

LOW CARB

A low-carb diet limits the amount of carbohydrates you eat. Carbohydrates are grouped as simple natural (lactose in milk and fructose in fruit), simple refined (table sugar), complex natural (whole grains or beans) and complex refined (white flour).

A low-carb diet limits carbohydrates and emphasizes foods high in protein and fat. The protein and fat help you feel full longer, which help you eat less. Therefore it is easy to follow. Starting a low carb diet means you are going to eat good food to lose weight. Low-carb diets that emphasize healthy sources of carbs, fat and protein may help lower the risk of type 2 diabetes and heart disease.

Low-Carb Choices:

Avoid processed food.

Eat protein, fat (instead of carbs) and low-carb veggies.

Avoid sugar and starch.

There is a misunderstanding that all low-carb is good for weight loss – NO. Read the food labels.

Low-Carb Foods:

Egg and meats including chicken, fish, etc.

Non-starch vegetables like broccoli, asparagus, capsicum, leafy vegetables, cauliflower, mushrooms.

Fats and Oils like butter olive oil and coconut oil.

READ THE LABELS

	LOW	MED	HIGH
All measures per 100g	A healthier choice	OK most of the time	Just occasionally
Fat	3g or less	3.1g - 17.5g	More than 17.5g
Saturates	1.5g or less	1.6g - 5g	More than 5g
Sugars	5g or less	5.1g - 22.5g	More than 22.5g
Salt	0.3g or less	0.31g - 1.5g	More than 1.5g

High Fibre = 6g or more fibre per 100g

If you want to have a healthy diet, one of the key things you should do is try to cut down on fat, especially saturated fat, salt and added sugars.

Saturated fat is a 'bad' fat, and you should try to reduce your intake wherever possible. To achieve a healthy diet, limit your salt intake.

✓ **The Red colour** indicates the food is high in something we should limit.

✓ **The Amber colour** means that it is an acceptable food item to eat quite regularly.

✓ **The Green colour** indicates that the food is low in fat, sugar or salt. If you want to make the healthy choice when you are shopping, go for more greens and ambers, and fewer reds.