

# LOW CARBOHYDRATE NUTRITION GUIDE: FOR OPTIMAL HEALTH

## **GO** GO: EAT FREELY

Mainly composed of whole foods(unprocessed). Keep your **NET CARBOHYDRATES below 50 grams/day** to stay low carb.

It is best to eat a combinations of proteins, fats and low-carb vegetables to make a nutrient dense meal

### PROTEINS

**MEATS AND EGGS:** Pastured Pork and Poultry (Chicken, Turkey, Duck, Goose), Grass-fed meat (Beef, Lamb, Goat, Venison) Grass-fed, Offal (liver, heart, kidneys, other organs meats), Pastured Eggs

**PLANT-BASED:** Seeds (Sunflower, Pumpkin, Hemp, Flax), Nuts (Almonds, Macadamia, Walnuts, Pecans, Hazelnuts, Pine), Nut butter (Almond and Peanut -look for no Sugar Variety), Green Peas

**SEAFOODS:** Wild-caught fish, Shellfish, Crabs, Lobster. Oysters, Seaweeds

**OTHERS:** Whey Protein (no additives, artificial sweeteners, hormones, and soy lecithin.) Egg white protein, Gelatin (Grass-fed and hormone-free)

### FATS

**OILS (MONOSATURATED FATS):** Olive oil, Avocado oil, Macadamia oil, (Saturated Fats), Coconut oil, MCT oil

**FATS (SATURATED FATS):** Lard, Tallow, Chicken Fat, Goose fats, Clarified Butter (Ghee), Butter.

**FATTY FISH AND SEAFOOD ( POLYSATURATED FATS- OMEGA 3 FATTY ACIDS):** Salmon. Mackerel, Tuna, Sardines, Herring, Anchovies, Trout, Kippers, Catfish, Halibut, Swordfish, Caviar, Mussels, Oyster, Pollock

**PLANT-BASED:** Seeds (Chia, Flax, Hemp) Avocado, Coconut Meat, Macadamia, Pecans, Walnuts, Cacao Nibs (different from cocoa powder which has high net carb)

**OTHERS:** Egg yolks, Butter, Full Fat Yogurt, (No Sugar Added), Grass-fed Meat (Lamb/Mutton/, Beef), Pork Rinds, Duck

### CARBOHYDRATES

**VEGETABLES:** Lettuce, Broccoli, Arugula, Swiss Chard, Celery, Spinach, Water Spinach (Kangkong), Asparagus, Cilantro, Okra, String beans, Cucumber, Kale, Cabbage, Zucchini, Collard Greens, Brussel Sprouts, Leeks, Cauliflower, Mushroom, Alfalfa Sprouts, Bokchoy, Moringa leaves, Parsley, Dill, Chives, Endive, Radicchio, Eggplant, Garlic, Konjak (Shirataki) Noodles/Rice, Jicama

**FRUITS:** Avocado, Coconut, Starfruit, Berries (Strawberries, Blackberries, Raspberries, Gooseberries, Blueberries.), Lemon, Guava, Makopa, Aratilis, Kiwi

### OTHERS

**DRINKS (NO SWEETENER/PLAIN):** Water (plain, ginger, lemon, cucumber,) Black Coffee, Tea (Black, Herbal, Green, Almond Milk (unsweetened)

**SALTS, SPICES, HERBS:** Organic and unprocessed herbs, and spices, without added, sugars, Himalayan salt pink salt, Kosher salt, Sea Salt

**CONDIMENTS AND PICKLED FOODS WITH NO SUGAR:** Apple Cider Vinegars, Coconut Vinegar, Rice Vinegar, Mustard, Pesto, Pickles, Fermented Foods - best if homemade ( Kimchi, Sauerkrauts), Italian Vinaigrette

**BAKING SUPPLIES:** Almond Flour, Coconut Flour, Psyllium Husk Powder, Xantham Gum, Cream Of Tartar, Oat Fiber (different from Oat Flour) Baking Powder, Baking Soda, Vital Wheat Gluten (different from wheat)

## **II** PAUSE: EAT IN MODERATION

Has **INSULIN-STIMULATING EFFECT** and possible **INFLAMMATORY EFFECT** due to processing and addition of chemicals and preservatives

**PROCESSED MEATS:** Sausages, Bacon, Prosciutto, Pancetta, Ham, Salami, Pepperoni, Canned Meat Products, Salted & Cured Meat, Biltong, Beef Jerky (choose 0 sugar)

**MILK:** look for full-fat dairy labeled "NO rBGH"

**DAIRY PRODUCTS:** Plain Full Fat Yogurt, Cottage Cheese, Heavy Creams, Sour Cream, Soft and Hard Cheeses, Regular Butter

**FRUITS:** Cantaloupe, Peach, Watermelon, Orange, Cherries, Plum, Clementine, Apple, Lanzones (few pieces), Papaya

**GRAINS, LEGUMES, (limit amounts to meet your low carb requirement):** Bulgur, Oats, Popcorn, Lentils, Chickpeas, Beans

**SWEETENERS (Limit amounts due to Sugar Addiction Trigger):** Erythritol, Monkfruit, Stevia, Xylitol, Allulose

**STARCHY FOODS:** Carrots, Beet Root, Parsnips, Taro, Celery Root, Winter Squash, Pumpkin, Beans, Peanuts

**SOY PRODUCTS:** ( choose Non-GMO Fermented & Organic) Natto, Tempeh, Tamari, Edamame, Unsweetened Soy Milk, Tofu

**CONDIMENTS AND FLAVOURINGS:** Mayonnaise, Unsweetened Ketchup & Marinara Sauce, Coconut Aminos (Soy Sauce Alternative), Dips, Fruit flavourings (unsweetened)

**ALCOHOL (limit amount to avoid weight loss stall and liver disease):** Wine, Champagne, Whiskey, Brandy, Tequila,Vodka, Gin

**DARK CHOCOLATE:** keep within net carb limit; beware of sugar craving effect

**FARMED MEATSAND FISHES:** may have high Omega 6 FA

## **STOP** STOP: DO NOT EAT AND DRINK

These foods and drinks can promote **sugar addiction and/or cause inflammation**; Sugar addiction relapse can bring you out of fat adaptation and ketosis. It can hyperstimulate insulin, promoting weight gain and related adverse health effects

**REFINED GRAINS AND PRODUCTS:** White Rice, Whole Wheat, Refined Wheat (White Flour), Baked Products (Breads, Cakes, Pastries, Cookies, Pizza, etc.)

**HIGHLY PROCESSED FOODS:** Chips, Ice Creams, French Fries, Candies, Desserts, Chocolates

**SUGARS:** White/Brown, Palm, Muscovado, Coco, Corn, Cane, Icing, Honey, Agave, Corn Syrup, Sorbitol, Molasses,Maple Syrup, Maltose, Maltodextrin

**REFINED FATS/OILS:** Sunflower, Safflower, Cottonseed, Canola, Soybean Oil, Grapeseed Oil, Corn Oil, Margarine, Processed Butter Substitutes

**ARTIFICIAL SWEETENERS (cause cravings/promotes sugar addiction):** Aspartame, Acesulfame, Sucralose, Saccharin, Maltitol, Isomalto-oligosaccharide (IMO)

**SUGARY DRINKS:** Beer, Pop/Soda/Soft Drinks, Fruit Juices, Teas And Coffees with Sugar, Energy Drinks. Sweet Wine, Cocktails With Sugary Mixes