

## Low Energy Foods

The following foods and fluids are excellent for filling you up and providing variety and flavour. They are low in energy (calories or kilojoules) and have little effect on your weight or blood glucose levels. Items marked with an asterisk (\*) are high in salt and should be used sparingly. Look for low salt alternatives wherever possible.

### Vegetables and salads

Non starchy vegetables do not contain a significant amount of carbohydrate or calories or kilojoules. They are also low in fat and protein. Vegetables and salad are an excellent source of a variety of vitamins and minerals, fibre and antioxidants.

Alfalfa sprouts	Cauliflower	Green beans	Radishes	Shallots	Trombone
Artichokes	Celery	Lettuce	Silverbeet		Turnips
Bamboo shoots	Chives	Leeks	Spring onions		Watercress
Bean sprouts	Choko	Marrow	Squash		Water chestnuts
Broccoli	Cucumber	Eggplant	Snow peas		Zucchini
Brussels sprouts	Endives		Sauerkraut		
Cabbage	Fennel		Sprouts		
Capsicum	Garlic	Parsley	Tomatoes		

The following non-starchy vegetables are low in energy and carbohydrate in the following amounts:

- Beetroot – 10 slices
- Carrots - 1 cup
- Parsnip – ½ cup diced
- Pumpkin – 1 cup
- Peas – ½ cup

### Fruit

These fruits are low in energy and carbohydrate in small amounts:

- ½ cup strawberries or raspberries, 3 passionfruit, 1 lime / lemon, 1 cup cooked rhubarb (use sweetener)

### Low energy drinks

- Water, soda water, mineral water
- Diet soft drinks and cordials
- Black tea or herbal tea, coffee
- \*Clear soups, \*fat free broths, \*Bonox<sup>®</sup>, \*diet packet soups (1 only)

### Sauces, dressings and spreads:

- Sauces: \*Soy, \* Worcestershire, \*tabasco, \*tomato, \*sweet chilli, \*BBQ, \*diet gravy
- Diet, oil free or fat free salad dressings
- \*Vegemite<sup>®</sup>, \*Marmite<sup>®</sup>, \*Promite<sup>®</sup>
- \*Meat and fish pastes (2 teaspoons only)
- Diet jams, marmalades and conserves
- 100% fruit spreads (thin spread only)

### Seasonings and condiments:

- Herbs and Spices eg. basil, chilli, cinnamon, coriander, cumin, curry powder, garlic, ginger, mint, nutmeg, oregano, parsley, pepper, etc.
- Sauces and condiments eg. lemon/lime juices, vinegar, mustard, tomato paste, \*soy, \* Worcestershire and \*tabasco sauce, \*stock cubes

### Sweetened foods:

- Diet jellies, gelatine, junket, flavour essence e.g. vanilla, almond
- Diet ice cream topping
- Liquid, tablet or powder artificial sweeteners
- Artificially sweetened lollies and gum