



HEALTH RESULTS

Inspired Wellbeing and Preventative Healthcare

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

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

| Enjoy some | | | |
|------------------------|------------------------|-------------------|------------------|
| Higher protein content | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| Higher fat content | Tofu | | |
| | | | |
| | Soya | | |
| | | | |
| | Δ Greek yogurt (plain) | Δ Pumpkin seeds | Δ Cashew nuts |
| | Δ Houmous | Δ Melon seeds | Δ Pistachio nuts |
| | Δ Avocado | Δ Sunflower seeds | |
| | | Δ Peanuts | |
| | Δ Coconut | | |
| | | | |

| Eat 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

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

| | |
|-----------------|-------|
| 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 |

Enjoy some

| | |
|---------------|----|
| Swede | 5g |
| Turnip | 5g |
| Grapefruit | 5g |
| Raspberries | 5g |
| Blackcurrants | 6g |
| Blackberries | 6g |
| Plums | 6g |
| Strawberries | 6g |
| Pears | 6g |

Eat in smaller amounts

| | |
|------------------|-----|
| Melon | 7g |
| Apricots | 8g |
| Beetroot | 8g |
| Peaches | 8g |
| Pomegranate | 8g |
| Onions | 8g |
| Orange | 8g |
| Butternut squash | 8g |
| Sweetcorn | 8g |
| Blueberries | 9g |
| Gooseberries | 9g |
| Nectarine | 10g |
| Apples | 10g |
| Pineapple | 11g |
| Parsnips | 12g |

Minimise or avoid

| | |
|--------------|-----|
| Cherries | 15g |
| Grapes | 17g |
| Carrots | 20g |
| Potatoes | 20g |
| Sweet potato | 20g |
| Bananas | 20g |

Avoid

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-creams, breakfast bars, sauces with natural or added sugar, fruit juices, sugar sweetened drinks, honey, jams, syrups.

| | |
|-------------------------------|--------|
| Whole wheat pasta (cooked) | 28g |
| Pearl barley | 28g |
| Yam | 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 |