






Knowing Your Carbs!

High Carbs – Red. Medium Carbs – Orange. Low Carbs – Green

Foods	Low  (Moderate)	Medium  (Limit)	High  (Avoid)
Meats	Beef Lamb Chicken Pork Veal Venison Duck Goose Pheasant	Ham Bacon	Sausages Processed Meats
Fish / Shellfish	Flounder Herring Salmon Sardines Sole Tuna Clams Prawns Squid Crabmeat	Mussels Oysters	
Vegetables	Sprouted veggies Lettuces Silver beet Mustard greens Broccoli Cauliflower Mushrooms Summer Squash Onions Bamboo Shoots Brussels sprouts Snow peas Green Beans Spinach Bok Choy Kale Celery Avocado Cabbage Cucumber Zucchini Okra Asparagus Egg Plant Tomatoes Turnip	Leeks Green peppers Red peppers Pumpkin Soy beans Water chestnuts	All potatoes Beets Carrots Corn Parsnips Sundried tomatoes Raw Garlic Lentils Chickpeas Butternut pumpkin Yams Peas Pickled Cucumber All types of beans



	Low 😊 (Moderate)	Medium 😊 (Limit)	High 😞 (Avoid)
Fruit	Rhubarb Strawberries Cranberries Blackberries Blueberries Raspberries Apricots Grapefruit	Plums Pears Guava Apples Melons Peaches Apples Cherries Papaya	Grapes Oranges Kiwi Bananas Sultanas Raisins Pineapples Tangerines Any dried fruit Mango
Nuts and Seeds		Tahini Pumpkin Seeds Pecans Macadamia Nuts Hazelnuts Brazil nuts Walnuts	Almonds Sunflower seeds
Dairy and Eggs	Butter Milk Eggs Yoghurt plain Buttermilk – no sugar Cheeses Gouda / Blue / Ricotta Mozzarella / Parmesan Cream cheeses / Sour Cottage / Gruyere / Swiss Camembert / Goats / Feta		Evaporated Milk Condensed Milk Processed Cheese Sweetened yoghurt Tinned Whipped Cream Milk Shakes
Cereals / Grains	Coconut flour Almond meal		Oat bran Rice – white Rice - brown Bread of any kind Pasta Noodles Spaghetti Macaroni Fettuccine Barley Bran – wheat rice or other Wheat germ Oats and oat flour Buckwheat Semolina Tapioca Arrowroot flour Corn Flour Cornstarch Any flour