

# LOW-CARB DIET SHEET

If you're taking any medication, or under medical supervision, please check with your medical professional before embarking on any lifestyle change. Medications may need adjusting or reducing as you experience improvements.

## TIPS & GUIDANCE

- Eat only when hungry, and stop when you're full.
- Avoid all sugar and flour-based foods.
- Crowd out the junk and processed food at every meal and snack with nutrient-dense food: good-quality meat or fish, non-starchy vegetables, full-fat dairy, nuts and seeds. This way, processed, high-carb foods will make less of an appearance on your plate.
- When beginning, read ALL food labels. You will soon learn what to buy and what to avoid. Even different brands of the same food can vary.
- Do not trim fat from meat – this will keep you fuller for longer and it tastes amazing.
- Choose food that has been processed as little as possible. Shop around the outer aisles of the supermarket, so visit the vegetable, meat and chiller cabinets. Avoid the inner aisles which have processed junk food and soda.
- Don't drink your calories. Soda, fruit juice, flavoured milks and smoothies are packed with sugar. Drinking a glass of orange juice isn't the same as the goodness from six oranges – it's the same as drinking the sugar from six oranges.

- Eat enough healthy fat to keep you full until the next meal.
- If you are overweight, fruit is not your friend. Enjoy low-sugar berries instead, in limited quantities.
- Sweeteners can be used in low-carb baking, but don't rely on these long-term. An important part of going low carb is giving up your sweet tooth. Enjoy them occasionally so you won't reach for high-carb, processed junk.
- Diet drinks can help you get off the sugary soda, but eventually you should give these up altogether.
- When eating out, avoid breaded, battered or crumbed dishes, pasta, rice and anything with sweet sauces. Decline the bread basket. Choose steak with creamy sauces, fish, Caesar salad (without croutons), vegetables (with added butter) and burgers (skip the bun and swap the fries for a salad).
- You may experience tiredness and a headache in the first few days, so add salt to your meals and drink plenty of water to stay hydrated.
- Be organised, plan your meals a few days at a time and stock your pantry and fridge.



AVOID

- Cakes, biscuits, sweets, chocolate, ice cream, bread, pasta, rice, battered/crumbed food, potatoes, soda and juice
- Margarine and processed vegetable oils such as corn oil, sunflower oil, canola oil, rice bran oil
- Beer (it's pretty much liquid bread), sweet wines, sweet liqueurs, sweet mixers
- High-sugar fruit such as melon, pineapple, bananas, oranges, apples and mango



## ENJOY

- Vegetables: crowd your meal with non-starchy vegetables such as avocado, spinach, mushrooms, broccoli, cauliflower, kale, silverbeet, cabbage, Brussels sprouts, cucumber, olives, lettuce, celery, peppers etc
- Protein: eggs, chicken, beef, lamb, pork, fish, salmon, tuna, duck, turkey, shellfish, full-fat milk and a wide variety of cheeses. Choose processed meat such as bacon, sausages, ham and salami wisely. Choose the best you can find, with minimal processing, fillers and sugar. Choose ham off the bone
- Fats: extra-virgin olive oil, butter, coconut oil, avocado oil, macadamia oil
- Drinks: water, tea, coffee, herbal tea
- Enjoy the occasional alcoholic drink: red wine, dry white wine, spirits with sugar-free mixers
- Low-sugar, nutrient-dense fruit such as berries
- Sauces: mayonnaise, mustard, salsa, guacamole, vinegar, pesto. Check all labels for hidden sugars and carb content
- Treats: dark chocolate and low-carb baking

### *Easy low-carb meal options*

Choose quality meats and non-starchy vegetables with plenty of healthy fat to keep you full

#### *Breakfast*

- Eggs: boiled, scrambled, fried, poached or omelette
- Grain-free granola with berries and full-fat yoghurt
- Leftovers
- Creamy coffee
- Low-carb pancakes and waffles

#### *Dinner*

- Steak, blue cheese, salad or vegetables
- Roast dinners
- Meatloaf
- Slow-cooker curries with cauliflower rice
- Pre-cooked chicken with salad
- Low-carb versions of spaghetti bolognese, pizza, pies, quiche, nachos or sausage rolls

#### *Lunch*

- Leftovers are king! Place leftovers straight into a container for work or home.
- Salads with cold meat, tuna, salmon, avocado, olives, cheese, full-fat mayonnaise or extra-virgin olive oil
- Bunless burgers
- Crustless bacon and egg pie or crustless quiche

#### *Snacks*

- Cheese
- Eggs
- Nuts (in limited quantities)
- Berries and cream
- Cold meat off the bone
- Avocado
- Tinned/canned tuna