

## Gluten-Free Snacks: Low FODMAP & Diabetes Friendly Options

### Key Points – the benefits of snacking

- Helps maintain your energy through the day
- Keeps you satisfied between meals, especially when you are on-the-go
- Prevents over-eating at meal times
- Adds key nutrients into your diet you might not get during meals

### What Are Some Important Points to Keep in Mind for Each of These Diets?

- All nuts, nut spreads, seeds, chocolate, chocolate chips, gluten-free grains and grain and flour-based products such as crackers, breads, granola, muffins, waffles and ice cream cones should be labeled GLUTEN-FREE.
- A number following a snack references its recipe at the end.
- The Low FODMAP Diet is a short-term elimination diet that removes and then reintroduces foods that are high in fermentable carbohydrates (starches). It is used when medically necessary and done under a dietitian's supervision for the relief of gas, bloating, irregular bowels and other symptoms of an irritable bowel. For more information visit: [www.Monashfodmap.com](http://www.Monashfodmap.com) or ask your dietitian.
- For a diabetes-friendly snack, keep the following in mind:
  - Almost any snack can be diabetes-friendly if you know the amount of carbs you should have at each snack. In general, consume 15-30 grams of carb per snack. Limit portions of carb-rich snack items.
  - Choose gluten-free whole grains and heart healthy proteins and fats. Select **whole** (unprocessed) foods as much as possible.
  - Nutrition information is provided below for the higher carb snacks.

## What Are Some Examples of Savory and Sweet Gluten-Free Snacks?

### Savory Options

- Roasted chickpeas<sup>1</sup>
- Gluten-free whole grain crackers topped with hummus or tuna and avocado slices
- Greek salad skewers (Olives, cherry tomatoes, feta cheese, canned artichoke hearts); add grilled chicken cubes for additional protein
- Watermelon Caprese Salad (Watermelon chunks, tomato slices, mozzarella slices, drizzled with olive oil, balsamic vinegar, and basil); leave off watermelon for low FODMAP option
- Carrot, bell pepper, baby bok choy, or celery sticks with avocado hummus<sup>2</sup>
- Sliced bell pepper, carrots, or cucumber dipped in Greek or lactose free yogurt: mix in scallions, salt, pepper, parsley and olive slices
- Sweet Potato Toasties<sup>3</sup> (top with protein of your choice)

### Sweet Options

- Chia seed pudding<sup>4</sup>
- Strawberries, blueberries or blackberries mixed with Greek or lactose-free yogurt
- Apple or pear slices with creamy peanut butter-yogurt dip - mix ½ cup plain or vanilla yogurt with 2 tbsp. smooth peanut butter
- Chocolate hummus<sup>5</sup> with whole grain crackers or freshly sliced vegetables such as carrots
- Cranberry Almond Energy Bites<sup>6</sup>
- Banana “Nice Cream” Smoothie<sup>7</sup>

## What Are Some Examples of Low FODMAP & Gluten-Free Snacks?

### Savory Options

- Turkey Roll-Ups (Sliced turkey, Swiss cheese, cucumber and mustard (no onion or garlic) in lettuce leaves)

- Popcorn – Lightly cover the bottom of a saucepan with oil; add corn kernels, cover, and heat on medium until all kernels are popped. Move pan frequently to prevent burning. Eat plain or add butter, olive oil, coconut oil, herbs, smoked paprika, Parmesan or salt to season.
- String cheese with a small handful of almonds, walnuts or pecans
- Celery stick (1 stick for Low FODMAP) with almond, walnut, peanut butter or sunflower seed butter
- Chilled, roasted beets (2 slices) sprinkled with goat or feta cheese on lettuce leaves with a drizzle of balsamic vinegar (2 tsp.)
- Sliced bell pepper, carrots, or cucumber dipped in lactose free or Greek yogurt: mix in scallions [green part only for Low FODMAP], salt, pepper, parsley and olives
- Roasted root vegetables: lightly coat 1/2 small white potato, 1/2 c sweet potato, 1/4 c parsnips, beets (2 slices), and 1/4 c carrots with olive oil, salt, pepper, sage, rosemary, and thyme; roast at 425° until tender; option to use Low FODMAP garlic infused olive oil  
Nutrition Information: Carb: 44g; Protein: 4.5g; Fiber: 8.3g)
- Edamame (1 cup) roasted with Low FODMAP garlic-infused olive oil
- Kale chips baked with low FODMAP garlic-infused olive oil
- **Sweet Options**
- Energy bites: combine peanut butter, crushed almonds, pecans or walnuts, dark chocolate chips, chia or ground flax seed. Roll into balls and refrigerate.
- Rice cakes topped with fresh strawberries and peanut butter (1-2 tbsp.), dusted with cinnamon
- Yogurt Parfait: Alternate layers of plain Greek yogurt or lactose free yogurt, strawberries, blueberries, raspberries and granola
- Make-your-own Trail Mix: combine 1/4 cup walnuts and/or almonds with 1/4 cup sunflower seeds and mini chocolate chips (add dried fruit, if tolerated)
- Hard boiled eggs or deviled eggs (made without onion or garlic) sprinkled with smoked paprika and a drizzle of olive oil

## Recipes

### 1. Roasted Chickpeas (makes 4 servings)

- Preheat oven to 400°.

- Rinse well, drain, and pat dry canned chickpeas (15 oz. can)
- Place on a baking sheet. Sprinkle on 1 tbsp. of olive oil with a dash of salt. Roast for 30 minutes.
- Remove from oven and add seasoning of choice:
- Sweet: 1 tsp. cinnamon and 2 tsp. sugar
- Savory: 2 tsp. smoked paprika, 1 tsp. cumin, and/or dash of cayenne (optional)
- Place back into oven for 10 minutes or until crispy.

Nutrition Information Per Serving: (Savory) Carb: 24g; Protein: 5.25g; Fiber 4.5g  
 (Sweet) Carb: 26g; Protein: 5.25g; Fiber: 4.5g

(Adapted) Recipe with permission from: <https://www.yayforfood.com/recipes/crunchy-oven-roasted-chickpeas-4-ways>

## 2. Avocado Hummus

Recipe provided by the California Avocado Commission – CaliforniaAvocado.com:  
<https://www.californiaavocado.com/recipe-details/view/31855/california-avocado-hummus>

## 3. Sweet Potato Toasties

Recipe with permission from <https://nutritionstripped.com/start-here/>  
<https://nutritionstripped.com/sweet-potato-toast-5-ways/>

## 4. Chia Seed Pudding (makes 4 servings)

- 1 cup milk/non-dairy beverage
- ¼ cup chia seeds
- 2 tbsp. maple syrup
- 1 tsp. vanilla extract
- ½- ¾ frozen wild blueberries
- Pinch of sea salt (optional)
- Cover and refrigerate overnight. Top chia seed pudding with fresh fruit and/or nuts.

Recipe with permission from Isabel Milosevich

## 5. Chocolate Hummus

Recipe with permission from: <https://www.realsimple.com/food-recipes/recipe-collections-favorites/popular-ingredients/how-to-make-chocolate-hummus>

## 6. Cranberry Almond Energy Bites

Recipe with permission from Kate Scarlata ([www.katescarlata.com](http://www.katescarlata.com)):  
<https://blog.katescarlata.com/2017/01/05/cranberry-almond-energy-bites/>

## 7. Banana “Nice Cream” Smoothie (makes: 1 serving)

- Blend the following ingredients in a blender until smooth:
- 1 frozen banana
- 1 heaping tbsp. almond butter
- ½ tsp. cinnamon
- 1-2 dates
- ½ cup to 1 cup non-dairy milk such as almond milk (depending on consistency preference)

Optional: Add ice if the bananas are not frozen.

Recipe with permission from Isabel Milosevich

### Important Notes:

#### Dairy Free Alternatives:

You can substitute dairy-free options as needed. For milk, choose non-dairy beverages such as almond, coconut, cashew, hazelnut, rice, or soymilk. For yogurt, choose yogurt made from almonds, coconut milk, cashews, hazelnuts, or soy. Please note: non-dairy yogurt often does not contain calcium.

#### Low FODMAP Diet:

A short-term elimination diet that removes and then reintroduces foods that are high in fermentable carbohydrates (starches). It is done under a dietitian’s supervision for the relief of gas, bloating, irregular bowels and other symptoms of an irritable bowel. For more information visit: [www.Monashfodmap.com](http://www.Monashfodmap.com) or ask your dietitian.

#### Tips for Choosing Gluten-Free Oats:

If you choose to eat gluten-free oats, first speak with your celiac healthcare provider. Check that the oats or oat product are clearly labeled gluten-free. In addition, we recommend that you assess each manufacturer individually regardless of whether they use purity protocol or mechanically sorted gluten-free oats. For more information on the difference between purity protocol and mechanically sorted gluten-free oats, please visit:

1. <https://www.glutenfreewatchdog.org/news/gluten-free-oat-production-purity-protocol-versus-mechanical-or-optical-sorting-does-it-matter-to-you/>
2. <https://www.glutenfreewatchdog.org/news/oats-produced-under-a-gluten-free-purity-protocol-listing-of-suppliers-and-manufacturers/>

#### Disclaimer:

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some of the companies listed may offer food and products which are not gluten-free. You are responsible for determining the actual safety of all food and products for yourself.

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