

Low Carb Diet Food List

Name:	Date:
Age:	Gender:
Weight:	Height:

General guidelines

- Keep carbs low, typically below 50 grams per day for a low-carb diet, but this can vary based on individual needs.
- Prioritize whole, unprocessed foods to maximize nutrient intake.
- Even low-carb foods can add up in calories, so be mindful of portions.
- Cut out sugary drinks, bread, pasta, and other high-carb processed foods.
- Drink plenty of water to support overall health and aid in weight loss.

Low carb diet food list

Proteins	Low-starch vegetables
<ul style="list-style-type: none">• Poultry: Chicken, turkey, duck.• Meat: Beef, lamb, pork.• Seafood: Salmon, trout, sardines, mackerel, shrimp, crab.• Eggs: Whole eggs or egg whites.	<ul style="list-style-type: none">• Leafy greens: Spinach, kale, lettuce, Swiss chard.• Cruciferous vegetables: Broccoli, cauliflower, Brussels sprouts, cabbage.• Bell peppers, tomatoes, cucumbers, zucchini: Low in carbs.
Fruits	Nuts and seeds
<ul style="list-style-type: none">• Berries: Strawberries, blueberries, raspberries.• Avocado: Rich in healthy fats and low in carbs.• Lemons and limes: Used for flavoring and low in carbs.	<ul style="list-style-type: none">• Almonds, walnuts, pecans: Low in carbs.• Chia seeds, flaxseeds, pumpkin seeds: High in fiber, low in net carbs.
Dairy	Fats and oils
<ul style="list-style-type: none">• Cheese: Cheddar, mozzarella, feta, goat cheese.• Greek yogurt: Opt for plain, unsweetened varieties.• Heavy cream: For cooking or coffee.	<ul style="list-style-type: none">• Olive oil, coconut oil, avocado oil: Healthy sources of fat.• Butter, ghee: Used in cooking.

Beverages

- **Water:** Essential for hydration.
- **Herbal teas, coffee:** Without added sugars or syrups.
- **Unsweetened almond or coconut milk:** Low in carbs.

Recommendations

Additional notes