

Low Carb Food List

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|---|--|
| Name | Date |
| Age | Gender |
| Weight | Height |
| <p>General guidelines</p> <ul style="list-style-type: none"> • 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. | |
| <p>Low-carb diet food list</p> | |
| <p>Proteins</p> <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. | <p>Low-starch vegetables</p> <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. |
| <p>Fruits</p> <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. | <p>Nuts and seeds</p> <ul style="list-style-type: none"> • Almonds, Walnuts, Pecans: Low in carbs. • Chia Seeds, Flaxseeds, Pumpkin Seeds: High in fiber, low in net carbs. |
| <p>Dairy</p> <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. | <p>Fats and oils</p> <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