

Freshwell

LOW CARB RESOURCES

These resources have been taken from the Freshwell App, details available at www.lowcarbfreshwell.com. The food list overleaf gives you a rough guide as to what types of food you can eat with a low carb lifestyle. Safety information: Before embarking on a low carb lifestyle, please speak to a doctor or nurse if you suffer with any significant health conditions. This is especially important if you are on any medication, particularly for diabetes or high blood pressure, because you may find very quickly that you no longer need this medication and may need to stop taking it or reduce the dose. You should not do this without medical supervision.

Use the guide below, alongside our low carb food list on the next page, to help you plan your meals.

Pick a **Protein**

(including dairy
and substitutes):

for building muscle, feeling
full, and micronutrients

Meat

All types of meat including
beef, pork, lamb, duck.

Poultry

Chicken, turkey

Fish

All types of fish including
fresh, frozen and canned.

Eggs

Cook them the way
you like them.

Dairy

Full fat milk, yogurt,
cheese

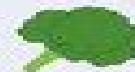
Plant based protein

Beans and pulses
Tofu
Quorn
Nuts and seeds



Pick some low carb
Veggies
(and a little bit of fruit):
for fibre, feeling full,
and micronutrients

Fill up on vegetables
from the green zone.
Add in additional
veggies from the
amber zone to eat
instead of higher
carb foods.



AVOID potatoes and
sweet potatoes
where possible.

Note: Some plant-based
protein foods such as beans,
nuts and seeds also provide
a good source of fibre.

Add some natural **Fat**

a source of essential fatty
acids and helps the body
absorb vitamin A, vitamin
D and vitamin E

Add fats from the green zone,
including olive oil, butter,
coconut oil and cream.

And/or include protein
foods that are also good
sources of natural fat
including oily fish, nuts
and seeds, dairy foods
such as yogurt milk and
cheese, eggs, meat as
well as avocado pears.



Include non-sugary dressings
and sauces such
as mayonnaise and pesto.



AVOID margarine and
vegetable seed oils.

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Arturo Cuomo



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The Dental Hygienist's Guide to Nutritional Care E-Book Lisa F. Mallonee, Linda Boyd, Cynthia A. Stegeman, 2024-07-19
Selected for 2025 Doody's Core Titles in Dental Hygiene Auxiliaries Learn how to apply nutritional principles to promote optimal patient care The Dental Hygienist's Guide to Nutritional Care 6th Edition explains how teaching proper nutrition can improve oral and systemic health Case studies and clear full color photos and illustrations provide a basis for assessing diagnosing planning implementing and evaluating the care of patients In addition a solid foundation in nutrition prepares you for the subject's increased emphasis on the NBDHE examination NEW Incorporation of the latest federal nutrition standards and initiatives includes Healthy People 2030 and the 2020 Dietary Guidelines for Americans Clinically relevant applications to dental hygiene include a focus on patient education and dental hygiene considerations Vitamin and mineral content is presented based on the oral effects of micronutrients Case studies and Health Applications in each chapter demonstrate how nutrition concepts can be applied to specific patient situations Robust practice opportunities allow you to test your comprehension and apply what you've learned Key terms are highlighted in each chapter and defined in the glossary

The Non-commercial Food Service Manager's Handbook Douglas Robert Brown, Shri L. Henkel, 2007 Finally the non commercial food service director has a comprehensive manual to aid them in their day to day operations This massive 624 page new book will show you step by step how to set up operate and manage a financially successful food service operation The author has left no stone unturned The book has 19 chapters that cover the entire process from startup to ongoing management in an easy to understand way pointing out methods to increase your chances of success and showing how to avoid many common mistakes While providing detailed instruction and examples the author leads you through basic cost control systems menu planning sample floor plans and diagrams successful kitchen management equipment layout and planning food safety and HACCP dietary considerations special patient client needs learn how to set up computer systems to save time and money learn how to hire and keep a qualified professional staff manage and train employees accounting and bookkeeping procedures auditing successful budgeting and profit planning development as well as thousands of great tips and useful guidelines The extensive resource guide details over 7 000 suppliers to the industry this directory could be a separate book on its own This covers everything for which many companies pay consultants thousands of dollars The companion CD ROM is included with the print version of this book however is not available for download with the electronic version It may be obtained separately by contacting Atlantic Publishing Group at sales@atlanticpub.com Atlantic Publishing is a small independent publishing company based in Ocala Florida Founded over twenty years ago in the company president's garage Atlantic Publishing has grown to become a renowned resource for non fiction books Today over 450 titles are in print covering subjects such as small business healthy living management finance careers and real estate Atlantic Publishing prides itself on producing award winning high quality manuals that give readers up to date pertinent information real world

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Forthcoming Books Rose Arny,2003 The Modified Keto Cookbook Dawn Marie Martenz,Beth Zupec-Kania,2015-12-07 Including tips strategies and an abundance of great tasting simple to prepare recipes The Modified Keto Cookbook makes following a low ratio ketogenic diet easy The high fat low carbohydrate modified ketogenic diet based on a ratio of fat to non fat protein and carbohydrates of 2 1 and 1 1 has been used to improve seizure control in people with epilepsy and new research suggests that the diet may promote weight loss and provide benefit to those with cancer brain injury forms of dementia autism and other neurological problems With a focus on fresh clean eating and simple everyday meals and snacks requiring minimal effort and time The Modified Keto Cookbook will help even the busiest families or individuals incorporate the diet into their lifestyle and experience the rewards Includes Allergy free recipes nut dairy and egg free No cook and make ahead meals Suggestions to increase fat in recipes to conform to the classic ketogenic diet ratios 4 1 and 3 1 Recipes with standard US measurements and grams

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