



LOW CARB RESOURCES

These resources have been taken from the Freshwell App <https://lowcarbfreshwell.com/resources/freshwell-app/>. 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, particularly diabetes or high blood pressure. This is especially important if you are on any medication 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

for satiety and to build and repair

Meat

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

Poultry

Chicken, turkey

Fish

All types of fish including fresh, frozen and canned.

Eggs

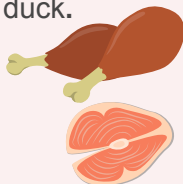
Cook them the way you like them.

Dairy

Full fat milk, yogurt, cheese

Plant based protein

Beans and pulses
Tofu
Quorn
Nuts and seeds



Pick some low carb Veggies

for fibre 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 a bit of Fat

for flavour, satiety and to absorb fat soluble vitamins

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.



Red, Amber and Green foods & drinks

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

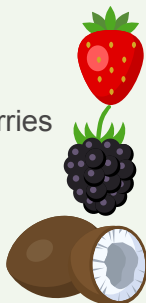
Vegetables

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



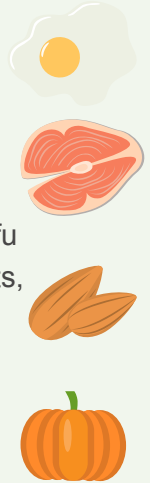
Fruit

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



Protein

- 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
- Seeds: flaxseeds, chia seeds, pumpkin seeds, sunflower seeds
- Soya protein



Fat

- Butter
- Cream
- Crème fresh
- Sour cream
- Olive oil
- Coconut oil
- Full fat milk
- Full fat plain yogurt
- Full fat cheese



Drinks

- Water
- Soda water
- Coffee
- Tea



Other

- Fermented vegetables (ie sauerkraut)
- Herbs and spices
- Almond flour, coconut flour and gram flour
- Marmite
- Sauces such as mayonnaise and pesto
- Oat fibre
- Psyllium husk
- Vital wheat gluten



Amber foods are foods which are ok in moderation

Vegetables

- Beetroot
- Butternut squash
- Carrots
- Parsnips
- Peas
- Pickled vegetables
- Swede
- Sweetcorn
- Turnip



Fat

- Low fat cheese
- Low fat milk
- Low fat yogurt
- Coconut milk, almond milk and soya milk (choose unsweetened versions)



Fruit

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



Drinks

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



Other

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



Protein

- Beans and pulses: Lentils, kidney beans, chickpeas, black eyed beans etc
- Peanuts (but be careful not to have too many)
- Nuts: cashews, pistachios, chestnuts
- Processed meats: bacon, ham, sausages



Red foods are foods to avoid as much as possible

Vegetables

- Potatoes
- Sweet potatoes



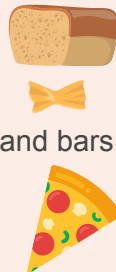
Fruit

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



Starchy carbohydrates

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



Fat

- Vegetable seed oils: rapeseed, sunflower, cottonseed, Canola
- Margarine
- Low fat spreads
- Low fat cooking spray
- Fruit yogurt containing sugar or sweeteners
- Rice milk and oat milk



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

