

Encourage	OK in small doses	Avoid where possible
Carb content <5g per 100g	carb content 5 to 12g/100g	carb content >15g/100g
Protein <= 80g/day		protein > 100g/day
Sat fat from dairy except processed cheeses	Sat fat from white meat (pork, chicken)	Sat fat from processed red meat
Butter Lard, Olive Oil, coconut oil	Vegetable oils.	Canola, Rapeseed, processed veg oils. Corn oil. Marge
above ground veg	root veg	starchy veg such as potatoes rice
Butternut spaghetti. cougetti, sweetpot		pasta.
no sweetners	stevia	Aspartame Alfasulfane. sucralose, saccharin.
vinegar	mayo	salad cream. Ketchups etc.
whole fruits	frozen fruit.	Fruit / fructose, Smoothies, squash, juices.
cheeses babybel	whole milk.Double Cream	skimmed milk.whey products, Weight loss shakes/ powders/, protein bars
natural meats/steaks/ chops/	mince	processed meat/bacon/sausage/Bernard Matthews.
vinegar /apple vinegar	potato salad with vinegar. pickles	nitrite preservatives salami
redskin peanuts / Raw nuts/ nut flour	roasted nuts	coated nuts. M&M's
Pistachio nuts.	Cashew nuts	
	Harvest crackers (3g carb per)	
corned beef.	mackerel ok in small doses	
chicken paprika or gulash.	stir fry based on these	stir fry sachets. Curry sauces in jar
only 1 toast slice for breakfast.	2 slices if driving. (multiseed low carb	White bread, Tiger loaf, pseudo wholemeal
Pork loins, pulled Pork	Faggots (small portion)	
salmon, tuna steaks, pilchards, Basa fish	tuna mayo,	