

# FAVORITE LOW CARB SNACKS FROM OUR STAFF LIVING WITH T1D



## THESE VERY LOW CARB SNACKS USUALLY DO NOT REQUIRE PRE-MEAL INSULIN

- Avocado
- Tuna stuffed tomato or bell pepper
- Bell pepper with cream cheese and everything bagel seasoning
- Celery with 1 Tbsp peanut butter or cream cheese
- Small handful of unsalted nuts
- 1-2 slices of cheese
- 1-2 slices of beef jerky
- Sliced cucumber with seasoning
- Diced tomatoes with seasoning
- Handful of carrots
- Handful of almonds
- Hard-boiled egg
- Dill pickles
- Grilled, unbreaded chicken nuggets or strips
- Cottage cheese
- Lunch meat wrapped in lettuce with mustard
- Slices of lunch meat and cheese on a cucumber with mustard
- Chopped cabbage with tuna or egg salad
- Leafy greens or lettuce with tomatoes and cucumber
- 1 Tbsp unsweetened peanut or other nut/seed butter
- 1-2 slices salami with 1 Tbsp cream cheese
- 1 cup raw sliced jicama
- Cooked or raw green beans
- Cooked or raw bell peppers
- Black coffee
- Zero calorie energy and other zero calorie drinks
- Zero calorie powdered fruit drinks
- Water
- Unsweetened tea