

Dietetics Department

Snacks ideas for adults - 10g of carbohydrate or less

Patients and Relatives Information



As a teaching hospital, we conduct education and research to improve healthcare for our patients. During your visit students may be involved in your care, or you may be asked to participate in a clinical trial. Please speak to your doctor or nurse if you have any concerns.

Chief Executive: Professor Joe Harrison
Chair: Alison Davis

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.

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 biscuit	1	10
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
Fruits		
Apricot (fresh)	2	8
Apricot (dried)	3	10
Average sized apple (130g)	½	10
Average sized banana with skin (130g)	½	10
Clementine (80g)	2	10
Satsuma (85g)	1	5
Grapefruit (225g)	1	10
Grapes	10	10
Kiwi	1	5
Average sized orange (115g)	1	7
Peach	1	10
Pear (small = 100g)	1	10
Prune	2	10
Plum (small = 55g)	2	10
Raspberries	25	5
Strawberries	7	5
Sultanas (15g)	1	10
Tangerines (90g)	1	7

Meat/Fish		
Cold sliced chicken breast (100g)	1	0
Chicken drumstick	1	0
Corned beef (1 slice = 30g)	2	1
Sliced ham	2	0
Bacon (1 slice = 15g)	2	0
Small sausage (thick)	1	5
Fish cake (100g)	1	10
Tinned fish (1 tin = 140g)	½	0
Smoked salmon (50g)	1	0
Boiled prawns (100g)	1	0
Vegetarian alternatives		
Small vegetable samosa	1	10
Small onion Bhaji	1	5
Mini vegetable spring roll	1	5
Tofu (100g)	1	1
Quorn pieces (100g)	1	2
Quorn mince (100g)	1	2
Cheese		
Cheddar cheese (30g)	1	Trace
Cottage cheese (40g)	1	1
Cheese spread (20g)	1	1
Yoghurts		
Plain fromage frais (100g)	1	4.5
Plain Greek yoghurt (100g)	1	5
Natural yoghurt (100g)	1	7.5
High protein yoghurts (100g)	1	<10
Light and Free yoghurts® (115g)	1	7.9
Eggs		
Boiled/poached/scrambled egg	1	0
Plain/cheese/ham/vegetable (no potato) omelette	2 eggs	0
Others		
Puffed style crisps (18g packet)	1	10
Cream of mushroom soup (260g)	1	10
Cream of tomato soup (130g)	1	10
Popcorn (plain/savoury) (10g)	1	10
Drinks		
Milk (skimmed/semi-skimmed/whole)	150ml	7
Soya milk (sweetened)	½ pint	8
Almond milk	150ml	4
Coconut milk (drink, not tinned)	150ml	4
Oat milk	150ml	10
Rice milk	100ml	10
Tomato juice	150ml	6.5
No added sugar squash (concentrate)	50ml	Trace
Diet carbonated drink	250ml	Trace

This information is compiled from McCance and Widdowson's The Composition of Foods (2002) and Carbs & Cals (2010) or product information.

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the provisions of the Data Protection Act 2018/GDPR. Further guidance can be found within our privacy notice found on our Trust website: www.mkuh.nhs.uk

Author: Nutrition & Dietetics

Date published: Jun 2014

Reviewed: Feb 2023

Due review: Feb 2026

Version No: DIET/PI/101

**Milton Keynes University Hospital NHS Foundation
Trust**

Standing Way

Eaglestone

Milton Keynes, MK6 5LD

**©Milton Keynes University Hospital NHS Foundation
Trust**

www.mkuh.nhs.uk