

# LITTLE ADAPTS BY JAX

## Low Carb Options

### 1. Low carb/low sugar veggies

- All leafy greens, including dandelion or beet greens, collards, mustard, turnip, arugula, chicory, endive, escarole, fennel, radicchio, romaine, sorrel, spinach, kale, chard, etc.
- Cruciferous veggies, such as broccoli, cabbage, brussels sprouts, cauliflower
- Celery, cucumber, zucchini, chives + leeks
- Fermented foods like sauerkraut, kimchi + kefir
- Fresh herbs
- Veggies that are slightly higher in carbs (but still rather low) include asparagus, mushrooms, bamboo shoots, bean sprouts, bell pepper, sugar snap peas, water chestnuts, radishes, jicama, green beans, wax beans + tomatoes

*\*Try to stick with 1-2 types of carbs per meal.*

Here is a helpful article:

- <https://draxe.com/nutrition/keto-diet-food-list/> - The above list comes from this article!

### 2. Low carb/low sugar fruits

- Lemons/limes
- Raspberries
- Strawberries
- Blackberries
- Kiwis
- Grapefruit
- Avocado
- Watermelon
- Cantaloupe
- Oranges
- Peaches

Here are two helpful articles:

- <https://www.healthline.com/health/food-nutrition/low-carb-fruits-and-vegetables#low--carb-fruits>
- <https://www.healthline.com/health/best-low-sugar-fruits> - The above list comes from this article!