

Patient Information

Carbohydrate Snacks of 10g or less

This diet sheet is designed for adults with diabetes. This should be used as a guide only and you should always use food labels to confirm the carbohydrate content of each individual food and drink.

Do not count the Carbohydrate in salad or veg (apart from potato and sweet potato), nuts, seeds and pulses and foods made from these items.

Generally, snacks that provide 10g or less of carbohydrate would have little effect on blood sugar levels and insulin is unlikely to be required to cover these snacks. Please check with your diabetes team e.g. doctor, diabetes specialist nurse and dietitian if you have any concern.

Foods	Quantity	CHO (g)
Biscuits, Crackers & Bread		
Digestive biscuit	1	10
Chocolate chip cookie (10g)	1	7
Jaffa cake	1	10
Oat cake (not sweet)	1	5
Rich tea biscuit	2	10
Shortbread finger	1	10
Cream cracker	2	10
Breadstick	2	8
Cheddar biscuit (5g)	3	9
Puffed cracker (9g)	2	10
Rice cake (plain)	1	6
Water biscuit	2	10
Custard cream	1	8
Ginger biscuit (10g)	1	8
Thin slice of bread (granary/white/wholemeal)	1	10
Crispbread (10g)	1	7
Plain Pancake small (25g)	1	7
Garlic bread (22g slice)	1	10
Yoghurts		
Plain fromage frais (100g)	1	4.5
Petit filous fromage frais (47g)	1	<5
Plain greek yoghurt (100g)	1	5
Natural yoghurt (100g)	1	7.5
Weight Watchers [®] yoghurt (120g)	1	<9
Activia [®] , no added sugar 0% fat, red fruits yoghurt	1	8.5
Danone [®] Light and free yoghurt	1	<9

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Fruits		
Apricot (fresh)	2	8
Apricot (dried)	3	10
Apple (average)	½	10
Banana (average)	½	10
Clementine	2	10
Satsuma	1	5
Grapefruit *	1	10
Grapes	10	10
Kiwi	1	5
Orange (average)	1	7
Peach	1	10
Pear (small)	1	10
Prune	2	10
Plum (small)	2	10
Raspberries	25	5
Strawberries 1ge	5	5
Sultanas (15g)	1	10
Tangerine	1	7
Cherries *	10	10
Mango (Handful)	1	10
Watermelon (1ge handful)	1	10
Papaya (1ge handful)	1	5
Pineapple slice	2	8
Blueberries	20	6
Meat/Fish		
Cold sliced chicken breast	Any	0
Chicken drumstick	Any	0
BBQ chicken wings	6	9
Tinned cream of chicken soup	½ tin	9
Sliced Ham	Any	0
Bacon	Any	0
Cocktail sausages	5	6
Fish fingers (100g)	2	6
Tinned fish (1 tin)	1	0
Smoked salmon (50g)	1	0
Pâté (30g)	1	1
Mini sausage roll (30g)	1	8
Breaded chicken nuggets	4	9
Pepperami (25g)	1	1

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Cheese		
Cheddar cheese (30g)	1	trace
Cottage cheese (40g)	1	1
Cheese spread (25g)	1	1
Mini Babybel [®]	1	trace
Vegetarian alternatives		
Small vegetable samosa	1	10
Small onion Bhaji	1	5
Mini veg spring roll	1	5
Tofu (100g)	1	1
Quorn [®] pieces (100g)*	1	2
Eggs		
Boiled/poached/scrambled egg	1	0
Plain/cheese/ham/vegetable (no potato) omelette	3 eggs	0
Others		
Puff typed crisps (18g packet)	1	10
Mixed nuts (50g)*	1	4
Peanut butter - crunchy (30g)*	1	4
Bombay mix (30g)	1	10
Sunflower seeds (10g)*	1	1
Houmous (60g)*	1	7
Popcorn (plain/savoury) (20g)	1	10
Milk Chocolate 16g	3 squares	9
Carrot*	1	8
Corn on the cob*	1/2	10

Drinks	Quantity	CHO (g)
Milk (skimmed/semi-skimmed/whole)	160ml	7 - 8
Soya milk (sweetened)	½ pint	7
Tomato juice	½ pint	9
No added sugar squash (concentrate)	50ml	trace
Diet carbonated drink	250ml	trace

*These foods are unlikely to affect blood glucose despite containing carbohydrate.