

# A Simple Low Carb Life

*Counting Carbs*

## **MODULE 2-Video 2**

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**How do I begin?**

You will start by limiting your intake of net carbohydrates to <30 grams per day.

*This is the most important aspect of the diet and will prompt the fat burning state.*

**FYI:** If your carbohydrate level in any given day is too high, you will no longer be fat-burning and the diet will become a calorie-counting one with hunger, cravings, and misery to follow.

# What are NET CARBOHYDRATES?

**Total Carbohydrates(grams)- Dietary Fiber(grams) -  
1/2 sugar alcohol(grams) = NET CARBOHYDRATE (grams)**

*This is a VERY IMPORTANT calculation to know and use with every item that you purchase, consider purchasing, or before you eat ANY ITEM.*

Keeping the **net carbohydrates below 30 grams for the entire day**, will keep you in the fat burning state of ketosis.

**Limit your net carbohydrate intake to <10 grams at any one time.** (The lower the better).

**There are FREE carbohydrate counter programs that can be used to look up any food item, whether it is labeled or not.**

Food in restaurants and produce are NOT labeled and often do not provide nutritional information. *Consuming these foods without knowing their net carbohydrate content can end your fat-burning state and stall your weight loss.*

[www.myfitnesspal.com](http://www.myfitnesspal.com)

[www.loseit.com](http://www.loseit.com)

[www.atkins.com](http://www.atkins.com)

<http://www.atkins.com/AtkinsDotCom/media/Master/1405AtkinsCarbCounter.pdf>

# What Carbs Should I Eat?

FROM THE APPROVED VEGETABLE LIST

(Choose from **Easy Method**  
or **Precise Method**)

## **Easy Method:**

**\*Eat a total of 4 cups raw or 2 cups cooked per day from the approved vegetable list divided into 2 or more meals. (No more. No less)**

*\*As long as you are losing weight, you will not need to count every carbohydrate from list of approved veggies.*

**No more than 2 cups raw or 1 cup cooked veggies from the list at any one meal.**

# The approved vegetable list is included in your Guidebook.

- If you eat any vegetables not included in the list, you **MUST** know the net carb amount per serving and plan the portion accordingly.
- **Keep net carbs per day <30 grams to remain in ketosis or your body will not be fat-burning.**
- High carb veggies (or fruits) are not worth it during weight loss phase.

# Precise Method:

If you want to be precise about the **ACTUAL CARBOHYDRATE GRAMS** in any given vegetable (especially if you wish to eat any vegetables not on the approved list), look up the carb content **PER SERVING** online, in your web browser:

**Key words**-> *nutritional information for {insert name}*  
OR on your *My Fitness Pal* app or web version.

## **SUGGESTION:**

- Start with **EASY METHOD** and after a month (or more), begin the **PRECISE METHOD**.
- You will eventually need to know net carb amounts in ANYTHING you eat, but to start out, the **EASY METHOD** is best.

# How to prepare the vegetables:

The approved vegetables may be eaten **raw, stir-fried, or prepared in a stew or soup**. Alternately you may **microwave or steam** the vegetables.

Spices are permitted but limit other sauces unless zero carb or very few carbs (such as Walden Farms sauces).

*READ LABELS to know the carb content per serving of anything you put in or on your food.*

# Congratulations!

You have just completed **Module 2-Video 2.**

*Let's move on to the next module  
to learn how to count proteins.*

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