



100

Low-Carb Foods

Naturally Low in Sugar!

by Dr. Becky Gillaspay, DC

Low-Carb Foods

Courtesy of Dr. Becky Fitness

Animal-Based Low-Carb Foods

Meat & Eggs

Meats

- Beef
- Chicken
- Turkey
- Pork
- Lamb
- Veal
- Venison
- Bison
- Organ meats

Processed Meats (limit your intake)

- Bacon
- Pork Rinds
 - (Cracklings)
- Beef Jerky
- Lunchmeats

Fish & Seafood

Fish

- Catfish
- Flounder
- Haddock
- Mackerel
- Salmon
- Shrimp
- Squid
- Tilapia
- Trout

Seafood

- Crab
- Crawfish
- Oysters
- Scallops
- Shrimp

Dairy

Full-fat Yogurt, Heavy Cream, Half & Half, Sour Cream, Cheeses

Animal-Based Fats

Butter, Lard, Tallow

Plant-Based Low-Carb Foods

Miscellaneous

Coffee & Tea

Herbs & Spices

Dark Chocolate (72% cacao or higher)

Vegetables

- All Leafy Greens
- Artichoke
- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Collard Greens
- Cucumbers
- Eggplant
- Green Beans
- Jicama
- Kale
- Kohlrabi
- Leeks
- Mushrooms
- Mustard Greens
- Okra
- Onions
- Peppers
- Radishes
- Snow Peas
- Summer Squash
- Swiss Chard
- Tomatoes
- Zucchini

Nuts & Seeds

Nuts

- Pecans
- Brazil Nuts
- Macadamias
- Walnuts
- Hazelnuts
- Almonds
- Pine Nuts
- Pistachios
- Cashews

Seeds

- Chia Seeds
- Hemp Seeds
- Flaxseeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

Nut Butters

Almond Butter, Cashew Butter,
Sunflower Butter, Macadamia Butter,
Natural Peanut Butter

Fruits

Lowest Carb Fruits

- Avocados
- Coconuts
- Lemons
- Limes
- Olives

Other Low-Carb Fruits

- Apples
- Apricots
- Berries
- Cantaloupe
- Cherries
- Grapefruit
- Honeydew
- Kiwi
- Oranges
- Peaches
- Watermelons

Plant-Based Fats

Avocado Oil, Coconut Oil, Flaxseed Oil, MCT Oil, Olive Oil, Walnut Oil (Limited Vegetable Oils)

What Can You Eat on a Low-Carb Diet?

Low-carb diets are becoming increasingly popular, but which foods are low in carbohydrates?

On the previous page, you'll find 100 healthy low-carb food choices. I encourage you to print that page, so you have it as a quick reference.

If you'd like more details about what you can eat on a low-carb diet, please read on!

Benefits of a Low-Carb Diet

- Naturally low in sugar
- Stabilizes blood sugar levels
- Reduces your appetite and sugar cravings
- Helps you lose weight
- Low in gluten and other inflammatory substances
- Delicious foods!

How Many Carbs Should I Eat on a Low-Carb Diet?

The carbohydrate intake level for a low-carbohydrate or keto diet is debated. The consensus is as follows:

The upper limit of a low carb diet – 125 grams per day

The low-carb range – 50 to 125 grams per day

The keto range – under 50 grams per day

Low-Carb Identification Trick

The best way for you to quickly classify whether a food is low-carb is to think about its source. Did it come from an animal or a plant?

Plants are the living organisms that make carbohydrates.

Photosynthesis is the process that plants use to make carbs from the raw materials of sunlight, carbon dioxide, and water.

All plant foods will contain carbs, but that doesn't rule them out of a healthy low-carb diet. You just need to pick the right ones.

Low-Carb Meats, Fish, Seafood, Eggs

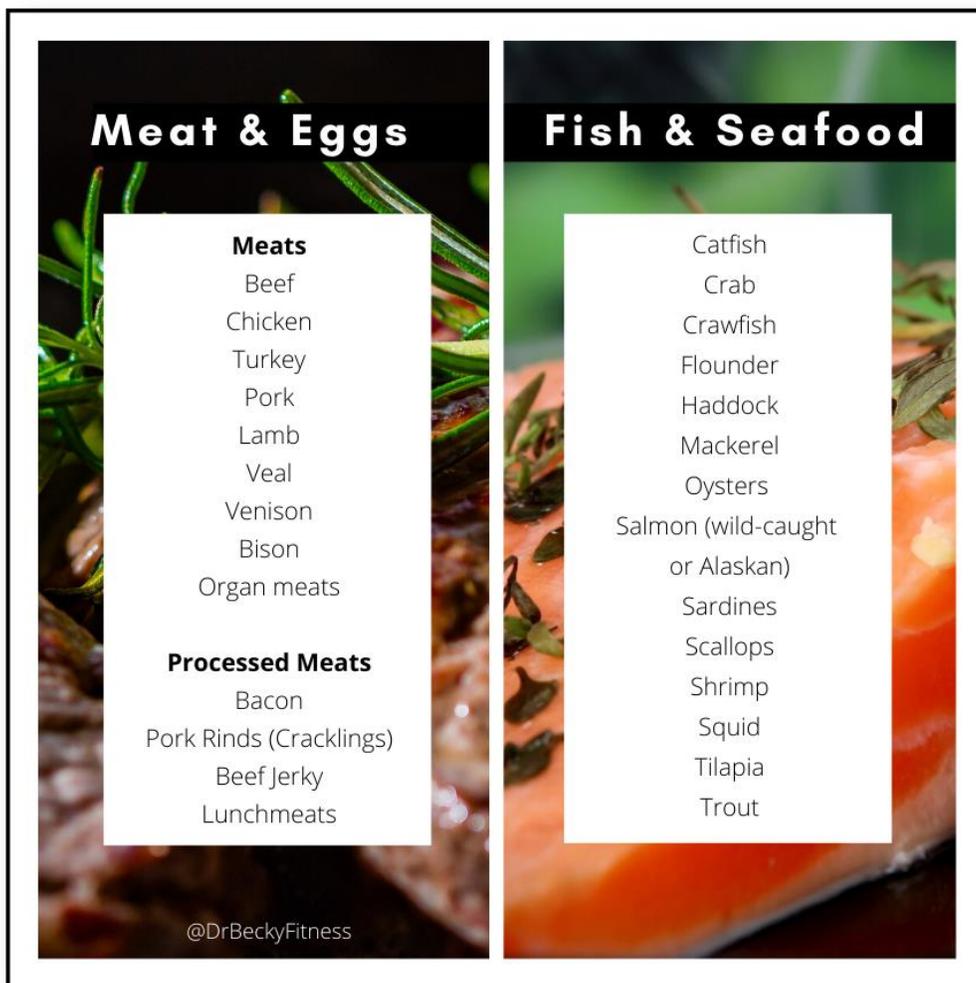
Most foods that come directly from animals contain only trace amounts of carbs.

Meats can come from any source, including beef, poultry, pork, lamb, venison, and bison. There are also processed products that come from meats that count as low-carb foods like bacon, pork rinds, beef jerky, and lunchmeats.

As with any food, processing lowers the nutrient quality of the food, so you will be happiest with the overall quality of your diet if you limit processed meats. Choose them wisely to avoid unhealthy ingredients as well as hidden sugars, which will increase the carbs.

All varieties of fish and seafood, from wild-caught salmon and haddock to shrimp and scallops, can be enjoyed as part of a low-carb diet.

The very versatile egg is a great addition to a low-carb diet and works great as a snack, meal, or recipe ingredient.



Dairy Foods

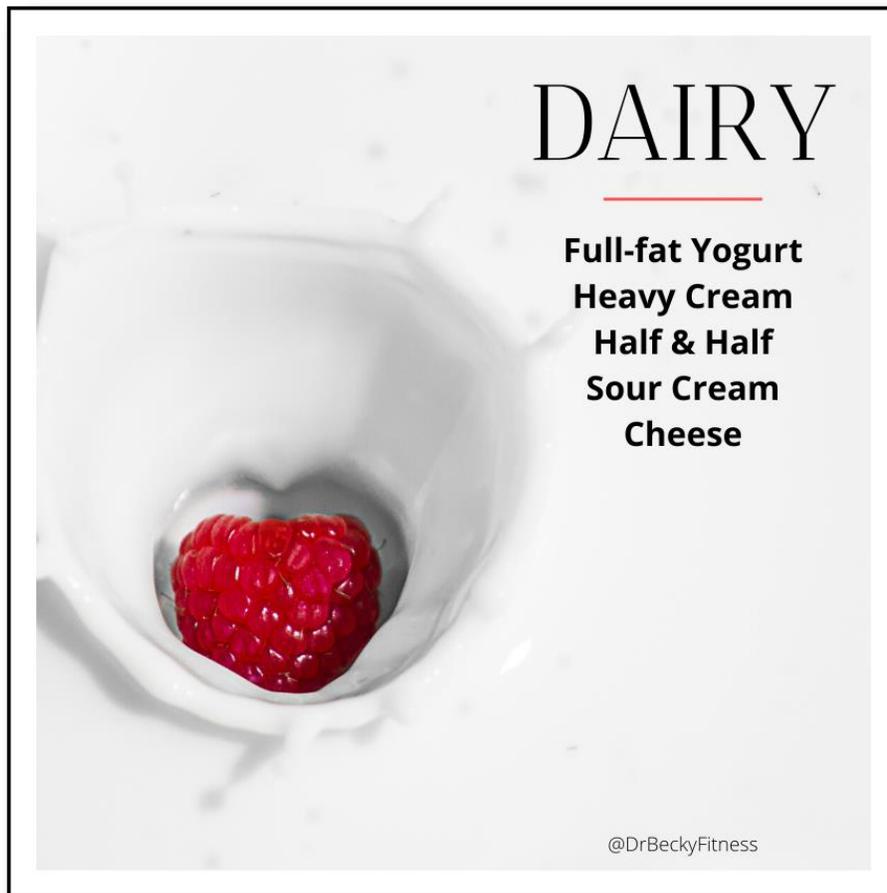
Dairy products are the category of animal-based foods that you'll want to pay attention to when counting carbs. There are two reasons.

1. Dairy contains a natural sugar called lactose.
2. Dairy foods are often sweetened, which can increase the carb count of the food.

While it doesn't apply 100 percent of the time, a general rule of thumb is that the higher a dairy food is in fat, the lower it is in the milk sugar lactose. For instance, a quarter cup of heavy cream has about one and a half grams of carbs, whereas the same amount of fat-free, skim milk has twice the carbs.

Fat also provides flavor, so full-fat dairy foods don't need to rely on added sweeteners like their low-fat counterparts. Read your labels, and don't be afraid to choose the full-fat, low-sugar varieties.

The dairy foods that can fit into a low carb diet include full-fat yogurt, heavy cream, half-n-half, sour cream, and different varieties of cheese. Again, pay attention to the carb count of dairy foods.



Fats & Oils

We can round out our list of low-carb animal-based foods with cooking fats. Those that come from animals include butter, lard, and tallow.

This also provides a perfect segue into plant-based low-carb foods because we get some oils from plants, including avocado oil, coconut oil, and olive oil.

There are also oils classified as vegetable oils such as soybean, sunflower, and canola oil. These oils fit on the low-carb list, but I do not use them due to their questionable health value. If you want to know more about that, you can see the blog post on my website (www.DrBeckyFitness.com) [the best cooking oils](#).



Fats & Oils

Animal-based Fats

- Butter
- Lard
- Tallow

Plant-based Fats

- Avocado oil
- Coconut oil
- Flaxseed oil
- MCT oil
- Olive oil
- Walnut oil
- (Vegetable oils – questionable health value)

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Plant-Based Carbs

All whole plant foods contain carbs, but that doesn't rule them out of a healthy low-carb diet. You just need to pick wisely so that you're getting the vital nutrients from the plant foods without excess carbs.

Let's continue our list of low-carb plant foods, and I am going to (for the most part) list them from the lowest carb content to highest.

Coffee & tea come from coffee beans or tea leaves and contain only a trace amount of carb grams, making them favorite choices for low-carb dieters.

Herbs and spices also come from plants, so they contain trace amounts of carbohydrates. This is typically a non-issue because spices tend to be used in small quantities.



Low-Carb Vegetables

Leafy greens are a great low-carb vegetable choice, and many other non-starchy vegetables will fit into your low-carb lifestyle.

A few of the more popular low-carb vegetables include asparagus, green beans, broccoli, cauliflower, mushrooms, and onions.

Onions are a bit higher in carbs than the other vegetables mentioned, so that is something you might want to pay attention to if you are following a very-low-carb/keto-style diet.

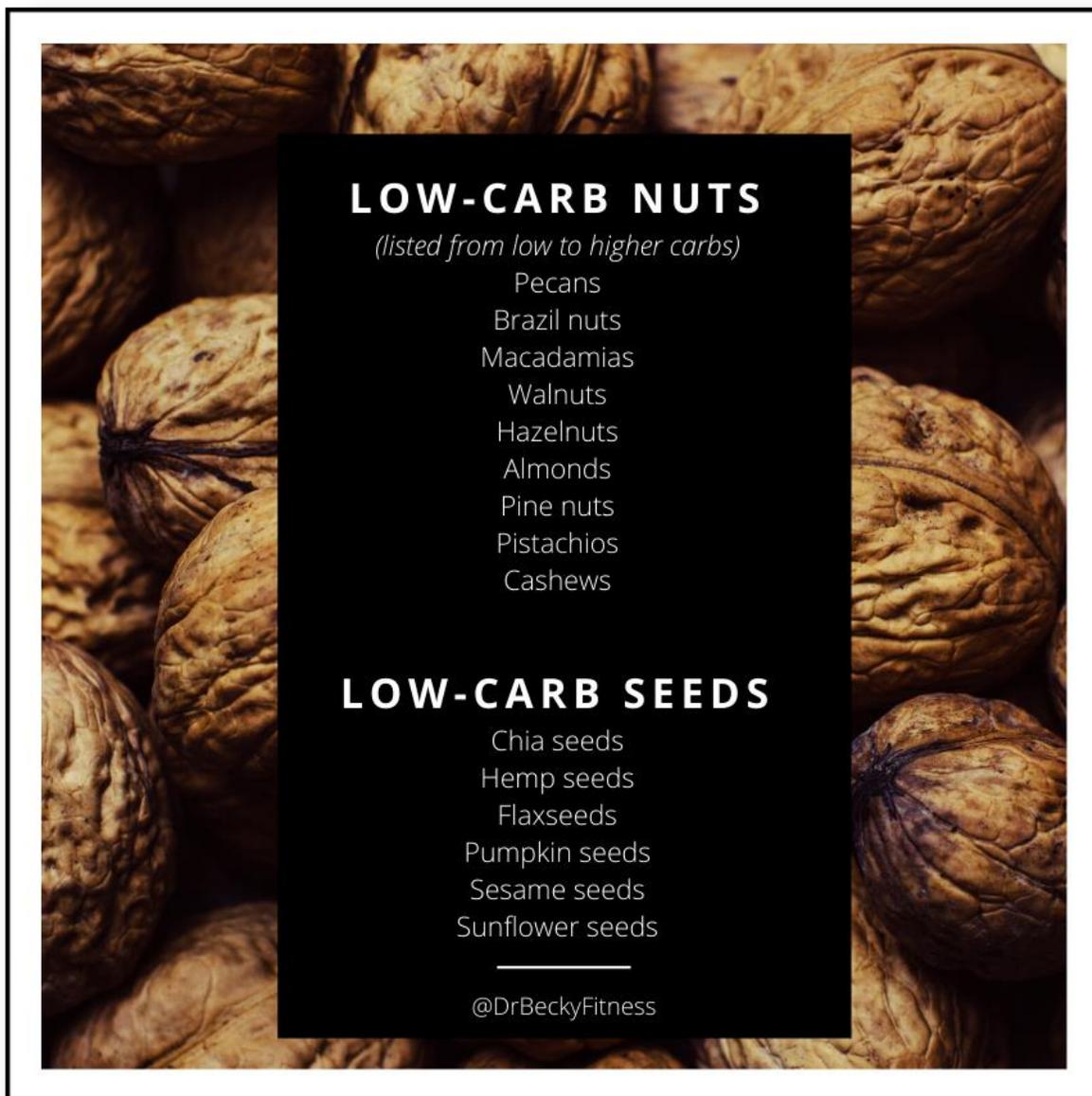


Nuts & Seeds

Nuts and seeds qualify as low-carb foods but monitor how many you are eating because they are easy to overeat. The carb content will also vary with nuts with pecans, walnuts, and macadamia nuts being lower in carbs than pistachios and cashews.

Low-carb seeds add a great crunch as a salad topper and can be blended into recipes to enhance the health values.

Raw seeds and nuts are good choices because they allow you to avoid the unhealthy oils that are used in roasting. Some favorites include chia, hemp, sunflower, and pumpkin seeds.



Nut Butters & Flours

With the popularity of low-carb diets, we are seeing a rise in the popularity of butter derived from nuts and seeds.

These natural kinds of butter have a place on our list, but they are even easier to overeat than the nuts and seeds themselves. You also have to read the label to make sure that other ingredients, including sugar, were not added.

We also can grind nuts and similar plant foods to give us flour like almond or coconut flour for baking.

While these flours may have some health benefits when compared to white flour, anytime you refine a whole food, it changes the way your body handles it. If you are using a low-carb diet to lose weight, you'll be happiest with your results if you avoid or limit all types of flour.



NUT & SEED BUTTERS

- Almond Butter
- Cashew Butter
- Sunflower Butter
- Macadamia Butter
- Peanut Butter
(natural)

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Low-Carb Fruits

There are many varieties of fruit. Some make the low-carb list, and others do not. Fruits that are generally regarded as being low-carb friendly include avocados, coconuts, lemons, limes, and olives.

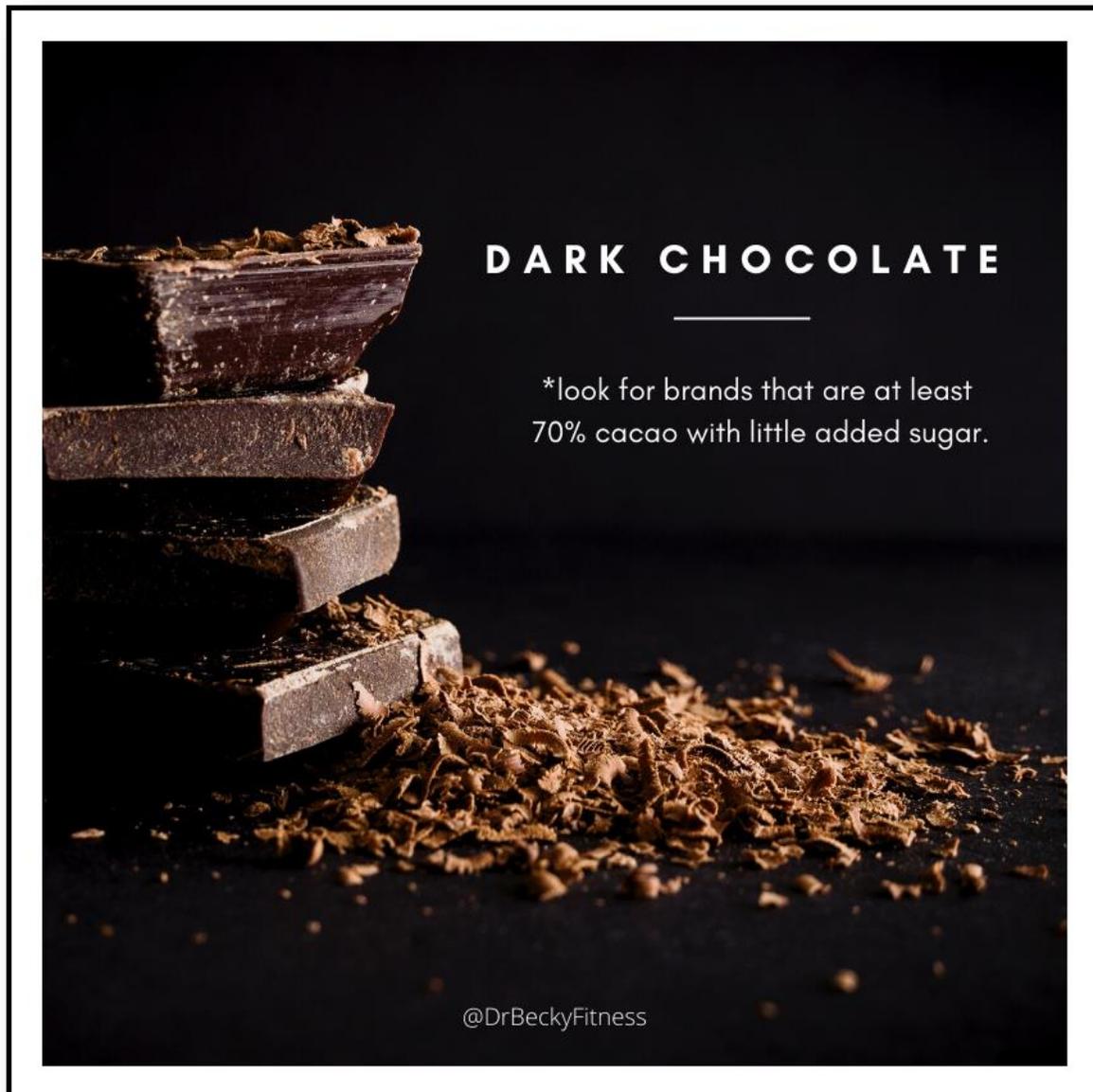
There are other fruits that are not super high in carbs that can fit into a low-carb diet for some people. These include apples, apricots, berries, cantaloupe, cherries, grapefruit, oranges, peaches, and watermelon. However, if you are weight loss resistant, you may find that you need to limit your overall fruit intake.



Dark Chocolate

I am also going to give an honorable mention to dark chocolate. For dark chocolate to qualify as low-carb friendly, you'll need to look for brands that are at least 70% cacao with little added sugar.

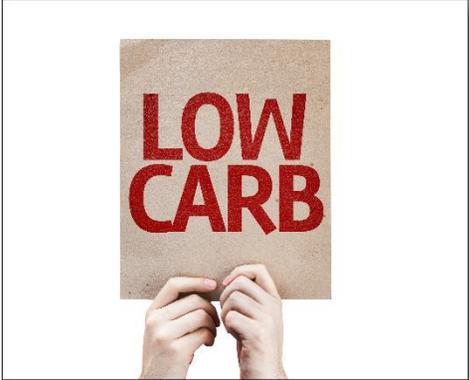
Just a side note: dark chocolate is an acquired taste; the longer you're following a low carb diet, the more your taste buds will adjust, allowing you to taste the subtle sweetness.



Take the Next Step!

I hope you found this Low-Carb Food List and Guide helpful! When you are ready to take your next step, I encourage you to check out our 21-Day Challenges.

We offer two challenges that eliminate all the guesswork of eating a low carb or keto diet. You'll receive daily menus delivered directly to your email inbox along with more than 70 recipes. Learn more about which challenge is right for you on <https://www.drbeckyfitness.com/>

LOW-CARB CHALLENGE	KETO CHALLENGE
	
<p>Interested in starting a low-carb diet, but you don't want to go fully keto? By simply reducing your carbohydrate intake, you stabilize your blood sugar and insulin levels, making it easier for your body to burn fat.</p> <p>Learn about our 21-Day Low-Carb Challenge Here</p>	<p>Are you curious about trying a keto diet, but concerned about how to put the diet together? Our 21-Day Keto Challenge provides you with daily menus that feed your body a healthy mix of nutrients to get your body into ketosis.</p> <p>Learn about our 21-Day Keto Challenge Here</p>