

Healthy Nutrition for a Low Carbohydrate Plan



A low-carbohydrate plan can be used for various reasons, including short-term weight loss, reduction in blood sugar, and managing epilepsy. A ketogenic diet, which is a very low-carbohydrate diet, may prevent or reduce seizure risk while minimizing starvation side effects.

General Nutrition:

- Work with a Registered Dietitian to find the best range of carbohydrate intake for each meal
- Consume carbohydrates mostly from non-starchy vegetables
- Eat more plant-based sources of protein and healthy fat
- Ensure caloric intake is appropriate for your weight maintenance or weight loss goals

Some Low-carb Foods:

- Bulgur or brown rice
- Fresh watermelon, plum, and blueberries
- Salad dressings and spreads made with unsaturated fats and oils
- Tofu, green beans, and snap peas
- Fish and poultry without breading
- Non-starchy vegetables like broccoli, tomatoes, celery, cabbage, zucchini, and cauliflower
- Macadamias, pecans, and peanuts

General Recommendations:

- Limit daily total carbohydrate intake to fit your personal goals
- Consume carbohydrates with a low glycemic index
- Choose heart-healthy unsaturated fats instead of saturated fats. Unsaturated fats like olive or sunflower oil are liquid at room temperature, while saturated fats like coconut oil or lard are solid at room temperature

Sample Meal: Low-carb Dinner

- 6 oz. baked salmon
- 1/2 cup spiralized zucchini
- 2 tablespoons basil pesto
- 1/2 cup mixed greens
- 1/2 cup fresh avocado slices
- 2 tablespoons vinaigrette salad dressing

Evening snack

- 1/2 cup fresh blueberries with 1/4 cup peanuts

Potential Benefits:

- Consuming a high-fat, low-carbohydrate, and moderate protein diet can help to prevent or decrease seizure activity associated with epilepsy
- Following a ketogenic diet (very low carb diet) may prevent cells from dying after a seizure
- Some patients may experience weight loss and a reduction in blood sugar

Note: The information contained in this document is informational in nature and is not intended to be a substitute for personal, medical attention from a physician, registered dietitian, or nutritionist. Please consult your healthcare provider for specific recommendations about your medical condition.

Foods to Limit:

- Foods high in added sugar
- Caffeine
- Alcohol
- Refined grains and cereals
- Honey
- Sweetened beverages and fruit juices
- Highly processed foods

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