



## LOW CARB RESOURCES

These resources have been taken from the Freshwell App, details available at [www.lowcarbfreshwell.com](http://www.lowcarbfreshwell.com). The food list overleaf gives you a rough guide as to what types of food you can eat with a low carb lifestyle. Safety information: Before embarking on a low carb lifestyle, please speak to a doctor or nurse if you suffer with any significant health conditions. This is especially important if you are on any medication, particularly for diabetes or high blood pressure, because you may find very quickly that you no longer need this medication and may need to stop taking it or reduce the dose. You should not do this without medical supervision.

Use the guide below, alongside our low carb food list on the next page, to help you plan your meals.

### Pick a **Protein** (including dairy and substitutes):

for building muscle, feeling full, and micronutrients

#### **Meat**

All types of meat including beef, pork, lamb, duck.

#### **Poultry**

Chicken, turkey



#### **Fish**

All types of fish including fresh, frozen and canned.

#### **Eggs**

Cook them the way you like them.



#### **Dairy**

Full fat milk, yogurt, cheese



#### **Plant based protein**

Beans and pulses

Tofu

Quorn

Nuts and seeds



### Pick some low carb **Veggies** (and a little bit of fruit):

for fibre, feeling full, and micronutrients

Fill up on vegetables from the green zone.

Add in additional veggies from the amber zone to eat instead of higher carb foods.



**AVOID** potatoes and sweet potatoes where possible.



**Note:** Some plant-based protein foods such as beans, nuts and seeds also provide a good source of fibre.

### Add some natural **Fat**

a source of essential fatty acids and helps the body absorb vitamin A, vitamin D and vitamin E

Add fats from the green zone, including olive oil, butter, coconut oil and cream.

**And/or include** protein foods that are also good sources of natural fat including oily fish, nuts and seeds, dairy foods such as yogurt milk and cheese, eggs, meat as well as avocado pears.



Include non-sugary dressings and sauces such as mayonnaise and pesto.

**AVOID** margarine and vegetable seed oils.



**SCAN ME!**

# Red, Amber and Green foods & drinks

**Green foods** are things that you can have as much of as you like

## Vegetables

- Asparagus
- Aubergine
- Avocado
- Baby corn
- Bean sprouts
- Broad beans
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celeriac
- Celery
- Courgettes
- Cucumber
- Green beans
- Green leaves (any type)
- Lettuce
- Mange tout
- Mushrooms
- Olives
- Onion
- Pak Choi
- Pepper
- Radish
- Spinach
- Swede
- Swiss chard
- Tomatoes
- Turnip
- Watercress



## Fruit

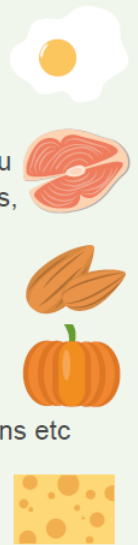
- Berries: blueberries, raspberries, cranberries, strawberries, blackberries
- Blackcurrants and redcurrants
- Coconut
- Grapefruit
- Rhubarb



## Protein

(including dairy and substitutes)

- Eggs
- Fish: fresh, frozen, tinned (avoid breaded or battered fish)
- Meat: beef, lamb, pork
- Meat substitutes: Quorn, soya, tofu
- Nuts: almonds, walnuts, brazil nuts, hazel nuts, macadamias, pecans
- Poultry: Chicken, turkey
- Seeds: flaxseeds, chia seeds, pumpkin seeds, sunflower seeds
- Soya protein
- Beans and pulses: Lentils, kidney beans, chickpeas, black eyed beans etc
- Full fat milk
- Full fat plain yogurt
- Full fat cheese



## Fat

- Butter
- Cream and crème fraiche
- Sour cream
- Olive oil
- Coconut oil



## Drinks

- Water
- Soda water
- Tea and coffee



## Other

- Fermented vegetables (ie sauerkraut)
- Herbs and spices
- Almond flour, coconut flour
- Marmite
- Sauces such as homemade mayonnaise and pesto
- Oat fibre and vital wheat gluten
- Psyllium husk
- Vanilla essence
- Konjac noodles



# Amber foods are foods which are ok in moderation

## Vegetables

- Beetroot
- Butternut squash
- Carrots
- Leeks
- Parsnips
- Peas
- Pickled vegetables
- Sweetcorn



## Fruit

- Apples
- Cantaloupe melon
- Cherries
- Figs
- Galia melon
- Honeydew melon
- Kiwi
- Melon
- Nectarine
- Orange
- Pears
- Plums
- Watermelon



## Protein

(including dairy and substitutes)

- Peanuts (but be careful not to have too many)
- Nuts: cashews, pistachios, chestnuts
- Processed meats: bacon, ham, sausages
- Baked beans in tomato sauce (choose reduced sugar)
- Low fat cheese
- Low fat milk
- Low fat yogurt
- Coconut milk, almond milk and soya milk (choose unsweetened versions)



## Drinks

- Diet drinks
- Red or white wine
- Spirits with diet mixers
- Cocoa



## Other

- Arrow root
- Dark chocolate (min 80% cocoa)
- Gram flour
- Sweeteners: stevia, erythritol, xylitol



# Red foods are foods to avoid as much as possible

## Vegetables

- Potatoes
- Sweet potatoes



## Fruit

- Bananas
- Dried fruit
- Fruit juice
- Grapes
- Mango
- Pineapple
- Tinned fruit in syrup or juice



## Starchy carbohydrates

- Bread
- Cereal: Weetabix, cornflakes, porridge, oats, granola, all-bran etc
- Cous cous
- Pasta
- Rice
- Rice based products: rice cakes and bars
- Wheat based products: wraps, pitta bread, flat bread, pizza, ryvita
- Wheat flour
- Rice milk and oat milk



## Fat

- Vegetable seed oils: rapeseed, sunflower, cottonseed, Canola
- Margarine
- Low fat spreads
- Low fat cooking spray



## Drinks

- Beer
- Cider
- Cordials
- Fizzy drinks
- Fruit juice
- Sports drinks



## Sweet and processed foods

- Biscuits
- Breadsticks
- Cakes
- Chips
- Crackers
- Crisps
- Honey
- Ice cream
- Jam
- Maple syrup
- Milk chocolate
- Milkshake
- Pies and sausage rolls
- Protein bars
- Sugary sauces
- Sugary drinks
- Sweeteners (apart from those listed in the amber zone)
- Sweets
- Fruit yogurt containing sugar or sweeteners

