



**Top Low-Carb Foods – thanks to [www.nutritionadvance.com](http://www.nutritionadvance.com)**

- **About the Carb Count** - for all foods, the carb count is **per 100g/ml.** of the raw food.
- **‘Total carbs’** refers to the overall amount of carbohydrate in the food.
- **‘Net carbs’** means the amount of non-fibre carbohydrate in the food—the carbs that are digestible and therefore count. (The rest is good old roughage!)
- Some foods can be high in carbohydrate but very low in net carbs (such as cacao), while others can be the opposite.
- As a general guide, the upper limit for maintaining your weight is approx. **100g net carbs**, and for weight loss you can reduce this to approx. **50g net carbs** per day. (Do check with your doctor before starting a diet if you have any health issues.)

<b>DAIRY</b>	<b>Total Carbs</b>	<b>Net Carbs</b>
Butter	0.1	0.1
Cheese (hard – parmesan)	3.2	3.2
Cheese (medium hard – cheddar)	1.3	1.3
Cheese (soft – brie)	0.5	0.5
Clotted Cream	2	2
Cottage Cheese	3.4	3.4
Cream Cheese	4	4
Ghee	0.4	0.4
Greek Yogurt	4	4
Heavy Cream	2.8	2.8
Kefir	5	5
Milk (whole)	5	5
Sour Cream	4	4
Quark	4	4

**NOTES:**

Full-fat dairy foods are one of the best things you can eat but for animal welfare and environmental reasons, **CHOOSE ORGANIC**. Dairy foods are low in carbohydrate and full of beneficial fat-soluble vitamins. However, while full-fat milk is a perfectly healthy food it contains about 5g lactose (milk sugars) per 100ml. So be esp. careful with café coffees – one cappuccino is at least a quarter of your daily carb requirement.

**FRUIT**

Avocado	9	2
Blackberries	10	5
Blueberries	14.5	12.4
Cranberries	12.2	7.6
Elderberries	18.4	11.4

Gooseberries	10.2	5.9
Lemon	9.3	6.5
Lime	11	8
Olives (black)	6.3	3.1
Olives (green)	4	1
Raspberries	11.9	5.4
Rhubarb	4.5	2.7
Strawberries	7.7	5.7
Tomatoes	3.9	2.7

**NOTES:**

While all fruit is possible if you carefully monitor carbs, the most keto friendly fruits are avocado, olives, tomatoes, rhubarb, and blackberries.

**MEAT**

Bacon		1.5*
Beef – all cuts	0	0
Buffalo	0	0
Ham	0	0
Lamb	0	0
Mutton	0	0
Organ Meats – liver	3.8	3.8
Pork	0	0
Prosciutto	0.3*	0.3*
Salami	3.8*	3.8*
Sausages	0*	0*
Venison	0	0

**NOTES:**

Organic grass-fed meat is best because it has a slightly more beneficial nutrient profile and higher amounts of omega-3 and conjugated linoleic acid. \*values based on 99% meat, no additives.

**NUTS**

Almonds	21.7	9.5
Brazil Nuts	12.3	4.8
Hazelnuts	16.7	7
Macadamia	14.2	5.6
Peanuts	16.1	7.6
Pecans	14	4.4
Pine Nuts	13.1	9.4
Walnuts	13.7	7

**NOTES:**

Nuts are a healthy food but they are **very** energy dense; 100g of nuts can come to around 700 calories. With this in mind, don't go crazy on snacking with nuts—a small handful is easily enough. Choose fresh brazils, pecans and macadamia.

## OILS AND FATS

Avocado Oil	0	0
Butter	0.1	0.1
Coconut Oil	0	0
Extra Virgin Olive Oil	0	0
Ghee	0	0
Goose Fat	0	0
Lard	0	0
Macadamia Nut Oil	0	0
Red Palm Oil	0	0
Tallow	0	0

### NOTES:

There are many great oils and fats that taste delicious and are also good for you. Butter, coconut oil, and extra virgin olive oil should be the first choices on your shopping list. **AVOID** margarine, trans fats, and industrial vegetable oils. **BUY ORGANIC.**

## POULTRY AND EGGS

Chicken	0	0
Duck	0	0
Eggs	0.8	0.8
Goose	0	0
Turkey	0	0
Quail	0	0

### NOTES:

Eggs have a large number of benefits and if you have any concerns over their cholesterol content, don't worry. Dietary cholesterol is very different to plasma cholesterol (the amount in our blood), and it is *"no longer a nutrient of concern"*

## FISH

Anchovy*	0	0
Bream	0	0
Carp	0	0
Catfish	0	0
Cod	0	0
Flounder	0	0
Haddock	0	0
Halibut	0	0
Herring	0	0
Mackerel*	0	0
Sardines*	0	0
Salmon*	0	0
Swordfish	0	0
Tilapia	0	0
Trout*	0	0

Tuna	0	0
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**NOTES:**

All these fish are low in mercury and also contain decent amounts of omega-3 fatty acids.

\*These are the best choices.

**SEAFOOD**

Abalone	6	6
Clams	2.6	2.6
Cockles	4.7	4.7
Crab	0	0
Eel	0	0
Lobster	0.5	0.5
Mussels	3.7	3.7
Octopus	2.2	2.2
Oysters	3.9	3.9
Scallops	0.8	0.8
Sea Squirt	2.2	2.2
Shrimp	0.9	0.9
Squid	3.1	3.1

**NOTES:**

Shellfish are also full of nutrients, and they are some of the healthiest foods you can eat.

**SEEDS**

Chia Seeds	43.8	6.1
Flaxseed	28.9	1.6
Hemp Seeds	12	5
Pumpkin Seeds	17.8	14.9
Sesame Seeds	23.4	11.6
Sunflower Seeds	20	11.4

**NOTES:**

Seeds are high in fat and contain a large amount of fibrous carbohydrate. On the negative side, they aren't the tastiest of foods, but they do add texture and lightly toasted seeds can add lots of taste.

**VEGETABLES**

Artichoke	10.5	5.1
Asparagus	3.9	1.8
Beets	13	9.2
Bell Pepper	6.3	4.2
Bok Choy	2.2	1.2
Broccoli	7	4
Brussels Sprouts	9	5
Cabbage	5.8	3.3
Carrot	10	7
Cauliflower	5.3	2.8

Celery	3	1
Chives	4.4	1.9
Cucumber	3.6	3.1
Eggplant	6	3
Garlic	33.1	31
Green Onion	7.3	4.7
Kale	10	8
Kohlrabi	6.2	2.6
Leek	14.2	12.4
Mushrooms (white)	3.3	2.3
Napa Cabbage	3.9	2.6
Okra	7	3.8
Radish	3	2
Romaine Lettuce	3.3	1.2
Red Onion	9	7
Rutabaga	8	5
Spaghetti Squash	6.5	5.1
Spinach	3.6	1.4
Turnip	6.4	4.6
Yellow Onion	9	7
Zucchini	3	2

**NOTES:**

Some veggies offer more health benefits than others, however, spinach is the king of low carb vegetables, followed by all leafy green. Limit the servings of root veg and squashes.

**Alcohol:**

Spirits - negligible (watch the mixers though!)

Wine – 2.7g (Champagne is best!)

Beer – 3.6g

Liqueurs – 67g

<https://www.dietdoctor.com/low-carb/alcohol>

\*Remember, all these values are per 100g/100ml

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