



Low-Carbohydrate Diet Traffic Light System

Making it simple to personalise
a low-carbohydrate diet

Use the traffic light system in this resource to follow a low-carbohydrate diet. The majority of the food you eat should come from the green lists. These foods are lower in carbohydrate.

The protein and fat content of foods are also included. Use this information to personalise your food choices for your specific needs.

In this resource:

Sheet 1: Foods that are higher in protein and/or fat

Sheet 2: Foods that are low or very low in protein and/or fat

