

Learning About Low-Carbohydrate Diets



What is a low-carbohydrate diet?

A low-carbohydrate (or "low-carb") diet limits foods and drinks that have carbohydrates. This includes grains, fruits, milk and yogurt, and starchy vegetables like potatoes, beans, and corn. It also avoids foods and drinks that have added sugar. Instead, low-carb diets include foods that are high in protein and fat.

Why might you follow a low-carb diet?

Low-carb diets may be used for a variety of reasons, such as for weight loss. People who have diabetes may use a low-carb diet to help manage their blood sugar levels.

What should you do before you start the diet?

Talk to your doctor before you try any diet. This is even more important if you have health problems like kidney disease, heart disease, or diabetes. Your doctor may suggest that you meet with a registered dietitian. A dietitian can help you make an eating plan that works for you.

What foods do you eat on a low-carb diet?

On a low-carb diet, you choose foods that are high in protein and fat. Examples of these are:

- Meat, poultry, and fish.
- Eggs.
- Nuts, such as walnuts, pecans, almonds, and peanuts.
- Peanut butter and other nut butters.
- Tofu.
- Avocado.
- Olives.

- Non-starchy vegetables like broccoli, cauliflower, green beans, mushrooms, peppers, lettuce, and spinach.
- Unsweetened non-dairy milks like almond milk and coconut milk.
- Cheese, cottage cheese, and cream cheese.

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