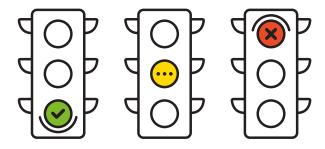




Making it simple to personalise a low-carbohydrate diet



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

Low-Carbohydrate Diet Traffic Light System

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

Eat mostly from the green lists to keep carbohydrate intake low. With a low-carbohydrate diet, most people can eat as much protein as they like. Some people may need to limit their fat intake to achieve their weight loss goals (see triangles).

		Enjoy		
400	tent	Egg white		
2	Higher fat content	Non-oily fish	Crab (white meat)	King prawns
2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2		Shrimps Standard prawns Lobster Shell fish	Scallops Squid Chicken & turkey (light meat)	Venison Tripe Quorn
		Mussels Ham Lean beef Lean pork	Chicken & turkey (dark meat) Rabbit Kidney	Liver Heart
		Gammon Back bacon (fat trimmed)	Beef steak Pork Poultry with skin	Pheasant
		Whole eggs Half fat cheddar Oily fish	Crab (brown meat Ham, gammon Lamb) Duck Oxtail
4		∆Cheese ∆Bacon	△ Fatty cuts meat △ Tongue	
4		△Most nuts	Δ Pate	
00 409 0		∆Cream ∆Crème fraîche	△ Sour cream △ Olives	
Highe	HIBUE	△Fats △Butter	△ Lard △ Dripping	△ Olive oil △ (Avoid vegetable oils)

Tofu Soya	
(plain) Houmous Avocado Pumpkin seeds	 Δ Melon seeds Δ Sunflower seeds Δ Peanuts Δ Cashew nuts Δ Pistachio nuts
	Houmous Avocado Pumpkin

Enjoy in smaller amounts Legumes Lentils Chickpeas **Green Peas** Beans (aduki, mung, pinto, blackeye, haricot, red kidney) Dairy and alternatives: Quark Fromage frais Yoghurt Cow's milk Soya milk Dark chocolate (80% or greater cocoa)

Δ If weight loss is desired some people may need to reduce these foods

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

Eat mostly from the green lists to keep carbohydrate intake low. Some people may need to minimise foods in the amber lists to achieve their health goals.

Carbohydrate content (per 100g food)

Enjoy	Enjoy some	Eat in smaller amounts	Minimise or avoid	Avoid (or a very minimal amount)
Konjac <0.1g Mushrooms 0.3g Celery 1g Cucumber 1g Lettuce 1g Artichoke 1g Kale 1g Pak choi 2g Spinach 2g Spring greens 2g Asparagus 2g Courgette 2g Aubergine 2g Pumpkin 2g Celeriac 2g Leeks 3g Broccoli 3g Tomatoes 3g Cranberries 3g Cauliflower 4g Brussel Sprouts 4g Mange tout 4g Bell Peppers 4g Chillies 4g Cabbage 4g	Swede 5g Turnip 5g Grapefruit 5g Raspberries 5g Blackcurrants 6g Blackberries 6g Plums 6g Strawberries 6g Pears 6g Broad beans 7g	Melon 7g Apricots 8g Beetroot 8g Peaches 8g Pomegranate 8g Onions 8g Orange 8g Butternut squash 8g Sweetcorn 8g Blueberries 9g Gooseberries 9g Peas 10g Nectarine 10g Apples 10g Pineapple 11g Parsnips 12g	Red Kidney Beans 15g Cherries 15g Grapes 17g Carrots 20g Potatoes 20g Sweet Potato 20g Bananas 20g	Avoid all foods that are made from flours, refined carbohydrates, or are sugary. All cakes, pastries, biscuits, crackers, sweets, chocolate (with less than 80% cocoa content), ice cream, breakfast bars, sauces with natural or added sugar, fruit juices, sugar sweetened drinks, honey, jams, syrups. Wholewheat pasta (cooked) 28g Pearl barley 28g Plantain 28g Rice (all types) cooked 30g White pasta (cooked) 32g Cassava 33g Bread (all types) 50g Quinoa 55g Dried dates 58g Raisins 63g Dried fruit 63g Crispbread (rye) 63g Flour (grain, all types) 70g Porridge 70g Sultanas 70g Currants 70g Breakfast cereals (all types) 80-90g