

Carbohydrate free foods

Why eat carbohydrate free foods?

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

Vegetables

All vegetables except for potato, sweet potato, corn and legumes are considered carbohydrate free. Vegetables are rich in fibre and micronutrients and are an important part of your child's diet. They can help fill your child up without the need for additional carbohydrate. Some ways you can incorporate vegetables in your child's 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.
- Serve main meals with a side salad or cooked vegetables and add salads to wraps or sandwiches. This will help your child feel full without the need for additional carbohydrate

Dairy

Cheese is the only dairy product that is carbohydrate free. Choose reduced fat cheese for children from two years of age. You could try:

- Low fat cheese sliced, diced or cut into sticks.
- 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



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Fruit

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

- Berries (fresh or frozen)
- Passionfruit
- Lemon

Meat and alternatives

All fresh meats are naturally carbohydrate free. Choose lean cuts of meat and remove all visible fat. Avoid processed meats as they are often high in saturated fat and salt.

- Cooked skinless chicken can be used as a snack or addition to salads
- Fill lean slices of ham or turkey with sliced salad vegetables and 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 or seeds
- Serve lean bacon with cooked egg, tomato and mushrooms
- Salami sticks* or beef jerky

Other foods/ condiments

There are a range of foods that are naturally carbohydrate free, or have been designed specifically to be carbohydrate free. They are useful in adding flavour and variety to your child's diet. They include:

- Water – use this as your child's main drink!
- Vegemite, cheesy mite*, 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 which have little or no carbohydrate, but are high in saturated fat should not be consumed on a regular basis. The foods marked with a * should only be eaten in small amounts occasionally.