

Low-Carb

NUTRITION RECOMMENDATION



You've read through the Low-Carb Unicity Guide and in theory, you understand the Unicity Nutrition Principles. But the question still remains. **What exactly do I eat?**

While Low-Carb Unicity doesn't aim to provide a strict meal plan that people will struggle to fit into their busy lives, we do have a more detailed approach for those who need a little more guidance. We consulted with global experts in low-carb diets and have compiled the following food information to give you a jump start on planning your low-carb journey. Fortunately, you have supporting products to make it much easier, but for those in-the-moment meal time quandaries, read on.

At-a-Glance

Foods to eat more of (pages 1-4)

Prioritize Protein

Fuel with Fat

Control Carbs

Foods to eat less of (pages 4-7)

Carbohydrate and sugar-heavy foods

Unhealthy Fats and Oils

Foods to Eat More Of

The following foods have a low impact on insulin and are therefore staples of a healthy diet.



1. Prioritize Protein

Prioritizing protein starts with finding high-quality proteins for each meal. See our list below for suggestions.

Protein-rich foods

Proteins are the building blocks for all cells and tissues in our body. They are important for the creation of enzymes, neurotransmitters and many of the hormones involved in essential metabolic processes. In addition, sufficient protein stores help with maintaining a healthy immune function and prevents the breakdown of our lean muscle mass.

Great sources of protein in foods include:



Beef



Eggs *whole



Natto



Duck



Tofu



Lamb



Game



Other meat substitutes



Pork



Tempeh



Chicken



Fish



Milk



Cheese



Yogurt (natural)



Turkey



Seafood



2. Fuel with Fat

Fueling with fat can be as simple as drizzling extra virgin olive oil on your salad or adding a few nuts in with your meal. Be liberal and understand that when you're adding fats in this way to a meal your tastebuds will help you regulate how much to add and will let you know when you're adding too much.

Nuts and Seeds

A great balance of protein, fat, and fiber, nuts and seeds can be incorporated to add texture, micronutrients, and flavor to a meal or snack. They can be ground down and used as a flour-substitute in many recipes and can also be further processed into a paste also called a "nut butter".



Almonds



Brazil Nuts



Flaxseeds



Sesame Seeds



Cashews



Walnuts



Pine Nuts



Pumpkin Seeds (Pepitas)



Poppy Seeds



Pecans



Macadamias



Pistachios



Hazelnuts



Chia Seeds

Foods to Eat More Of

Healthy Fats and Oils

Healthy, natural fats and oils are crucial inclusions of a healthy diet plan. Fat is an essential structural component of all the cells in our body and it plays a vital role in the creation of many of our hormones, including our sex hormones and stress hormones. Furthermore, fat is also necessary for the absorption of our fat-soluble vitamins (vitamin A, D, E, K). For decades, there has been an emphasis on reducing fat intake, but research has since shown that natural, healthy fats are in fact important for healthy heart, brain and joint function, and low-fat diets are oftentimes not the best approach to weight loss.



Butter



Ghee



Macadamia Oil



Almond Oil



Coconut Oil



Cream



Duck Fat



Walnut Oil



Avocado Oil



Tallow



Olive Oil



Lard



3. Control Carbs

The best way to control carbs is to derive most of your carbohydrate intake from non-starchy vegetables. If you're experiencing digestive issues, focus on vegetables that contain low levels of fermentable fiber (see low fermentable fiber vegetable list). When you're in the mood for something sweet, consider opting for low sugar fruit.

Non-Starchy Vegetables

As part of our nutrition considerations, we must not forget about our micronutrients. Non-starchy vegetables are a great source of micronutrients and fibers which play an important role in metabolic pathways. Further, fibers can help slow the transit time of food through our digestive tract, keeping us full for longer. Another great benefit of non-starchy vegetables is their low sugar content, meaning they won't spike blood glucose levels, keeping hunger and energy balanced.

When it comes to non-starchy vegetables, they can be loosely categorized into 2 categories: 1) Low-fermentable fiber vegetables and 2) High-fermentable fiber vegetables. Fermentable vegetables contain sugars that can cause digestive issues in sensitive individuals. Non-fermentable fiber vegetables have fewer of these types of carbs and are often easier on gastrointestinal systems. If you tend to get quite a bit of bloating, or issues with diarrhea constipation or reflux, start by choosing vegetables from the low-fermentable vegetable list, and after a few weeks, slowly introduce vegetables from the high-fermentable fiber vegetable list.

Long term, the high-fermentable-fiber vegetables are great for microbiome health, but in the short term can wreak havoc symptomatically for those with intolerances and digestive issues.

Low-Fermentable Fiber Vegetables



Alfalfa



Capers



Chard



Cucumber



Celeriac



Bamboo Shoots



Carrots



Choy Sum



Endive



Celery

Foods to Eat More Of

Low-Fermentable Fiber Vegetables Continued



Olives



Ginger



Pumpkin



Tomato



Spinach



Bok Choy



Green Beans



Radish



Turnip



Zucchini



Lettuce



Kale



Silverbeet



Watercress



Squash

High-Fermentable Fiber Vegetables



Artichoke



Beetroot



Bitter Melon



Brussels Sprouts



Sweet Corn



Asparagus



Bean Sprouts



Broccoli



Cabbage (wombok)



Fennel



Cauliflower



Garlic



Shallot



Mushrooms



Spring Onion



Onion

Low-Sugar Fruits

Like vegetables, fruits offer many nutritional benefits, including micronutrients (vitamins and minerals), fluid, and fibers. However, we need to be mindful of the overall sugar content of fruit, because just like starchy vegetables, a high carbohydrate/sugar content (even though natural) can spike blood glucose levels and as a result, spike hunger and result in an energy roller coaster.

Low-sugar fruit, however, is rich in nutrients and fiber, without the sugar content, which makes them a desirable addition to your diet.



Strawberries



Raspberries



Lemon



Kumquat



Apricots



Blueberries



Blackberries



Lime



Passionfruit



Mandarins



Avocado

Foods to Eat More Of

Other

Creating a sustainable diet can include seasoning, teas, coffees, and even occasional items, like alcohol.



All Fresh and Dried Herbs



Horseradish



Paprika



Green Tea



All Vinegars



Chilli



Mustard



Wasabi (authentic)



Black/Red Tea



Vanillin (not concentrate)



Cinnamon



Nutmeg



Brewed Coffee



All Herbal Teas



100% Coconut Milk



Ginger



Vodka



Whiskey



Dry Wine



Gin



Bourbon

Foods to Eat Less Of

The following food groups have a higher impact on insulin or have other properties that should make you think twice before consuming them.

Grains and Cereals

For a long time, foods rich in grains and cereals were considered the “staple” of our meals. In Asian cultures, this is even more the case. However, grain and cereal-based foods are high in carbohydrate and can have a pronounced effect on our blood glucose levels, causing spikes and dips throughout the day. In addition, a lot of grains and cereal products have a negative impact on the microbiome and inflammation levels. Those who experience gut-related issues or inflammatory conditions are advised to focus on reducing or avoiding the following:



Amaranth Flour



Buckwheat



Cornstarch



Oats



Rice/Rice Flour



Barley



Bulgur



Chestnut Flour



Ezekiel Bread



Rye



All Bean Flours



Cereals



Durum Flour



Quinoa



Sago



Spelt



Tapioca Flour



Wheat



Wheatgerm

Foods to Eat Less Of

Starchy Vegetables

Unlike non-starchy vegetables, starchy vegetables have a much higher starch to fiber ratio. This means these vegetables tend to break down faster, spike glucose, and can have a similar effect on glucose levels and metabolic function to that of grains and cereals. While there can still be some good nutrient value of these vegetables, you're better off sticking to the non-starchy variety, and limiting these vegetables when possible.



Burdock Root



Konjac Root



Potato



Tapioca



Water Chestnut



Jerusalem
Artichoke



Parsnip



Sweet Potato



Taro



Yam

High-Sugar Fruits

High-sugar fruits, much like starchy vegetables are still great sources of micronutrients, and in many cases, fiber. However, the high-sugar content of these fruits makes them highly palatable and therefore easy to overeat. Additionally, the sugar spike that ensues after consuming high-sugar fruit can cause spikes in hunger, dips in energy, and contribute to weight gain around the belly area.



Apple



Longan



Prune



Dragon Fruit



Fruit Juice



Pear



Lychee



Date



Persimmon



Fructose Corn
Syrup/HFCS



Mango



Peach



Figs



Watermelon



Preserved /
Packaged Fruit



Cherry



Plum



Custard Apple



Dried Fruit



Honey

Foods to Eat Less Of

Highly Processed Foods

Foods that have undergone large amounts of processing are typically void of nutrients, high in refined sugars/carbohydrates and processed oils. This combination can lead to compromised nutrition levels, increased inflammation, imbalanced blood cholesterol profiles, leaky gut and hormone disturbances resulting in weight gain, low energy, moodiness, skin issues and more.



Processed Oils

During the height of our industrial age, foods were heavily processed to increase shelf life and decrease cost. A large component of processed food items come in the form of highly processed oils. These are now used at home as a cooking aid but also commercially in factory-made food items (mainly cakes, cookies, cereals, etc).

Recent science indicates that these processed vegetable and seed oils are void of nutrient quality and rich in omega-6 fatty acids. Although omega-6 fatty acids are essential for health, most people eating a western diet, get far too much, and large quantities of omega-6 can be highly inflammatory.

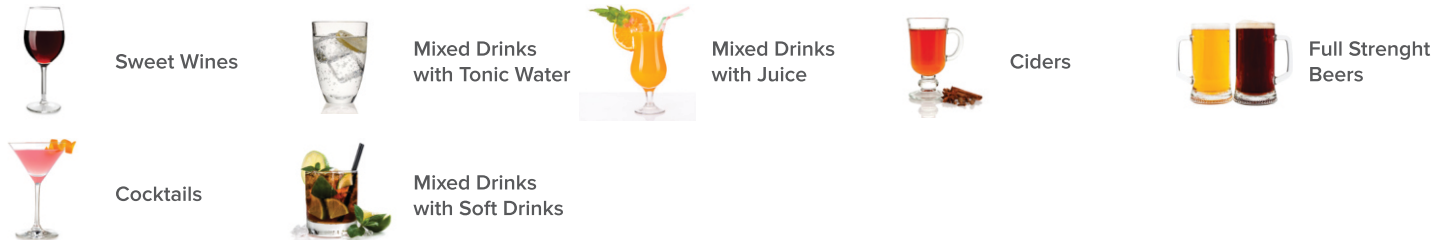
While fats and oils, in general, are great for us, processed fats and oils ought to be avoided. These include:



Foods to Eat Less Of

Alcohol

While alcohol is not a food, it has become a big part of some of our social lives. When changing your diet, it's advisable to minimize your alcohol consumption. The type of alcoholic beverage is also important to consider. The following are high in sugars and should be avoided:



While this guide doesn't contain every food under the sun, the above should get you started with a shopping list that helps you prioritize protein, fuel with fat and control carbs. When in doubt, you can always refer to the quick visual references found in the Low-Carb Unicity Guide. We also find that the first few weeks are a time that is ripe with opportunity for learning. After a few weeks, Low-Carb Unicity participants typically have gained skills and knowledge that make understanding the macronutrient content of their food much easier, and are well on their way to achieving a sustainable low-carb lifestyle. Happy eating!