



Getting Started on a Low Carb Diet

What to Eat

- Green/ non-starchy vegetables – eat as much as you like – broccoli, asparagus, cauliflower, artichokes, mushrooms, tomato, eggplant, onion
- Proteins – eat freely – meat (beef, pork, lamb, fish), eggs. Limit processed meats like bologna, ham, sausages
- Natural Fat – eat freely – olive oil, avocados, coconut oils, full fat dairy

What NOT to Eat

- Added Sugars – Cut it out altogether
- Sugary drinks – Soda, fruit juices, iced teas and coffees, cocktails – cut out altogether and replace with water and tea.
- Starchy carbohydrates – Eat as little as possible. No ‘white’ carbs like white bread, white potatoes, white rice’. Avoid breakfast cereals.
- ‘Fat free’ foods – these usually have fat removed and sugar added
- Snacks – usually highly processed carbs such as biscuits, cookies, crackers
- Fruit – while natural, sweet fruits contain fructose, so minimize. Berries, apples and pears are a good choice.

Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?
Basmati rice	69	150	10.1
Potato, white boiled	96	150	9.1
French Fries baked	64	150	7.5
Spaghetti White boiled	39	180	6.6
Sweet corn boiled	60	80	4.0
Frozen peas, boiled	51	80	1.3
Banana	62	120	5.7
Apple	39	120	2.3
Wholemeal Small slice	74	30	3.0
Broccoli	15	80	0.2
Eggs	0	60	0

Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese

Further Resources:

- Videos: [Dr. Jason Fung's YouTube channel](#)
- Books: [The Diabetes Code](#), [The Diabetes Code Cookbook](#), [The Diabetes Code Journal](#)
- Fasting Support: www.TheFastingMethod.com