

# Freshwell Guide

For a low carb lifestyle, eat plenty of unprocessed protein and non-starchy vegetables.

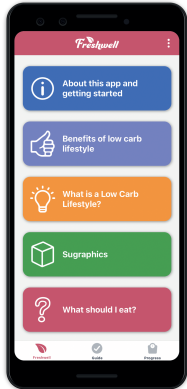
Drink lots of water, **not** fruit juice, or fizzy drinks. Keep alcohol to a minimum. Coffee and tea (without sugar) are fine.



Check the **ingredients** on packaged foods. If there are more than 5 ingredients and / or ingredients you wouldn't find in your kitchen, it may be ultra processed **best to avoid!**



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**Note:** If you're taking any medication, speak to your doctor before adopting a low carb lifestyle.

For more information go to [www.lowcarbfreshwell.com](http://www.lowcarbfreshwell.com)



**VEGETABLES**  
Eat plenty of non starchy vegetables.  
Avoid starchy vegetables such as potatoes and sweet potatoes.

**PROTEIN**  
Aim to eat at least 100g protein a day. This will help you feel full and less hungry.

**DAIRY**  
Avoid low fat and added sugar. Higher fat options are fine.

**OILS & FATS**  
Avoid highly processed spreads and oils such as rapeseed, sunflower and corn oil.

**FRUIT**  
Berries are low in sugar. Avoid grapes and tropical fruits which are higher in sugar.

Look at the **nutrition facts** label. Aim to keep the number of grams of carbohydrate per 100g below 10g, except for pulses / beans.

Aim for a maximum of 130g carbs per day, or lower if you can manage it.

