

## **“Be the Sunshine” – With Featured Speaker: Enid Orozco Resource Sheet: Eating with a Low Carb Lifestyle**

### **What Can You Eat on a Low Carb lifestyle?**

Go for sugar free, whole, full fat, organic, and minimally processed foods when possible. Base most of your diet on foods such as healthy oils, meat, fish, eggs, butter, nuts, avocados, low-carb veggies, etc.

Some people choose to include dairy in their diet, and some no dairy. This is a personal preference.

Consume fresh low-carb vegetables and limit your consumption of fruit. The only fruit I would recommend (sparingly) is berries. Berries such as strawberries, blueberries, raspberries, etc. have the lowest amount of sugar. On the other hand, fruit like bananas and apples are loaded with sugar and carbs.

### **What to avoid**

- **Alcohol** - sugary mixed drinks, liquor, wine, and beer. While there are some cocktails, beer, wine, liquor that are low in carbs, alcohol can kick you out of ketosis. It should be consumed at a bare minimum or not at all.
- **Beans and Legumes - peas**, all beans, chickpeas, lentils, etc.
- **Condiments, dressings, or sauces that contain sugar, chemicals, and carbs - barbecue** sauce, ketchup, honey mustard, teriyaki sauce, etc.
- **Diet Food that is "Low Fat or Fat Free"** - low-fat mayonnaise, salad dressings, and condiments. Not only are these not high in healthy fats, but they are full of chemicals and processed ingredients.
- **Diet Food that is "Sugar-Free"**- believe it or not, these contain some carbs. They also use chemical-based sugar substitutes. **Avoid sugar-free anything** - candies, syrups, soda, puddings, sweeteners, desserts, etc.
- **Fruit** - avoid all fruit, except berries in small portions (blueberries, blackberries, raspberries, cranberries, and strawberries). See what's acceptable in our food list below.
- **Grains and Starches** - wheat-based products, flour, pasta, rice, pasta, cereal, rolls, bread, etc.
- **High Sugar Foods** - cake, cookies, candy, ice cream, soda, fruit juice, pastries, donuts, etc.

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- **Starchy Root Vegetables and Tubers** - potatoes, sweet potatoes, carrots, parsnips, etc.
- **Unhealthy Fats** - trans fats and polyunsaturated fats, processed vegetable oils, mayonnaise. This includes margarin, vegetable shortening, and hydrogenated or partially hydrogenated oils, etc. Don't forget to check the labels!
- Getting started on a keto diet can seem overwhelming but have no fear! It's quite simple. To keep the guesswork out of shopping and meal planning.

### **Low Carb Fruits**

Most fruits should be avoided except for avocados, tomatoes, and small amounts of berries, lemons, and limes.

- Avocados
- Blackberries
- Blueberries
- Cranberries
- Lemons
- Limes
- Raspberries
- Strawberries
- Tomatoes

### **Low Carb Meat and Poultry**

When purchasing meat and poultry, it is best to buy organic and grass-fed food whenever possible. Consume meats and poultry that are higher in fat as opposed to lean meats.

- Bacon, no sugar
- Beef, all
- Chicken, all
- Cold Cuts, no sugar

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- Duck
- Lamb
- Organ Meats
- Pork, all
- Turkey
- Veal

### **Low Carb Seafood**

I love seafood, it's quick-cooking and high in protein and healthy Omega-3 fats. Note that canned tuna, salmon, herring, sardines, are fine too. Make sure to check the label for unwanted oils.

- Fish - salmon, mackerel, tuna, tilapia, flounder, cod, halibut, trout, tuna, sardines, herring, etc.
- Shellfish - shrimp, scallops, clams, oysters, mussels, etc.

### **Beverages**

Make sure that all beverages contain no sugar.

- Almond Milk
- Bone Broth
- Cashew Milk
- Coconut Milk
- Hemp Milk
- Coffee
- Matcha Tea
- Seltzer, unsweetened
- Green Tea, unsweetened
- Black Tea, unsweetened
- Water

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### **Herbs and Spices**

Here is a list of the most common herbs that you will find.

- Basil
- Bay Leaves
- Chives
- Cilantro
- Dill
- Lavender
- Marjoram
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme
- Spices - salt, pepper, paprika, garlic powder, chili powder, cumin, turmeric, ginger, etc.

### **Sweeteners**

Use natural sweeteners that have little effect on blood sugar. Here is a list of the most common.

While honey and maple syrup are natural sweeteners, they have a high sugar content and need to be avoided.

- Erythritol
- Stevia - liquid or powdered with no additives.
- Swerve brand sweetener
- Xylitol

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- Monk Fruit
- Allulose

### **Fats and Oils**

On a keto diet you'll want to consume lots of healthy fat to burn as fuel. The best healthy fats to consume are those with high amounts of saturated fatty acids like MCT oil, coconut oil, tallow, and lard.

- **Animal Fats - lard**
- Avocado Oil
- Butter
- Chia Seeds
- **Coconut Oil**
- Flaxseeds
- Mayonnaise - avocado oil or olive oil mayonnaise
- **MCT Oil**
- Nuts and Nut Butters - please note that some nuts are higher in carbs than others, the highest carb nuts are pistachios, peanuts, pine nuts, and sunflower seeds. The lowest carb nuts are cashews, macadamia nuts, pecans, walnuts, and Brazil nuts.
- Nuts, dry roasted
- Salad Dressings - made with acceptable oils and whole ingredients only
- Olive Oil
- Peanut Oil
- Sesame Oil
- Sunflower Oil

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**Low Carb Vegetables**

- Artichokes
- Arugula
- Asparagus
- Bean Sprouts
- Peppers, Bell
- Peppers, Hot
- Bok Choy
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Garlic
- Greens
- Green Onion
- Kale
- Leeks
- Lettuce
- Mushrooms
- Olives
- Onion
- Pickles
- Radishes
- Snow Peas
- Spinach
- Squash, Yellow
- Tomatoes
- Zucchini

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### **Dairy and Eggs**

- Cheese
- Cottage Cheese
- Cream Cheese
- Eggs
- Greek Yogurt
- Half and Half
- Heavy Cream
- Sour Cream
- Whole Milk
- Butter
- Ghee

### **Condiments and Sauces**

All condiments, sauces, dressing, etc. should be sugar-free, use only healthy fats and ingredients. Always check the label as these often have hidden ingredients and sugar.

- Soy Sauce - use coconut aminos or tamari sauce
- Vinegar
- Worcestershire
- Mustard
- Mayonnaise - avocado oil or olive oil mayonnaise
- Ketchup - unsweetened or sugar-free
- BBQ Sauce - sugar-free
- Olives - use jarred versus canned
- Pickles
- Pizza Sauce - check for oils and added sugar
- Salsa
- Hot Sauce
- Salad Dressings - check for oils and added sugar

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### **Low Carb Flours and Baking**

- Almond Flour
- Chia Seeds
- Cocoa Powder
- Cacao Butter
- Chocolate, Unsweetened
- Coconut Flour
- Coconut Flakes
- Flax Seeds
- Gelatin
- Hemp Seeds
- Macadamia Nut Flour
- Matcha Powder
- Pork Rinds
- Protein Powder - check the carbs before using, some are quite high!
- Extracts (pure, not imitation) - almond, vanilla, banana, maple, etc.
- Xanthan Gum
- Egg White Powder

### **Stores**

- Target
- Trader Joe's
- Aldi
- Whole Foods
- Local farmer's market
- Thrive Market
- Costco
- Amazon
- Butcher Box

***Should you have any questions, please reach out to Enid! Contact Information:***

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***"You get more bees with honey be- kind" 🐝***