

Low Carb High Fat Diet for Diabetics and Weight Loss

| YES | AVOID (small quantities only) | STOP |
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| <p>Meats Any type including lamb, chicken, beef, pork, fish and shellfish</p> <p>Eggs Whole eggs including yolk. Omelette.</p> <p>Vegetables Grown above ground, all kinds of cabbage, cauliflower, broccoli, Brussel sprouts, asparagus, courgettes, eggplant, olives, spinach, mushrooms, cucumber, lettuce, avocado, onions, peppers, tomatoes etc</p> <p>Fruit Unripe and firm, NOT soft and sweet Small quantities of low sugar fruits like cherries, strawberries, prunes,</p> <p>Dairy If on low carbs can select full fat options like real butter, cream, sour cream, yoghurt and high fat cheeses.</p> <p>Nuts and Seeds Almonds, walnuts, hazelnuts, macadamia nuts, sunflower seeds, pumpkins seed etc.</p> <p>Drinks Water, flavoured water. Squash- No sugar, Zero Coke, Lassi</p> | <p>Root Vegetables. Yams, sweet potatoes, carrots, beetroots, turnips, parsnips etc max once in a day occasionally (small quantities esp potatoes)</p> <p>Fruit Treat fruit as a natural form of sugar: have firm unripe pears, and unripe apples, oranges</p> <p>Alcohol Only in moderation: Dry wine, whisky, brandy, vodka and cocktails without sugar. Once or twice per week</p> <p>Dark chocolate Above 70% cocoa, preferably just a bit once or twice per week</p> <p>Drinks Fresh fruit juices Fresh homemade fruit smoothies</p> | <p>Wheat flour Chapatti's, Naans, Pitta, Pizza, Bread</p> <p>Sugar Anything containing added sugar, soft drinks, sweets, juice, sports drinks, chocolate, cakes, buns, pastries, ice cream, breakfast cereals, avoid sweeteners as well</p> <p>Starch & Grains Bread, pasta, rice, potatoes, French fries, potato crisps, cereals, porridge, muesli, etc Wheat flour, Chapatti's Naans, Pitta bread Pizza</p> <p>Fruit Banana, grapes, ripe soft pears and apples, mango, pineapple</p> <p>Processed oils Margarine, cooking oils</p> <p>Beer As full of carbs.</p> <p>Drinks Coke, Pepsi, Lucozade Orangeade, Lemonade, Sweetened smoothies. Carton Fruit juices, Energy drinks, Red Bull.</p> |

Modified Dr Kesar S Sadhra 07.04.17

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For more information, please look at the following websites:

www.diabetes.co.uk

<https://phcuk.org/> (Public Health Collaboration)

www.dietdoctor.com

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