

# Freshwell Guide

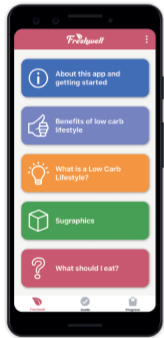
For a low carb lifestyle, eat plenty of unprocessed protein and non-starchy vegetables.

Check the **ingredients** on packaged foods. If there are more than 5 ingredients and / or ingredients you wouldn't find in your kitchen, it may be ultra processed **best to avoid!**

Drink lots of water, **not** fruit juice, or fizzy drinks. Keep alcohol to a minimum. Coffee and tea (without sugar) are fine.



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**Note:** If you're taking any medication, speak to your doctor before adopting a low carb lifestyle.

For more information go to [www.lowcarbfreshwell.com](http://www.lowcarbfreshwell.com)



Look at the **nutrition facts** label. Aim to keep the number of grams of carbohydrate per 100g below 10g, except for pulses / beans.

Aim for a maximum of **130g** carbs per day, or lower if you can manage it.