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LOW-CARB DIET GUIDE

The Nutrition Unit

A low-carb diet means reducing your carbohydrate (carbs) intake to less than 130 grams per day.

VERY-LOW-CARB DIET

30 grams or less of carbs per day
(Keto Diet)

LOW-CARB DIET

130 grams or fewer of carbs per day

MODERATE-CARB DIET

130-225 grams of carbs per day

TIPS

First, start with eliminating your carb intake from unhealthy sources of carbs:



SUGARY DRINKS / SMOOTHIES
FRUIT JUICES



CAKES / PASTRIES / BISCUITS / CHIPS

LOW-CARB FOODS

DO NOT INCREASE BLOOD SUGAR LEVEL

Meat (lamb, beef)
Chicken
Fish
Salmon
Tuna
Shrimps
Eggs
Cheese (all types)
Labnah
Olives
Oils
Seeds
Nuts
Coconut Oil
Butter & Margarine
Vegetables (leafy greens)
Tomatoes (tomato paste)
Avocado
Cucumbers
Carrots
Okra
Green Beans
Broccoli
Cauliflower
Zucchini
Eggplant
Asparagus
Mushrooms
Onion & Garlic

MEDIUM-CARB FOODS

EAT IN MODERATION,
CONTAIN FIBER & PROTEIN

Lentils
Green peas
Beans (white, red)
Black-eyed beans
Fava beans
Chickpeas
Edamame
Milk
Laban
Yogurt
Raspberries
Blackberries
Blueberries
Strawberries
Plums

HIGH-CARB FOODS

100% CARBS AND INCREASE
BLOOD SUGAR LEVEL

Bread (white-flour, corn, oat)
Rice (white, brown)
Pasta (white, brown)
Wheat
Biscuits
Pumpkin
Corn
Potato (regular, sweet)
Fruits (fresh, dried)
Raisins
Dates
Juices (fresh, canned)
Sugar (white, brown, fruit)
Honey
Maple

A VARIETY OF FOOD CAN HELP MAKE
MEALS MORE ENJOYABLE. YOU MAY
WISH TO DEVELOP A LIST OF

tasty low-carb options & recipes.

Ask your dietitian for low-carb recipes.



TO FOLLOW A LOW-CARB DIET

(gold list)

Eat your carbs in moderation from high fiber carb foods such as:

-  LENTILS
-  BEANS
-  VEGETABLES
-  WHOLE GRAINS
-  WHOLE FRUITS

Note: For some, fruit is a healthy substitute for a sugary snack and processed food.

TO FOLLOW A VERY LOW-CARB DIET

(blue list)

ELIMINATE all foods from the orange list (including whole fruits)

CHOOSE 1 to 2 options from the gold list

HAVE all your food from the blue list

CONSIDERATIONS

Consult your healthcare professional and dietitian to decide:

- 01 If this type of diet suits you
- 02 Which option suits you best
- 03 How to help you adjust your medication accordingly





Consult your dietitian to guide you on how to choose your sources of carbs and how to count your carbs using helpful tools to ensure you are maintaining your carbohydrate intake limit per day.

Following a low-carb diet plan increases your intake of fat. Consult your dietitian to guide you in consuming good fat and avoid bad fat such as trans-fat and saturated fat.

BENEFITS

A low-carb diet can help some people with type 2 diabetes better manage their blood sugar level and reduce their HbA1c level.

Carbohydrates are broken down into sugar in your body and raise blood sugar level more than other foods, and the body needs insulin to manage the increase in blood sugar level. Reducing carb intake may help stabilize blood sugar level and could also help in avoiding weight gain.

According to research, a low-carb diet benefits adults with obesity and those with type 2 diabetes who need to lose weight.

This diet is not recommended for you if you have type 1 diabetes as there is no strong evidence that following a low-carb diet is safe or beneficial in these cases.

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