

# LOW CARB ALTERNATIVES

## INTEGRATIVE CARE

### High Protein Snacks

Beef Sticks  
Duke's Pork Sausages  
No-Sugar Beef Jerky  
String Cheese  
Cheese Chips  
Boiled Egg  
Pate  
Liverwurst  
Pork Rinds  
Sugar-free Jello  
Too Good Yogurt

### Carb Replacements

Almond Flour  
Coconut Flour  
Stevia  
Erythritol  
Low Carb Mission Tortillas  
Miracle Noodles  
Enlightened Ice Cream  
Fat Snax Cookies  
Smart Cakes  
Quest Pizza/Chips/Cookies

### Low Calorie Snacks

Pickles  
Olives  
Celery  
Cucumber  
Seaweed Snacks  
Kale Chips

### On-the-Go Snacks

Quest Protein Snacks  
Dark Chocolate  
Almonds  
Pecans  
Macademia Nuts

### Stay Keto While Traveling

Wendy's/Five Guys/etc. (bunless burger/no sauce)  
Chipotle (bowl or salad - no rice/beans)  
Sushi Restaurants (no rice)  
Buffalo Wild Wings (non-breaded)  
KFC/Chic-fil-A (grilled chicken)  
Drinks: Water, Diet Soda, Black Tea

### Tips

- Snacks should be incorporated into a meal or eaten instead of a meal (2-3 meals per day).
- If at a restaurant, you can create a low carb meal with simple substitutions. For example: bunless or lettuce-wrapped burgers, steamed vegetables instead of fries, bowl instead of burrito, etc.
- Carb replacements and processed snacks are optional. If you choose to include them, moderation is key. They may trigger carb cravings, so avoiding them entirely may be necessary for some. A ketogenic diet should be centered around whole, nutrient-dense foods.
- If you are experiencing digestive issues, remove nuts, seeds, and prebiotic fiber (chicory root, inulin).