

What Carbs to Really Count?

When looking for ideal body weight keep the net carbs to around 60 grams (subtract fiber and sugar alcohols from total). If you hit a plateau remove all sugar alcohols. If still an issue doing a keto diet could be more beneficial since this usually means you are insulin resistant and need to get into fat burning.

Bread	Smoothies
Cereal	Sodas
Crackers/Chips	High Fructose Corn Syrup (HFCS) (see note)
Bran	Energy Drinks
Snack/Breakfast Bars	Agave Nectar (see note)
Oatmeal	Beer/Wine/Spirits (see note)
Baked Goods	Milk
Pastries	Rice (all)
Cookies/Cakes	Potatoes (all), Yams
Pasta	Beans
Fruit	Corn/Popcorn
Fruit Juices	Quinoa, Wild Rice, Amaranth, Millet, Buckwheat

If it's not on the list (carrots, beets, cheese, nuts, stevia, Xylitol, etc) then for now you don't count them. The goal is to eat nutrient rich foods with blood sugar stabilizing carbs while focusing primarily on plenty of vegetables, fats and proteins

Spirits: Consider 1.5 oz liquor as 4 carbs even though there aren't any carbs listed but it the alcohol that is the problem in excess.

HFCS and Agave is best avoided entirely due to the highly processed nature of these foods containing high amounts of fructose.