

## LOW CARB RESOURCES

### **Low Carb Facebook Support Groups**

- Obesity Code Diet (Dr Jason Fung)
- LCHF4Life
- Ketogains
- Ruled Me
- Completely Keto
- Arabic LCHF Group
- Natural Fats and Low Carb Recipes by Fung Schweigh
- Type 1 Grit (for Type 1 diabetics)

### **Websites for Information**

#### **Diet Doctor**

- <https://www.dietdoctor.com/>

#### **The Food Revolution 2016 video:**

- <https://www.youtube.com/watch?v=l55OjWS9pEc>

#### **Look at the pictures for fruits/veg/nuts/etc. and their corresponding carb levels:**

- Fruit: <https://www.dietdoctor.com/low-carb/fruits>
- Veg: <https://www.dietdoctor.com/low-carb/vegetables>
- Nuts: <https://www.dietdoctor.com/low-carb/nuts>
- Snacks: <https://www.dietdoctor.com/low-carb/snacks>
- Low carb sauces: <https://www.dietdoctor.com/low-carb/fats-sauces>

#### **Dr. Noakes, Low Carb Down Under:**

- <http://lowcarbdownunder.com.au/tim-noakes-video/>

**Intensive Dietary Management**, Dr. J. Fung's website: especially for those with Type 2 Diabetes or significant insulin resistance.

- [idmprogram.com/blog/](http://idmprogram.com/blog/)

**Public Health Collaboration**, PHCUK: links to evidence:

- <https://phcuk.org/wp-content/uploads/2016/08/The-Real-Food-Lifestyle-For-Weight-Loss-Patient-Booklet-Low-Ink.pdf> <https://phcuk.org/wp-content/uploads/2016/08/Carbohydrate-Content-Insert-Low-Ink.pdf>

**Auntie Banting Green List:** <http://auntiebanting.com/the-green-list/>

**Low Carb as a Vegetarian:** <https://authoritynutrition.com/low-carb-as-a-vegetarian/>  
<https://www.dietdoctor.com/low-carb/recipes/vegetarian> <http://meatfreeketo.com/>

**Athletic Performance and Low Carb:**

<https://www.youtube.com/watch?v=tQbgdRoAfOo&app=desktop> **LCHF: The**

**Ultimate A-Z Resource:**

[http://nutritionadvance.com/lchfresource/?utm\\_content=buffer7e85b&utm\\_medium=social&utm\\_source=twitter.com&utm\\_campaign=buffer](http://nutritionadvance.com/lchfresource/?utm_content=buffer7e85b&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer)

**Low Carb on Budget:**

- <https://www.dietdoctor.com/low-carb/cheap#do>
- <http://www.ditchthecarbs.com/2014/09/29/eat-healthy-save-money/>
- <http://realmealrevolution.com/real-thinking/banting-on-a-budget-is-easy-part-one>  
<http://realmealrevolution.com/real-thinking/banting-on-a-budget-is-easy-part-two>

## Websites for Recipes

- [ditchthecarbs.com](http://ditchthecarbs.com)
- [modernlowcarb.com](http://modernlowcarb.com)
- [lowcarblab.com](http://lowcarblab.com)
- [alldayidreamaboutfood.com](http://alldayidreamaboutfood.com)
- [www.lowcarbmaven.com](http://www.lowcarbmaven.com)

## Cookbooks

- Well Fed
- Well Fed 2
- The Keto Diet
- The Real Meal Revolution
- The Real Meal Revolution 2
- The Banting Pocket Guide
- Superfoods for Super Kids
- Keto Comfort Foods

## **Info Books**

- The Art and Science of Low Carb Living – Stephen Phinney, Jason Volek
- Dr Bernstein's Diabetes Solution – Richard Bernstein
- The Big Fat Surprise – Nina Teicholz
- The Obesity Code – Jason Fung
- Keto Clarity – Jimmy Moore, Eric Westman
- Good Calories, Bad Calories – Gary Taubes