

# Low Carb Food List

Name	Date
Age	Gender
Weight	Height
<b>General guidelines</b> <ul style="list-style-type: none"><li>• Keep carbs low, typically below 50 grams per day for a low-carb diet, but this can vary based on individual needs.</li><li>• Prioritize whole, unprocessed foods to maximize nutrient intake.</li><li>• Even low-carb foods can add up in calories, so be mindful of portions.</li><li>• Cut out sugary drinks, bread, pasta, and other high-carb processed foods.</li><li>• Drink plenty of water to support overall health and aid in weight loss.</li></ul>	
<b>Low-carb diet food list</b>	
<b>Proteins</b>	<b>Low-starch vegetables</b>
<ul style="list-style-type: none"><li>• <b>Poultry:</b> Chicken, turkey, duck.</li><li>• <b>Meat:</b> Beef, lamb, pork.</li><li>• <b>Seafood:</b> Salmon, trout, sardines, mackerel, shrimp, crab.</li><li>• <b>Eggs:</b> Whole eggs or egg whites.</li></ul>	<ul style="list-style-type: none"><li>• <b>Leafy Greens:</b> Spinach, kale, lettuce, Swiss chard.</li><li>• <b>Cruciferous Vegetables:</b> Broccoli, cauliflower, Brussels sprouts, cabbage.</li><li>• <b>Bell Peppers, Tomatoes, Cucumbers, Zucchini:</b> Low in carbs.</li></ul>
<b>Fruits</b>	<b>Nuts and seeds</b>
<ul style="list-style-type: none"><li>• <b>Berries:</b> Strawberries, blueberries, raspberries.</li><li>• <b>Avocado:</b> Rich in healthy fats and low in carbs.</li><li>• <b>Lemons and Limes:</b> Used for flavoring and low in carbs.</li></ul>	<ul style="list-style-type: none"><li>• <b>Almonds, Walnuts, Pecans:</b> Low in carbs.</li><li>• <b>Chia Seeds, Flaxseeds, Pumpkin Seeds:</b> High in fiber, low in net carbs.</li></ul>
<b>Dairy</b>	<b>Fats and oils</b>
<ul style="list-style-type: none"><li>• <b>Cheese:</b> Cheddar, mozzarella, feta, goat cheese.</li><li>• <b>Greek Yogurt:</b> Opt for plain, unsweetened varieties.</li><li>• <b>Heavy Cream:</b> For cooking or coffee.</li></ul>	<ul style="list-style-type: none"><li>• <b>Olive Oil, Coconut Oil, Avocado Oil:</b> Healthy sources of fat.</li><li>• <b>Butter, Ghee:</b> Used in cooking.</li></ul>

## Beverages

- **Water:** Essential for hydration.
- **Herbal Teas, Coffee:** Without added sugars or syrups.
- **Unsweetened Almond or Coconut Milk:** Low in carbs.

## Recommendations

## Additional notes