

# HOW TO ORDER KETO CHINESE FOOD

AVOID HIDDEN CARBS IN SIX EASY STEPS!

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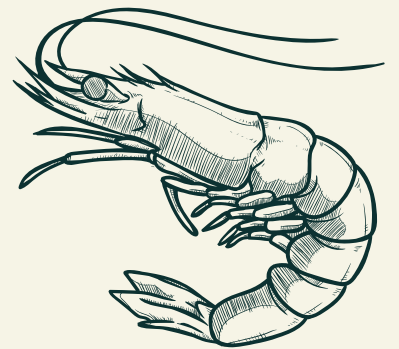


## STEP 1 – CHOOSE AN AUTHENTIC CHINESE RESTAURANT

Avoid fast food-style take out, which can cut corners with hidden high carb ingredients

## STEP 2 – CHOOSE A PROTEIN AND VEGETABLE-BASED DISH

- Steamed shrimp & vegetables
- Spare ribs
- Egg foo young



## STEP 3 – AVOID HIGH CARB INGREDIENTS



- Cornstarch (in thick sauces, soups)
- Sugar (in sauces, soups)
- Rice (white and brown)
- Breaded foods (wantons, noodles)

## STEP 4 – ASK YOUR SERVER FOR NUTRITIONAL INFO

- Is the nutrition information available for your menu?
- Is this dish low carb?
- Does this sauce contain sugar?



## STEP 5 - GET THE SAUCE ON THE SIDE



Sauce is a major source of sugar and carbs so skip it or order it on the side to control your portion

## STEP 6 – SWAP THE RICE FOR STEAMED VEGETABLES

At 45 grams of net carbs for each cup of rice, rice is one side that's a total no-no on the keto diet

