

Low Carb Food List

LOW CARB FOOD LIST

Name: _____ Date: _____ dd / mm / yyyy

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: Poultry: Chicken, turkey, duck. Meat: Beef, lamb, pork. Seafood: Salmon, trout, sardines, mackerel, shrimp, crab. Eggs: Whole eggs or egg whites.

Low-starch vegetables: Leafy Greens: Spinach, kale, lettuce, Swiss chard. Cruciferous Vegetables: Broccoli, cauliflower, Brussels sprouts, cabbage. Bell Peppers, Tomatoes, Cucumbers, Zucchini: Low in carbs.

Fruits: Berries: Strawberries, blueberries, raspberries. Avocado: Rich in healthy fats and low in carbs. Lemons and Limes: Used for flavoring and low in carbs.

Nuts and seeds: Almonds, Walnuts, Pecans: Low in carbs. Chia Seeds, Flaxseeds, Pumpkin Seeds: High in fiber, low in net carbs.

Dairy: Cheese: Cheddar, mozzarella, feta, goat cheese. Greek Yogurt: Opt for plain, unsweetened varieties. Heavy Cream: For cooking or coffee.

Fats and oils: 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