

## Fat Foods you "can" enjoy

- Light or whipped butter
- Light or tub margarine
- Light sour cream
- Light cream cheese
- Light mayonnaise
- Light creamer
- Light half-and-half
- Oils
- \* light salad dressing
- Olives
- Avocados
- Nuts
- Seeds

# The "Can-Can" List

## Veggies you "can" enjoy

- |   |                                  |
|---|----------------------------------|
| • Artichokes & hearts                               | • Asparagus                      |
| • Green / wax beans                                 | • Broccoli                       |
| • Bean sprouts                                      | • Brussels sprouts               |
| • Cabbage   | • Cauliflower                    |
| • Celery  | • Cucumbers                      |
| • Dill pickles                                      | • Eggplant                       |
| • Onions / scallions                                | • turnips                        |
| • Kohlrabi  | • Leeks                          |
| • Mushrooms   | • Okra                           |
| • Peppers (all varieties)                           | • lettuce and other salad greens |
| • Radishes  | • spaghetti squash               |
| • Sauerkraut  | * tomatoes (max. 1 per meal)     |
| * tomato salsa                                      | * tomato / vegetable juice       |
| • Zucchini and summer squash                        |                                  |
| • Greens (collards, kale, mustard, turnip, spinach) |                                  |

## \* Protein Foods you "can" enjoy

- Lean meat
- Skinless poultry
- Fish and shellfish
- Low-fat cheese
- Low-fat cottage cheese
- Eggs
- Egg substitutes
- Natural peanut butter
- Nut and seed butters
- Tofu
- \* unsweetened soy milk
- \* other soy products
- \* vegetarian meat substitutes
- \* Low-carb protein shakes

*\* Although meats and cheeses are primarily protein, they vary greatly in fat content. Emphasize protein sources that are heart healthy and lean.*

## OPTIONAL

One-5 gm carb spaced no closer than 5 hours

- |   |                                  |
|---|----------------------------------|
| * low-carb bread                                      | * select sugar-free smoothies    |
| * low-carb tortillas                                  | * select low-sugar juices        |
| * low-carb crackers                                   | * low carb milk                  |
| * low-carb ketchup                                    | * carb-controlled protein drinks |
| * select sugar-free puddings                          |                                  |
| * foods or recipes that contain 5gr. Or less net carb |                                  |
| * select sugar-free yogurts                           |                                  |

## Carbs to Avoid

- |   |                          |
|---|--------------------------|
| • Bread                                 | • Bread products         |
| • Carrots                               | • parsnips               |
| • Pasta                                 | • beets                  |
| • Rice                                  | • legumes (beans / peas) |
| • Winter squash                         | • pumpkin                |
| • Milk                                  | • yogurt                 |
| • Fruit                                 | • fruit juice            |
| • Crackers, pretzels, chips             |                          |
| • Cereal (hot or cold) and granola bars |                          |
| • Sweetened beverages                   |                          |
| • Sweets and desserts                   |                          |
| • Potatoes and sweet potatoes           |                          |
| • Other grains                          |                          |
| • Foods that fail the 5x5 net carb test |                          |



**\* All of these items must be put through the net carb formula and must fit into the 5x5 rule**

