

Low Carb Diet Chart

Patient's Name: _____

Date of Birth: _____

Gender: _____

Medical History (if needed): _____

Referring Physician's Name: _____

Additional Notes:

Select the low-carb diet the patient will follow:

- Ketogenic Diet
- Atkins Diet
- South Beach Diet
- Paleo Diet
- Dukan Diet
- Other: _____

General Low-Carb Diet Chart

What to Eat	What to Include in Moderation	What to Limit
<ul style="list-style-type: none">• Non-starchy vegetables• Lower-carb fruits (Oranges and Berries)• Meat (Beef, Lamb, Pork, Chicken)• Lean Proteins (Eggs, Fish, Nuts, and Tofu)• Good Fats (Olives and Avocados)• Nuts and Seeds• High-Fat Dairy• Coffee, Tea, and Sugar-free carbonated beverages	<ul style="list-style-type: none">• Starchy Vegetables• Higher carb fruits• Whole grains• Legumes• Higher carb dairy• Dark chocolate (with at least 70% cocoa)	<ul style="list-style-type: none">• Processed Food• Food rich in sugar• Starches• Alcoholic Beverages• White Pasta• Diet and Low-Fat Products• Refined Grains• Sugar-sweetened beverages

Sources:

BSc, K. G. (2023, June 22). *A low carb meal plan and menu to improve your health*. Healthline. <https://www.healthline.com/nutrition/low-carb-diet-meal-plan-and-menu#foods-to-limit>

Villines, Z. (2019, May 17). *A guide to low-carb diets for diabetes*. <https://www.medicalnewstoday.com/articles/325195#foods-to-eat-and-avoid>