

EASY SWAPS TO REDUCE CARBOHYDRATES

DIVE INTO THE LATEST FINDINGS AND BREAKTHROUGHS

Making the transition to a lower carbohydrate eating approach can seem daunting, but it doesn't have to be. Simple swaps in your everyday meals can help you reduce your carbohydrate intake without sacrificing flavour or satisfaction. This guide provides easy and practical substitutions for a variety of foods, from fruits and vegetables to baked goods and snacks. Dive in and discover how effortless it can be to make healthier choices!

Fruits and Vegetables

- Bananas, melons, grapes → berries (strawberries, raspberries, blueberries) – fresh or frozen
 - Potatoes/kumara → turnips or radishes
 - Peas, corn → green beans, broccoli or cauliflower
 - Potato salad → cauliflower salad
 - Oven roasted potato, kumara, parsnip → roasted courgette, capsicum, mushroom
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Grains and Starches

- Rice → cauliflower rice
- Pasta / noodles → courgette (zucchini) noodles, spaghetti squash, or shredded cabbage (purple or green)
- Lasagne sheets → aubergine (eggplant), courgette or cabbage slices
- Rice pudding → cauliflower rice pudding or chia pudding
- Oatmeal → chia pudding or flaxseed porridge
- Rice cakes → sliced cucumber or bell pepper slices
- Croutons → toasted nuts or seeds
- Grain-based crackers seed crackers, or cucumber slices

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Dairy and Alternatives

- Milk → unsweetened almond milk, coconut milk or cream (small amounts)
 - Flavoured yoghurt → Plain unsweetened Greek yoghurt or coconut yoghurt (with berries if sweetening needed)
 - Ice cream → frozen Greek yoghurt
 - Condensed milk → crème fraîche or coconut milk
 - Plant milks → unsweetened versions
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Common Breakfast Foods

- Granola → nut and seed mix with cinnamon
 - Porridge → chia pudding
 - Cereal → nuts and seed mix with unsweetened coconut flakes
 - Pancakes → almond flour or coconut flour pancakes with a few berries
 - Jam → peanut or almond butter or cheese
 - Granola bars → homemade nut and seed bars
 - Toast with eggs → avocado and egg boats
 - Hashbrowns → cauliflower hash browns
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Baked Goods

- Biscuits → almond flour or coconut flour biscuits
- Pies → crustless quiches or stuffed bell peppers
- Muffins/scones → egg muffins, or almond/coconut flour muffins/scones
- Bread rolls → portobello mushroom caps or lettuce leaves
- Wraps/ Tortillas → lettuce / cabbage leaves or collard greens or coconut flour tortillas or low carb versions

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- Hamburger buns → lettuce wraps, cloud bread or grilled slices of aubergine (eggplant)
 - Bagels → almond flour bagels
 - Pizza crust → cauliflower crust or cauliflower and courgette crust
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Snacks and Sweets

- Sugary snacks → nuts and seeds
 - Salty snacks → cucumber with peanut or almond butter or cottage cheese
 - Potato crisps → kale crisps
 - French fries → baked avocado fries
 - Chips → baked courgette chips
 - Crackers → seed crackers
 - Chocolate → dark chocolate (80% cocoa or higher)
 - Fruit snacks → berries with unsweetened yoghurt or crème fraîche or cream
 - Energy bars → homemade nut and seed bars
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Drinks

- Sugary drinks → sparkling water or infused water
- Fruit juice → infused water or herbal tea
- Smoothies → green smoothies with avocado and spinach, unsweetened almond milk
- Smoothies with banana → smoothies with avocado
- Energy drinks → unsweetened iced tea or black coffee
- Hot chocolate → cocoa with almond milk and cinnamon

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Ingredients

- White flour → almond flour or coconut flour
- Cornstarch → xanthan gum or arrowroot powder
- Beans → edamame or black soybeans
- Sugar/honey → replace sweetness with cinnamon or mixed spice or stevia or erythritol
- Honey → monk fruit sweetener, stevia or erythritol