



## Carbohydrate Free Foods/Snacks

- One serving of a free food has **5 grams of carb or less**.
- A free food can be eaten before, during, or between meals or snacks with little to no affect your blood sugar.
- **Note:** if you are using an insulin to carb ratio of 1:5, or less, then you will need to adjust your insulin based on the amount of carbs you eat and can **not** count these foods as free. Below is a table that lists some foods that can be eaten as free items.
- Get creative by checking your local grocery store for new food items that may be carb free, or by checking online for carb free snack ideas and recipes!
- Always check the nutrition facts label.

### FOOD

### AMOUNT

Almonds	20
Avocado	1/3 cup
Bacon, turkey	
Beef (lean hamburger or steak)	
Beef jerky	1 ounce
Beets	1/3 cup
Bell peppers, sliced	1 cup, raw
Blueberries	1/4 cup
Candy, hard, sugar free	1 piece
Carrots	1/3 cup
Cashews	9
Celery sticks	1 cup, raw
Cheese	
Chicken (no breading)	
Cottage cheese, low-fat	1/2 cup
Cream cheese, low-fat	4 Tbsp
Diet soda/diet drink mixes, sugar free	
Edamame	
Eggs	2.5 Tbsp
Fish (no breading)	
Hummus	
Jello, sugar free	2 Tbsp
Jicama	
Lunch meats (ham, turkey, chicken)	1/2 cup
Nopales	
Nut butter, trans fat free	1 cup cooked, 1 1/2 cup raw
Olives, black or green	1 Tbsp
Peanuts	10
Pecans	20
Pickle, dill	20
Pistachios	1/3 cup, halves
Popsicle, sugar free	25
Raspberries, strawberries	25
Salsa	1
Shrimp (no breading)	1/3 cup
Sunflower seeds, shelled	1/4 cup
Tofu	
Tuna	2 Tbsp
Vegetables, non-starchy (salad greens, tomato, broccoli, cucumber, etc)	1 cup
	1 cup raw, 1/2 cup cooked

• If no portion is listed for a food in the table, then eating more will not add more carbs.

• If a portion is shown, that portion is less than or equal to 5g of carbs.