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# Low-Carb Foundations

SoWell



Way of Eating  
**20 TOTAL grams of**  
**carbohydrates per day.**

# Core Foods: Daily

QUICK GUIDE: WHAT CAN I EAT ON A LOW-CARB DIET?

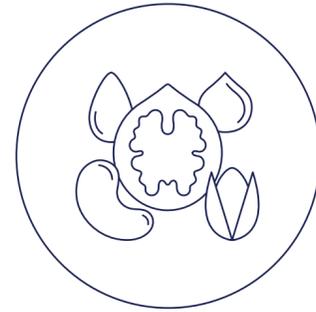
FOOD	HOW MUCH?	EXAMPLE
 <p><b>Meat, Poultry, Fish, Shellfish, Eggs, Tofu*</b></p>	<p>Unlimited amount (eat until full)</p>	<p>Beef, pork, chicken, turkey, lamb, fish, shrimp, eggs  <small>* 1/2 cup of Tofu has 2.3g/carbs</small></p>
 <p><b>Leafy (Salad) Greens</b></p>	<p>2 cups daily*</p>	<p>Lettuce, Arugula, Kale, Chard, Cabbage, Bok Choy</p>
 <p><b>Non-Starchy Vegetables</b></p>	<p>1 cup daily* (uncooked)</p>	<p>Cauliflower, Zucchini, Broccoli, Brussel Sprouts, Cucumber, Green Beans, Mushrooms, Peppers</p>
 <p><b>Healthy Fats</b></p>	<p>To taste</p>	<p>Butter, Olive Oil, Avocado Oil, Full-Fat Dressings, Mayonnaise</p>

# Core Foods: Additional

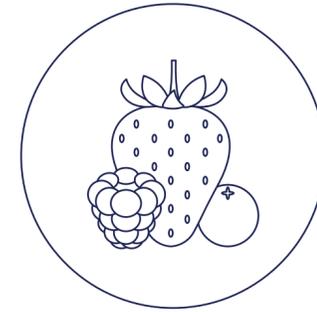
QUICK GUIDE: WHAT CAN I EAT ON A LOW-CARB DIET?



Dairy



Nuts & Seeds\*

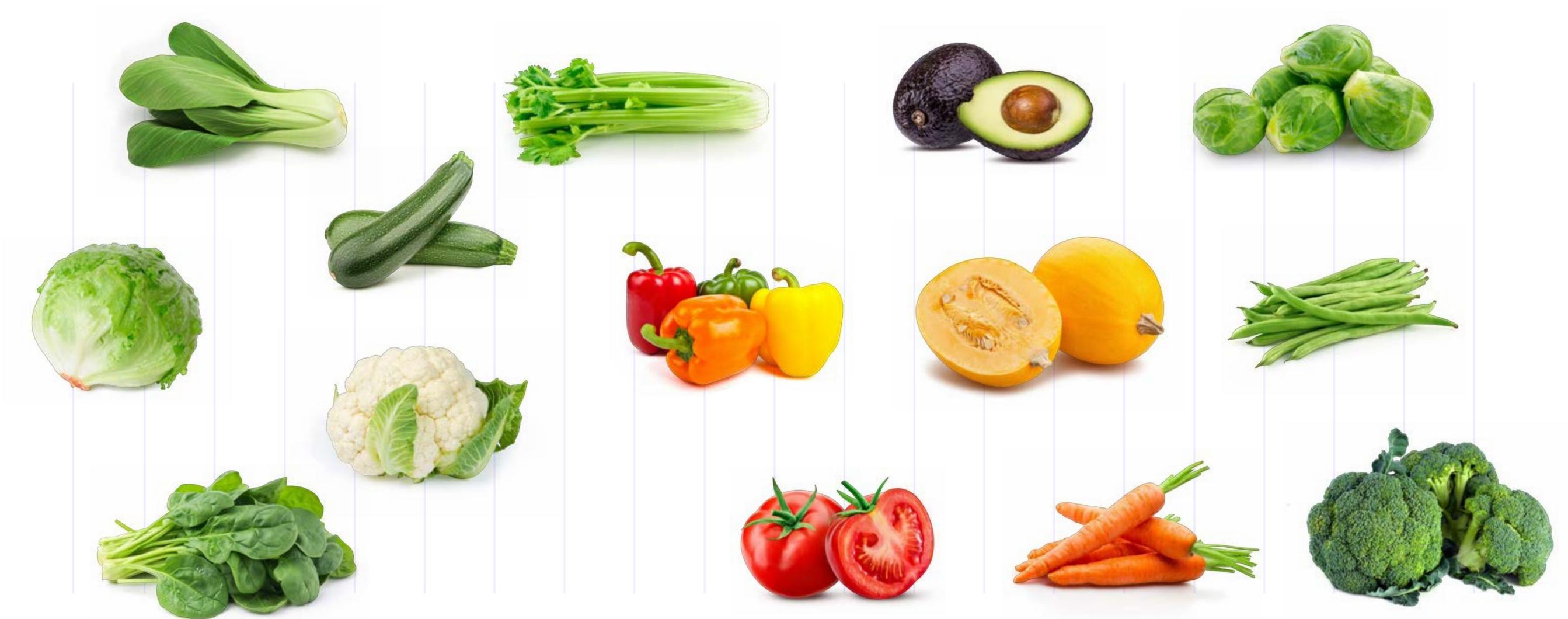


Berries\*

\*KEEP THESE TO A MINIMUM TO ACCELERATE WEIGHT LOSS

# Veggies have carbs, too!

QUICK GUIDE: WHAT CAN I EAT ON A LOW-CARB DIET?



Total Carbs/Cup

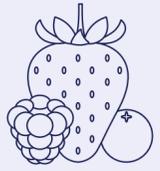


# Core Foods: Dairy

QUICK GUIDE: WHAT CAN I EAT ON A LOW-CARB DIET?



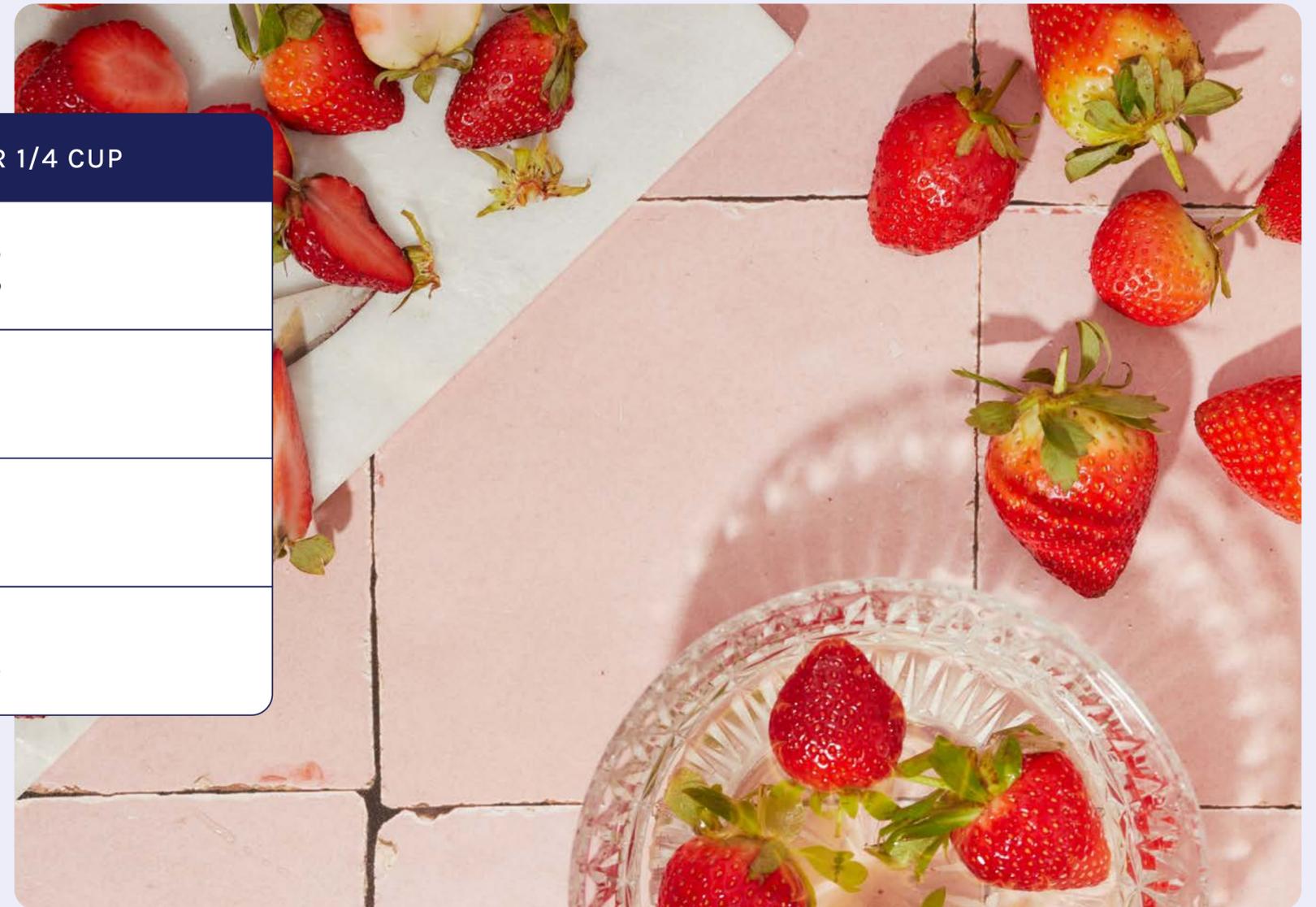
DAIRY PRODUCT	HOW MUCH?	TOTAL CARBS
<b>Cream</b>	2 tbsp/day	1g
<b>Cheese</b> Hard, aged cheeses like Gruyere and Cheddar and softer ones like Brie, Bleu, Mozzarella, Cream Cheese, Feta or Goat Cheese are preferred	4 oz/day 1 oz = slice of cheese or 1 inch cube	0.5g-4g
<b>Cottage Cheese (4% Milk)</b>	½ cup	3g
<b>Ricotta Cheese (Whole Milk)</b>	½ cup	3.5g
<b>Yogurt (Whole Milk)</b> Preferred Brands: Ratio Keto Yogurt, Chobani (plain or 0 sugar)	½ cup	2-5g



# Core Foods: Berries

QUICK GUIDE: WHAT CAN I EAT ON A LOW-CARB DIET?

BERRIES	TOTAL CARBS PER 1/4 CUP
Strawberries / Sliced	3.25g
Blackberries / Whole	3.5g
Raspberries / Whole	3.75g
Blueberries / Whole	5.25g





# Core Foods: Nuts & Seeds

QUICK GUIDE: WHAT CAN I EAT ON A LOW-CARB DIET?

NUTS	TOTAL CARBS PER 1/4 CUP
Brazil & Macadamia Nuts, Pecans	4g
Pine Nuts	4.5g
Hazelnuts	5g
Peanuts	6g
Almonds	7g
Cashews, Walnuts, Chestnuts	25g+

SEEDS	TOTAL CARBS
Sunflower Seeds	2g (per 1/4 cup)
Flax Seeds	2g (per 1 tbsp)
Chia Seeds	5g (per 1 tbsp)



# Buyer Beware: Net Carbs vs. Total Carbs



<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 bar (48g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 6g	<b>30%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
Glycerin 4g	
<b>Protein</b> 15g	<b>30%</b>
Vit. D 0mcg 0% • Calcium 230mg 20%	
Iron 1.7mg 10% • Potassium 70mg 2%	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Net Carbs =  
Total Carbs - Fiber - Sugar Alcohols**

🔍 how many carbs in... ? 🗣️ 📷

Google x +

← → 🔄 🏠 🔒 google.com/search?q=how+many+carbs+in... ☆ ● ⋮

Cottage Cheese / Carbohydrate Amount

**8 g**

Total Carbohydrate

Type	Quantity
Cottage cheese, creamed ⇅	1 cup, small curd (not packed) (225 g) ⇅

Sources include: USDA Feedback

QUESTION:

*How do I know  
if I'm doing it  
right?*

ANSWER:

**Weight loss!**

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**You feel great**

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**Can test for ketones  
in urine or blood**

REMINDER

Keep it simple  
& be kind to  
yourself.

