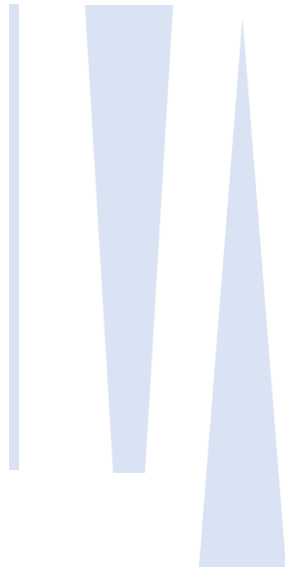


Sheet 1: Foods that are higher in protein or fat

Very low carbohydrate

CARB PRO FAT



High protein, Very low fat Egg white, Prawns, Lobster, Shell fish, Scallops, Squid, Chicken & turkey (light meat), Venison. Tripe, Non-oily fish, Crab (white meat), Mussels

High protein, Low fat Ham, Lean beef, Lean pork, Chicken & turkey (dark meat), Rabbit, Kidney, Liver, Heart

High protein, Medium fat Gammon, Back bacon (fat trimmed), Beef steak, Pork, Poultry with skin, Pheasant, Whole eggs, Half-fat cheese, Oily fish, Crab (brown meat), Gammon, Lamb, Duck, Oxtail

Medium protein, Medium fat Cheese, Bacon, Fatty cuts meat, Tongue, Nuts (Brazil, hazel, almond, walnut, macadamia), Pâté

No protein, High fat Cream, Crème fraîche, Sour cream, Butter, Lard, Dripping, Olive Oil, Vegetable oils

Low carbohydrate

CARB PRO FAT



High protein, Low fat Quorn

Medium protein, Medium fat Tofu, Tempeh

Low protein, Medium fat Avocado, Seeds (pumpkin, melon, sunflower), Nuts (peanut, pistachio, cashew)

No protein, High fat Coconut, Olives

Medium carbohydrate

CARB PRO FAT



Medium protein, Low fat Legumes (lentils, chickpeas, green peas), Beans (aduki, mung, pinto, blackeye, black, haricot, broad (fava), borlotti, butter, cannellini)

Low protein, High fat 80%+ chocolate

Protein and fat vary (check individual foods) Dairy and alternatives: Quark, Fromage frais, Yoghurt, Cow's milk, Soya milk, Coconut milk, Oat milk



Sheet 2: Foods that are low in protein and fat

Very low carbohydrate (0-4g carb/100g)

Mushrooms 0.3, Alfalfa sprouts 0.4, Watercress 0.8, Rhubarb stems 0.8, Rocket 1, Celery 1, Cucumber 1, Lettuce 1, Radish red 2, Endive 1, Artichoke 1, Kale 1, Limes 1, Fennel bulb 2, Pak choi 2, Chinese cabbage 2, Spinach 2, Radicchio 2, Spring greens 2, Asparagus 2, Courgette 2, Aubergine 2, Pumpkin 2, Celeriac 2, Chives 2, Lemons 3, Leeks 3, Broccoli 3, Chard 3, Chicory leaf 3, Radish 3, Runner beans 3, Gourd 3, Tomatoes 3, Cranberries 3, Cauliflower 4, Brussels sprouts 4, Kohlrabi 4, Mangetout 4, Green beans 4, Beansprouts 4, Bell peppers 4, Shallots 4, Chillies 4, Cabbage 4, Mustard leaves 4, Loganberries 4

Low carbohydrate (5-6g carb/100g)

Turnip 5, Squash spaghetti 5, Pea sugar snap 5, Sweetcorn baby 5, Grapefruit 5, Raspberries 5, Guava 5, Mushrooms dried 5, Swede 6, Bamboo shoots 6, Blackcurrants 6, Blackberries 6, Plums 6, Strawberries 6, Passion fruit 6, Quince 6, Pears 6

Low-medium carbohydrate (7-14g carb/100g)

Melon 7, Elderberries 8, Apricots 8, Beetroot 8, Peaches 8, Pomegranate 8, Onions 8, Orange 8, Butternut squash 8, Sweetcorn 8, Blueberries 9, Mulberries 8, Kiwifruit 9, Gooseberries 9, Damsons 10, Greengages 10, Nectarine 10, Papaya 10, Figs fresh 10, Apples 10, Water chestnuts 11, Pineapple 11, Mango 11, Physalis 11, Parsnips 12, Prickly pears 12

Medium-high carbohydrate (15-25g carb/100g)

Lychees 15, Cherries 15, Grapes 17, Sharon fruit 19, Carrots 20, Potatoes 20, Sweet potato 20, Bananas 20, Jackfruit 22

High carbohydrate (>25g carb/100g)

Whole wheat pasta (cooked) 28, Pearl barley 28, Yam 28, Plantain 28, Rice (all types cooked) 30, White pasta (cooked) 32, Cassava 33, Bread (all types) 50, Quinoa 55, Dried dates 58, Raisins 63, Dried fruit 63, Crispbread (rye) 63, Flour (grain, all types) 70, Porridge oats 70, Sultanas 70, Currants 70, Breakfast cereals (all types) 80-90