

Low Carbohydrate Food List

<u>Good Food</u>	<u>Bad Food</u>
Fish	Sugar
Seafood	Potatoes, Rice, Pasta
Beef, Chicken, Pork	Bread, Cakes, Pastries, Cookies
Turkey, Eggs	Processed foods, Peas, Corn,
Leafy Vegetables, Spinach	Carrots Chips, Tortillas,
Cabbage, Broccoli, Peppers	Instant Oatmeal, Fruits
Cucumbers, Pickles, Olives	Alcohol
Peppers, Spices	Pre-Prepared and Processed foods
Low fat cheese-white	
Plain Yogurt, Low-Fat Mayo	
Real Cooked Oatmeal	
I Can't Believe its Not Butter Spray	
Smart Balance Butter Spray	
Unsweet Tea, Crystal Lite	
Splenda, Truvia, Stevia Sweetener	
Low Fat Dressings (Walden Farms)	
Ideal Protein Products	
Fiber Shake (Mix vanilla protein powder, water, and 1 scoop Metamucil) or other flavorless fiber supplement	<i>Fiber reduces your risk of colon cancer, breast cancer, and helps lower cholesterol. If gluten or lactose intolerant, check ingredients on the type of protein purchased.</i>

<u>Limited Foods</u>
Low Fat Milk
Beans
Squash
Dark Chocolate
Fruits: (Best of group) Grapefruit, Berries, Apple, Pear