

# Low Carbohydrate Diet

A low-carb diet limits carbohydrates — such as those found in grains, starchy vegetables and fruit — and emphasizes foods high in protein and fat.

Your body uses carbohydrates as its main fuel source. Sugars and starches are broken down into simple sugars during digestion. Once absorbed into your bloodstream, they're known as blood sugar (glucose). Fiber-containing carbohydrates resist digestion, and have less effect on blood sugar. Complex carbohydrates provide bulk and serve other body functions beyond fuel.

Many carbohydrates occur naturally in plant-based foods, such as grains. In natural form, carbohydrates can be thought of as complex and fibrous or they can be less complex. Food manufacturers also add refined carbohydrates to processed foods in the form of flour or sugar. These are generally known as simple carbohydrates. Examples of foods that contain simple carbohydrates are white breads and pasta, cookies, cake, candy, and sugar-sweetened sodas and drinks.

A limit of 60 to 130 grams of carbohydrates in a day is typical with a low-carb diet.

Example	Carbohydrate Count
Zucchini	7 grams in 1 medium
Cauliflower	5 grams per cup
Swiss Chard	1 gram per cup
Mushrooms	2 grams per cup
Celery	1 gram per stalk
Cherry Tomatoes	6 grams per cup
Spaghetti Squash	7 grams per cup
Apricots	8 grams per 2 fruits
Avocado	8 grams per ½ fruit
Strawberries	11 grams per cup
Red grapefruit	9 grams per ½ fruit
Catfish	0 grams per 3 ounces
Chicken drumsticks	0 grams per 3 ounces
Ground turkey	0 grams per 3 ounces
Pork tenderloin	0 grams per 3 ounces
Top Sirloin Steak	0 grams per 3 ounces
Butter	0 grams per tablespoon
Eggs	1 gram per 2 large eggs
Plain Greek Yogurt	9 grams per cup