



THE PATH  
TO GREATER  
VITALITY AND  
HEALTH

# LOW CARB DIET

In a low carb diet, less than 130 g of carbohydrates should be consumed per day. However, not only the quantity but also the type of carbohydrate is important. Simple carbohydrates initially lead to a rapid rise and later to a rapid fall in blood sugar levels, which can have a negative impact on health. Complex carbohydrates, on the other hand, cause a slow rise and a slow decline in blood sugar levels. Additionally, they provide longer-lasting satiety.

Therefore, prefer foods with complex carbohydrates.

## Foods with **simple** carbohydrates:

- Household sugar
- Syrup, honey
- Sweets, snacks
- Juices, lemonades
- White flour products

## Foods with **complex** carbohydrates:

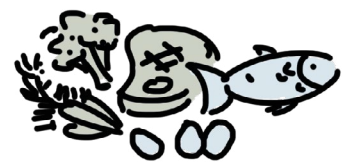
- Potatoes
- Wholemeal products
- Pulses

Foods that are particularly **low in carbohydrates** are suitable to eat, including:



- Meat
- Fish
- Eggs
- Vegetables
- Nuts, seeds

## Tips for implementing the low carb diet

- Avoid foods with simple carbohydrates
- Avoid ready-made products
- Favour wholemeal products
- Eat plenty of vegetables
- Use sugar substitutes for sweetening
- Spread carbohydrates throughout the day
- Combine fruit with curd or natural yoghurt



**Although fruit contains large amounts of simple carbohydrates, it also has many health-promoting properties. Favour fruit with a lower sugar content. This mainly includes berries. Avoid or reduce fruit with a high sugar content and combine it with protein- and fat-rich foods.**

PREFER 	AVOID 
Mineral water, tea/coffee (unsweetened)	Fruit juices, lemonades, juice spritzers Alcoholic drinks (especially liqueurs, sweet wines)
Fresh fruit	Canned fruit, dried fruit, Apples, bananas, pears, cherries, grapes, mangoes, nectarines, peaches, pineapples, figs
Wholemeal products (wholemeal pasta, brown rice) Quinoa, couscous, bulgur, amaranth Oat flakes	White flour products (white bread, pretzels) Sweetened muesli, cake
Natural nuts	Nuts with dough/sugar coating
High-quality unprocessed meat varieties	Breaded/pickled meat
Fresh/frozen fish	Tinned fish with sauce
All unsweetened dairy products	Yoghurt/curd/ready-to-drink beverages with added sugar
All unsweetened milk substitutes	Milk substitutes with added sugar
Dark chocolate (min. 70 %)	Sweets, snacks
Stevia, erythritol, xylitol Artificial sweeteners	Sugar, honey, syrup

*The table only contains examples of foods and does not represent a complete list.*

**Notes:**

A more detailed table on carbohydrate-rich and low-carbohydrate foods can be found in the flyer „Ketogenic diet“.

**This recommendation does not consider any other intolerances or allergies. It also does not claim to be exhaustive and serves only as an initial guide. It does not replace the advice of a professional nutritionist.**

**Picture credits:**

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