

**Low Carb/Low Sugar Diet:**

*We know that too much sugar/ too many carbohydrates are bad for us, but what's the difference between carbs and sugar and what do they do to our body?*

For starters, **carbohydrates** make up some of our three common food sources: starches (pasta and potatoes), fibers (beans and bran), and **sugars** (fruit and milk). Our body breaks down most carbohydrates into small sugar molecules called glucose, which our body can convert into fuel or fuel storage (fat). Yes, healthier carbs and sugar are important but even MORE importantly is the way we limit our intake of them.

Label Term	Meaning
<b>Sugar-Free</b>	• Less than 0.5 g of sugar per serving
<b>Reduced Sugar or Less Sugar</b>	• At least 25 percent less sugars per serving compared to a standard serving size of the traditional variety
<b>No Added Sugars or Without Added Sugars</b>	• No sugars or sugar-containing ingredient such as juice or dry fruit is added during processing
<b>Low Sugar</b>	• Not defined or allowed as a claim on food labels

**When we consume too much sugar and too many carbs,** we put pressure on our liver to release enough of a signal that helps us convert sugar in our blood to energy in our muscles, called insulin. Just like how we can develop a tolerance to really cold or really hot, our body's can develop an insulin tolerance to a really sugary diet. When this happens, we overwork our livers to the point where insulin may not even work in our bodies anymore. **This can lead to a life-changing disease commonly known as Type II Diabetes. This disease can lead to anxiety, vision loss, kidney damage, and even death.**

**However,** there are preventative and managing methods for Type II Diabetes and a healthy lifestyle; the primary goal is based on evolving our diets to be **better** for us. Here are some tips:

- Familiarize yourself with Nutrition Facts → Look for the hidden sugars and carbs in the ingredients. Most carbohydrates end in '–ose' (fructose, sucrose, lactose etc.) Other names for sugars you should avoid: high fructose corn syrup, fruit juice concentrate

- 80% – 20% rule: Stick to your low-carb, low-sugar diet 80-90% of the time and treat yourself 10-20% of the time.

Food Group:	Choose these lower carb/ lower sugar foods:	Avoid these higher carb/ higher sugar foods:
<b>Breads, Grains, Cereals</b>	<ul style="list-style-type: none"> <li>• Brown rice</li> <li>• Whole-grain pasta</li> <li>• Whole-wheat bread, tortillas, pita breads</li> <li>• Beans</li> <li>• Certain bread types: rye, millet, barley</li> <li>• Special K</li> <li>• Wheaties</li> <li>• Cheerios</li> </ul>	<ul style="list-style-type: none"> <li>• White Bread</li> <li>• Torta bread</li> <li>• Pizza crust</li> <li>• Pretzels</li> <li>• Potato Chips</li> <li>• Pastas</li> <li>• Hostess products</li> <li>• Lucky Charms, Frosted Flakes, etc.</li> <li>• Raison Bran</li> <li>• Frosted Mini Wheats</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Unsweetened milks (almond, soy, cow milk)</li> <li>• Cheese with low moisture (parmesan, blue cheese, some cheddars)</li> <li>• Longer aged cheeses</li> </ul>	<ul style="list-style-type: none"> <li>• Any sweetened milk (almond, soy, cow milk)</li> <li>• Cheese with high moisture (cream cheese, cottage cheese, ricotta)</li> </ul>
<b>Fruit &amp; Vegetables</b>	<ul style="list-style-type: none"> <li>• Raspberries</li> <li>• Blackberries</li> <li>• Strawberries</li> <li>• Lemon</li> <li>• Coconut</li> <li>• Broccoli</li> <li>• Asparagus</li> <li>• Cabbage</li> <li>• Mushrooms</li> <li>• Zucchini</li> <li>• Spinach</li> <li>• Avocado</li> <li>• Cauliflower</li> <li>• Bell peppers</li> <li>• Kale</li> </ul>	<ul style="list-style-type: none"> <li>• Mango</li> <li>• Banana</li> <li>• Grapes</li> <li>• Pineapples</li> <li>• Kiwi</li> <li>• Pears/Apples</li> <li>• Potatoes</li> <li>• Sweet Potatoes</li> <li>• Corn</li> <li>• Beets</li> <li>• Squash</li> <li>• Peas</li> <li>• Baked beans</li> <li>• Quinoa</li> <li>• Lentils</li> </ul>
<b>Seasonings, Fats, &amp; Condiments</b>	<ul style="list-style-type: none"> <li>• Mustard</li> <li>• Olive oil</li> <li>• Coconut oil</li> <li>• Hot sauce</li> <li>• Guacamole</li> <li>• Vinaigrette</li> </ul>	<ul style="list-style-type: none"> <li>• Ketchup</li> <li>• Maple syrup</li> <li>• BBQ sauce</li> <li>• Jam/Jelly</li> <li>• Pesto</li> <li>• Tomato paste</li> </ul>

Sources:

- <https://www.endocrineweb.com>
- <http://healthyeating.sfgate.com>
- <http://www.heart.org>

# Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Start here

Amount Per Serving

**Calories** 250      **Calories from Fat** 110

Check Calories

% Daily Value\*

Quick Guide to % DV

**Total Fat** 12g      **18%**

Saturated Fat 3g      **15%**

*Trans* Fat 3g

**Cholesterol** 30mg      **10%**

**Sodium** 660mg      **28%**

Limit these

**Potassium** 700mg      **20%**

**Total Carbohydrate** 31g      **10%**

Dietary Fiber 0g      **0%**

Get enough of these

Sugars 5g

**Protein** 5g

Vitamin A 4%      Vitamin C 2%

Calcium 15%      Iron 4%

Footnote

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g