



# Carbs & Cals

Bestselling Book & Award-winning App for Diabetes & Weight Loss



✓ Type 1 Diabetes

✓ Type 2 Diabetes

✓ Weight Loss

✓ 5:2 Diet

## LOW-CARB SNACKS

A snack is anything we choose to eat between meals. We may snack because we are hungry, out of habit or it can be related to emotions such as stress or boredom, so it's worth thinking about why you're snacking and whether you're truly hungry. Traditionally, snacks are based around carbohydrate. These low-carb snacks are lower in calories and may help keep you feeling fuller for longer.

### Peppers & Salsa

100g

5g Carbs

1 5-a-day

25 Cals

1g Prot

0g Fat

0g SatFat

2g Fibre

### Olives, Feta & Veg

90g

3g Carbs

1 5-a-day

50 Cals

2g Prot

3g Fat

2g SatFat

2g Fibre

### Roast Tofu Sticks

80g

4g Carbs

1 5-a-day

50 Cals

5g Prot

1g Fat

1g SatFat

1g Fibre

### Mozzarella & Tomato

61g

1g Carbs

1/2 5-a-day

70 Cals

5g Prot

5g Fat

3g SatFat

0g Fibre

### Celery & Nut Butter

70g

1g Carbs

1/2 5-a-day

70 Cals

3g Prot

6g Fat

0g SatFat

2g Fibre

### Avocado Salad

143g

5g Carbs

1/2 5-a-day

70 Cals

1g Prot

5g Fat

1g SatFat

3g Fibre

### Seafood Sticks

80g

12g Carbs

82 Cals

6g Prot

2g Fat

0g SatFat

0g Fibre

### Blueberries

40g

4g Carbs

1/2 5-a-day

16 Cals

0g Prot

0g Fat

0g SatFat

1g Fibre

### Cashew Nuts

10g, 1 tbsp

2g Carbs

57 Cals

2g Prot

5g Fat

1g SatFat

0g Fibre