

ALDI Low Carb Snacks List – Ketogenic Diet Snack Food Ideas

It's no secret that I'm a HUGE ALDI fan. I've shared a low carb shopping list already, and I decided to explore the ALDI aisles for low carb snacks to share with you. Make sure to always check the packaging for ingredients and macros. Hidden sugars can creep their way into surprising products which shouldn't include sugar.

This is what I found in my local store in Melbourne, Australia. Your store is likely to have different brands and price. I hope to inspire you with example items to find and then explore your own ALDI for low carb finds that fit your own macros.

ALDI Low Carb Snacks List

Nuts

There are so many nut options. From small packaged almonds, perfect for keeping in your bag to baking nuts and bulk salted or roasted nuts. All make excellent low carb snacks.

Seeds

Chia, Pepita and Sunflower seeds are also great ALDI low carb snack finds. I have Chia Seeds most days and they are a great fiber inclusion when you're on a low carb diet.

Bottled Snacks

Search through the bottles for low carb snacks such as:

- Asparagus
- Olives

- Peppers
- Cucumber
- Gerkins
- Pickles
- Sundried Tomatoes
- Artichokes

Tuna

Canned tuna, sardines or other fish can be whipped up into a quick low carb snack with a dollop or two of mayo or sour cream and a shake of salt.

Go for unflavoured and unsweetened varieties with as few ingredients as possible.

Jerky

Make sure you check very carefully for added sugars and flavors with jerky. You may be lucky and find a natural unsweetened bag of jerky.

Your best bet is to avoid BBQ and flavored varieties and go for original flavored jerky instead.

Deli Meats

Packaged deli type meats such as sliced turkey, chicken, salami or even smoked salmon make a delicious low carb snack.

You could enjoy it as is or wrapped around a pickle, cucumber or celery or even spread with cream cheese and rolled up.

My ALDI even has salami stix at the register which make an easy snack on the go.

Vegetables

You could enjoy a half (or whole) avocado, just topped with a couple of shakes of salt.

There's also the option of veggie sticks and dips – of which there are loads of options at ALDI.

Dairy

There are so many options when it comes to snacking with dairy, here are some ideas:

- Cheese – grated or sliced
- Boccocini
- Feta
- Brie
- Yogurt
- Halloumi

Berries

Fresh or frozen strawberries, raspberries and blueberries can be enjoyed on their own or topped with a generous swirl of whipped cream.

Just be aware that even though berries are the lowest carb fruit, the carbs add up quickly! So, a couple of berries a day is perfectly fine.