

# Low Carbohydrate Eating

A low carbohydrate diet contains 50 to 130g of carbohydrate per day, providing approximately ¼ of energy needs. The remaining energy comes from proteins and fats. Choosing mostly unsaturated fats rather than saturated fats is preferred.

## The Research

- In the short term (6-12 months), low carbohydrate diets can improve blood glucose levels, weight loss and heart disease risk factors in people with type 2 diabetes.
- There are limited studies that have evaluated the effectiveness and impact of the long-term use of low carbohydrate diets in people with type 2 diabetes.
- Currently there is not enough evidence to recommend or support a low carbohydrate diet in type 1 or gestational diabetes.

| Have plenty   | Have small amounts   | Try to limit  |
|---|--|---|
|  <p>Include lean meat, poultry, fish, eggs, nuts, seeds, low fat dairy and non-starchy vegetables.</p> |  <p>Spread these foods evenly throughout the day: whole grain (breads, pasta, rice, cereals), fruits, starchy vegetables.</p> |  <p>Refined carbohydrates and other highly processed foods are high in energy, low in nutrients and can result in weight gain.</p> |

## Be Mindful

- There are a range of dietary patterns that are helpful for managing type 2 diabetes, a low carbohydrate diet is one of these.
- A low carbohydrate diet can cause hypoglycaemia if you are on glucose lowering medications or insulin.
- If you have type 2 diabetes and choose to follow a low carbohydrate diet, discuss this with your diabetes medical team before starting for safety.

# What a day of eating low carbohydrate might look like:



## Breakfast

1 Whole grain bread slice, ½ avocado, 2 eggs, 250ml glass of low fat milk



## Lunch

Grilled fish (100g), 2 cups of salad vegetables with olive oil dressing, ½ cup of cooked long grain rice

**Carbohydrates:  
100 – 130g**



## Dinner

Grilled steak (100g), 1 roasted potato (100g), 2 cups of non-starchy vegetables, olive oil to cook or as a dressing



## Snacks: 2-3 per day

Handful of nuts or seeds, low fat dairy (cheese, yoghurt, milk) or piece of fruit

**Drink plenty of water. You can also have tea or coffee, a dash of low fat milk, no sugar.**

**The meal plan shows an example day with 100 - 130g of carbohydrates depending on snacks**

- Include up to 130g of carbohydrate each day
- Spread your carbohydrate intake throughout the day
- Choose low Glycaemic Index carbohydrates to further improve blood glucose levels
- Plan your meals and snacks ahead to help avoid impulse choices
- See an Accredited Practising Dietitian for individualised dietary advice