

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

www.loseit.com

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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