This diet is about providing your body with the nutrition/energy it needs and eliminating the food your body doesn’t require. Included in this brochure are foods and beverages that constitute a low carbohydrate, high fat, moderate protein diet to achieve your desired weight loss and maintain good health.
**General Guidelines:**
- Avoid nutritionally empty carbohydrates.
- For effective weight loss, keep your total grams of carbohydrates at 20 to 50 NET grams per day.
- Count carbohydrates only, no need to count calories.
- If the food is packaged, check the label for carbohydrate content.
- All foods may be cooked in a microwave, baked, boiled, stir-fried, sautéed, roasted, or grilled.
- Don’t limit the quantities of food you eat. Stop eating when you feel full.
- Minimize your intake of sugar and starches.
- Meet protein requirements.
- Eat as much fat as you want until you feel full.

**The Basics:**
- **Foods to eat:** Meat, fish, poultry, eggs, dairy, above ground vegetables, and natural/healthy fats (butter, ghee, coconut oil).
- **Foods to avoid:** Sugar and starches (breads, rice, pasta, potatoes, beans, corn, peas).

**Foods to Eat:**
- **Meat:** Beef, pork, lamb, game, poultry, etc. If possible, try to choose organic or grass-fed meats.
- **Fish and seafood:** All kinds. Fatty fish such as wild salmon, mackerel, sardines or herring are great sources of Omega 3’s.
- **Eggs:** Boiled, fried, scrambled, omelets, etc. Preferably pasture-raised.
- **Natural fat, high-fat sauces:** Using butter or cream for cooking can make your food taste better and make you feel more satisfied. Coconut or olive oil are good options.
- **Vegetables that grow above ground:** Cauliflower, broccoli, cabbage, Brussels sprouts, kale, collards, bok choy, spinach, asparagus, zucchini, eggplant, olives, spinach, mushrooms, cucumber, lettuce, avocado, onions, peppers, tomatoes, etc.
- **Dairy products:** Always select full-fat options like real butter, cream (40% fat), sour cream, Greek/Turkish yogurt and high-fat cheeses. Avoid regular milk, reduced fat, and skim milk as they contain a lot of milk sugar. Avoid flavored, sugary, and low-fat products.
- **Nuts:** Great for a treat (in moderation).
- **Berries:** Okay in moderation.
- **Avocados**

**Foods to Avoid:**
- **Sugar:** Soft drinks, candy, juice, sports drinks, chocolate, cakes, buns, pastries, ice cream, breakfast cereals. Avoid anything containing white sugar, brown sugar, honey, maple syrup, molasses, corn syrup, milk, flavored yogurts, fruit juice, and fruit.
- **Artificial sweeteners:** Splenda®, Sweet’n Low®, Equal®, aspartame, acesulfame K, sucralose.
- **Starches:** Bread, pasta, rice, potatoes, French fries, potato chips, porridge, muesli, oatmeal, cornstarch, etc. Legumes, such as beans and lentils.
- **Processed meats:** Bacon, sausage, pepperoni, bologna, processed deli meats.
- **Beer/alcohol:** Avoid.
- **Fruit:** High in carbohydrates, except berries in moderation.

**Nutritionally Empty Carbohydrates:**
- Sodas
- Desserts
- Candy
- Snack foods, etc.
Fats and Oils:
- All fats, oils and butter are allowed. Some oils are better for cooking.
- Use heart-healthy fats such as extra virgin olive oil, unrefined coconut oil, avocado oil, and other plant-based oils most often.
- Unrefined coconut oil is recommended for cooking as it is most stable at high temperatures. Ghee is stable at high heat and does not contain casein or lactose.
- Olive oil is recommended for cold dressings like salads.
- Avoid margarine or other hydrogenated oils that contain trans-fatty acid; these are not healthy fats.
- For salad dressings, the ideal dressing is a homemade oil and vinegar dressing with lemon juice and spices/herbs as needed.
- Blue cheese, ranch, Caesar and Italian are also acceptable salad dressings, if the label says 1-2 g of carbohydrates per serving or less.
- Avoid light dressings or low-fat dressings because they commonly have more carbohydrates and sugars.
- Chopped eggs and/or grated cheese may also be included in salads as a fat source.
- Natural, unprocessed fats, in general, are important to include in the diet because they taste good and make you feel full.
- DO NOT TRY TO FOLLOW A LOW-FAT DIET!

Quantities
- Eat when you are hungry. Stop when you are full.
- The diet works best on a "demand feeding" basis. That is, eat whenever you are hungry. Try not to eat more than what will satisfy you.
- Always listen to your body. A low carbohydrate diet has a natural appetite suppression effect to comfortably ease you into the consumption of smaller and smaller quantities.
- Don't eat everything on your plate just because it's there. On the other hand, don't go hungry!
- You're not counting calories. Enjoy losing weight comfortably without hunger or cravings. The grams of carbohydrates are what counts.
- It’s recommended that if you’re hungry, you start your day with a nutritious low carbohydrate meal.
- Certain medications and nutritional supplements need to be taken with food at each meal. They need to be taken with a low carbohydrate meal.

Alcohol:
- At first, avoid alcohol consumption while initiating this diet.
- At a later point in time, as weight loss and dietary patterns become well established, alcohol in moderate quantities is allowed.
- Low carb alcohol (spirits/hard liquor) is allowed later on.
- No beer, wine or champagne is allowed.

Beverages:
- Water: Water or seltzer (zero sugar).
- Coffee: Black or with small amounts of milk or cream is ideal for weight loss. Beware of adding lots of cream, especially if you drink coffee regularly throughout the day, even when you’re not hungry. Three cups maximum per day.
- Tea: Unsweetened or herbal tea. Six cups maximum per day if caffeinated.
- Some people find their caffeine intake interferes with their weight loss and blood sugar control.

Reading Low-Carb Labels
- Start by checking the nutrition facts, looking at serving size, total carbohydrate and fiber.
- You may subtract fiber from total carbohydrates to get the effective or net carbohydrate count.
Sodium/Condiments:
- Sodium levels go down as you go on a low carb diet because the sodium is eliminated in your urine.
- Aim for a daily intake of 2000mg of sodium.
- Clear broth (consommé) is strongly recommended, unless you’re on a low sodium restriction for hypertension or heart failure.
- Use this broth particularly when you’re just starting the low carb diet. It helps avoid headaches and fatigue as your body adapts to your new diet.
- Lemon/lime juice.
- Vinegar (white, red, rice wine, unseasoned brown rice vinegar, raw apple cider vinegar).
- Dill or sugar-free pickles.

Important Tips and Reminders
The following items are NOT ALLOWED for this diet
- Sugar
- Bread
- Cereal
- Flour-containing items
- Fruits, except berries
- Fruit juices

- Honey
- Whole or skim milk
- Yogurt
- Canned soups
- Ketchup
- Sweet condiments and relishes

Be Aware of the other names of sugar. It’s still sugar!
- Sucrose
- Dextrose
- Fructose
- Maltose
- Glucose
- Honey
- Agave syrup
- High fructose corn syrup

- Maple syrup
- Brown rice syrup
- Molasses
- Evaporated cane juice / cane juice
- Fruit juice concentrate
- Corn sweetener
- Invert syrup
- Partially inverted sugar
- Maltodextrin

AVOID THESE COMMON MISTAKES
- Be aware of “fat-free” or “light” diet products and foods containing hidden sugars and starches, such as coleslaw or sugar-free cookies and cakes, because they’re loaded with carbohydrates to replace the fat that was taken out.
- Check the labels of liquid medications, cough syrups, cough drops, and other over-the-counter medications because some of them contain sugars.
- Avoid products that are labeled as “great for low-carb diets.”

Before starting any weight loss program or diet plan, you should discuss it with your doctor.

For more information, please call Health Education and Wellness at 702-877-5356 or toll-free at 1-800-720-7253, TTY 711, Monday through Friday, 8 a.m. to 5 p.m. local time.

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.

Health plan coverage provided by Health Plan of Nevada.
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