

Low carbohydrate food ideas

This resource lists some low carbohydrate meals and snacks for people with diabetes. Carbohydrate foods contain starch and sugar. They give our body energy and other nutrients and raise blood glucose. The foods on this list are low in carbohydrate and will only raise your blood glucose by a small amount or not at all. You can add them to your meals and snacks to help you to feel full without raising your blood glucose too much.

Vegetables

Most vegetables only have a small amount of carbohydrate. Vegetables with starch are high in carbohydrate. Examples of starchy vegetables include potato, sweet potato, corn, yam, taro, cassava and legumes. Some ways to use low carbohydrate vegetables include:

- Vegetable sticks with dip (try salsa, guacamole, cream cheese or tzatziki).
- Celery filled with peanut paste or cream cheese.
- Vegetable “roll ups” or San Choy Bow (lettuce filled with cooked mince/meat replacement, cut vegetables and soy sauce).
- Crustless vegetable quiche prepared using eggs, cheese, and vegetables.
- Vegetable soup. Try broccoli, cauliflower, leeks, mushroom, tomato and zucchini. Add grated cheese, herbs, shredded cooked meat or egg for extra taste.
- Serve main meals with a side salad or cooked vegetables and add salad to wraps or sandwiches.

Dairy and alternatives

- Cheese* is low in carbohydrate. Try:
 - Cheese or cottage cheese mixed with grated vegetables or salad.
 - Cottage or ricotta cheese mixed with strawberries.
 - Cream cheese as a spread.
- Unsweetened almond milk instead of cow’s milk.

Fruit

These fruits are low in carbohydrate:

- Avocado

- Lemons and limes
- Passionfruit
- Strawberries

Meat and alternatives

All fresh meats and some meat alternatives (not crumbed or battered) have very little carbohydrate. Try:

- Cooked chicken or roast beef.
- Eggs - boiled, devilled, scrambled or cooked into an omelette.
- Mini meatballs made with minced meat or tofu and grated vegetables.
- Tinned tuna, salmon or chicken.
- A handful of nuts and/or seeds.

Other foods or condiments

You can add many other low carbohydrate foods to your diet for extra taste and enjoyment. Try:

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

*These foods are high in salt or saturated fat. Talk to your dietitian to find out if these are good foods for you.

Note that many carbohydrate foods are part of a healthy balanced diet. They give our body energy and nutrients. They also add to our enjoyment of food and help us to feel full. Talk to your dietitian to learn more about the carbohydrate foods in your diet and your diabetes.

Ideas I would like to try:

To learn more, contact your dietitian: _____

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