, cheesy bite\*, peanut butter
- Soy sauce\*, oyster sauce\*, lemon juice
- Salt\*, pepper, herbs, spices
- Herbal teas
- Diet soft drink\* /cordial
- Diet jelly
- Sugar-free topping or powdered milk flavouring

\*Foods that have little or no carbohydrate, but are high in saturated fat or salt should be consumed only occasionally and in small amounts. Speak with an Accredited Practising Dietitian about the foods and fluids above with an asterisk (\*) for further information.

**For further information contact your Dietitian or Nutritionist: \_\_\_\_\_**