

Low carbohydrate food ideas

Foods low in carbohydrates can be added to your meals and snacks to help satisfy hunger, with minimal impact on your blood glucose (sugar) levels. This information sheet includes some ideas for low carbohydrate foods, and space for you to add your own ideas.

Vegetables

Most vegetables except for potato, sweet potato, corn, yam, taro, cassava and legumes are low in carbohydrates. Some ideas for low carbohydrate vegetables include:

- Vegetable sticks with dip (try salsa, guacamole, cream cheese or tzatziki)
- Celery filled with peanut butter or cream cheese
- Vegetable “roll ups”. Fill lettuce leaves with grated cheese, thinly sliced salad vegetables and meats
- San choy bau: lettuce filled with cooked mince, diced vegetables and soy sauce
- Crustless vegetable quiche prepared using eggs, cheese, and vegetables
- Vegetable soup. Include carrot, pumpkin, broccoli, cauliflower. Add grated cheese, herbs, shredded cooked meat or egg for further flavour
- Serve main meals with a side salad or cooked vegetables and add salad to wraps or sandwiches.

Dairy

Cheese is low in carbohydrate, try:

- Cheese or cottage cheese mixed with grated vegetables
- Cottage or ricotta cheese mixed with strawberries.
- Cream cheese as a spread or dip

Fruit

The following fruits are low in carbohydrates:

- Strawberries
- Passionfruit
- Lemon
- Lime

Meat and alternatives

All fresh meats have very little carbohydrates. Suggestions include:

- Cooked chicken
- Eggs can be boiled, devilled, scrambled or cooked into an omelette
- Mini meatballs made with mince and grated vegetables
- Tinned tuna, salmon or chicken
- A handful of nuts and/or seeds

Other foods or condiments

There are a range of other foods that are low in carbohydrate and useful to add flavour and variety to your diet. They include:

- Vegemite*, peanut butter
- Soy sauce*, oyster sauce*, lemon juice
- Salt*, pepper, herbs, spices
- Herbal teas
- Oils and their spreads like olive oil and canola-based spread
- Butter*
- Vinegars
- Diet drinks

*These foods are high in salt or saturated fat. Talk to your dietitian about whether these are suitable for you.

Note that carbohydrates are an important part of a healthy balanced diet. They provide our body with energy and important nutrients. They also add to our enjoyment of food and help us to feel full. Talk to your dietitian about how to include carbohydrate foods over the day for your diabetes management.

Ideas I would like to try:

For further information contact your dietitian: _____