

Low carbohydrate snacks

Less than 10g of carbs per serving



Information for patients

Sheffield Dietetics



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



*** Indicates higher calorie choices**

Vegetables and salad

Baby sweet corn
Bean sprouts
Carrots, cabbage
Celery, radishes, cucumber
Courgette
Lettuce and other salad leaves
Mange tout, sugar snap peas
Olives
Peppers – green, red, yellow, orange
Spring onions
Tomatoes
* Avocado

Dips and dressings

Reduced fat hummus
Salsa
Low fat plain yoghurt with chives, tomato puree, herbs
Vinegar
Vinaigrette
Tzatziki
* Coleslaw
* Guacamole
* Mayonnaise
* Salad cream
* Sour cream
* Tahini

Meat, cheese and other protein foods

Cooked meat slices - chicken, turkey, ham

Cottage cheese

Egg, hard boiled

Prawns, mussels, cockles

Sashimi

Smoked salmon slices

* Cheese chunks

* Cream cheese

* Peanut butter

* Nuts and seeds

Pickles

Beetroot Gherkins and cucumber

Cabbage Onions

Fruits (maximum 100g portion)

Blackberries Kiwi

Blueberries Raspberries

Fresh fig Red / black currents

Grapefruit Strawberries

Drinks and sweet treats

Sugar free drinks - fizzy, squash

Sugar free jelly

Ice pops

Tea and fruit tea (unsweetened)

Coffee

Low calorie hot chocolate sachet, made up with water

Quick 'Grab' snacks

- Boiled egg pot with or without spinach
- Chicken satay sticks - mini ready cooked
- Edamame beans
- Fridge Raiders meat snacks
- Low fat cheese triangles
- Olive pot
- Sugar free jelly pot
- Raw carrot and hummus pot
- * Individual pack of nut, seed mix
- * Mini Babybel / individual cheese portions
- * Pepperami / salami sticks

Notes:



Sheffield
Hospitals
Charity

To help support your local hospitals visit
sheffieldhospitalscharity.org.uk

Registered Charity No. 1165762



Yes I donate
ORGAN DONATION

Alternative formats can be available on request.
Please email: sth.alternativeformats@nhs.net

© Sheffield Teaching Hospitals NHS Foundation Trust 2019

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005"
SI 2005 No. 1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals.
Email sth.infogov@nhs.net