No, No, No Foods On The Low Carbohydrate Diet

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- Diet foods and "sugar-free" foods except for zero-carbohydrate gelatin desserts & zero-carbohydrate soft drinks
- Desserts, including flavored yogurt
- Pastries
- Candy, including diet candy
- Fruit
- Fruit and/or vegetable juice
- Snack foods
- Cold and hot cereals
- Cottage Cheese
- Balsamic vinegar
- Fructose
- Honey
- Peas
- Onions and tomatoes (except in very small amounts)
- Soup - except for College Inn or Campbell's broth, some bouillons, Miso cup or homemade broth without added vegetables
- Beans (except string beans)
- Chick peas, chili beans, lentils
- Carrots
- Potatoes
- Rice
- Pasta
- Com
- Beets
- Tomato sauce, paste, etc.
- Yams, sweet potatoes
- Bread
- Milk-except for 2 tsp for coffee or tea
- Nuts

Foods containing, as a significant ingredient, products whose names end in "ol" or "ose" (dextrose, mannose, xylose, sucrose, glucose, lactose, maltose, mannitol, xylitol, sorbitol, etc.). Also, com syrup, molasses, molasses, sorghum, amazake, fruit concentrate, maltodextrin, etc.

Powdered artificial sweeteners all contain glucose or lactose. Tablet sweeteners are acceptable.

COMPOSING A MEAL PLAN

For most adults with obesity or diabetes, we recommend the following meal compositions. Note that snacks are usually optional and are not part of the initial meal plan.

- Breakfast - 6g CHO + fixed ounces PRO
- Lunch - 12g CHO + fixed ounces PRO
- Dinner - 12g CHO + fixed ounces PRO

The number of ounces of protein incorporated into a meal is negotiated with each patient, and is based principally on what it takes to facilitate a feeling of comfort, but not of fullness after eating. Portion sizes should remain constant from one day to the next.

Amounts of the following protein foods are interchangeable with one another, ounce for ounce, by weight:

Fish Shellfish Eggs Veal Turkey Beef Chicken Pork

Cheeses (other than cottage cheese) are also interchangeable with other proteins, provided the 1g CHO per ounce found in most cheeses is included when computing the CHO portion of that meal.

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