





Net Carb Ranges for Food Types

All our lives we have been told to count calories, calories this and calories that. Nearly every diet says 'reduce your calories, take more exercise and you will lose weight'. We however take no account of calories but pay much more attention to the carbohydrate (carb) values of foods that we eat.

So, what is the correct or ideal net carb value that one should aim for? We know that the daily net carb intake levels are closely related to our metabolic health. The higher our intake, the more likely that we will develop insulin resistance and over time one or more of the lifestyle chronic illnesses.

It's also helpful to keep track of, and record how one responds to certain types of food. This helpful table list the net carb range for the most common food types that we normally eat. Aim to keep eating in the blue and green bands. These food items are tasty, rich in nutrients with very low net carbs counts.

EAT MORE OF	
net carbs range per 100g	Examples
 0-5g	spinach, avocado, lettuce, asparagus, cucumber, cabbage, cauliflower, tomato, olives, courgettes, kale, broccoli, green beans, brussels sprouts, pepper
 6-17g	celeriac, carrots, beetroot, onion, parsnip, potato, sweet potato
 9-18g	peas, lentils, corn, baked beans, quinoa
 28-58g	pasta, rice, bread, biscuits, milk-chocolate bars, all processed food and drinks, high fructose corn syrup
EAT MUCH LESS OR AVOID COMPLETELY	

Source: [Eat Your Way to Health: Recipes for Success](#), p14.