

The Low Carb Lifestyle

At H-E-B Wellness Nutrition Services, we believe that food is foundational to health. We also understand that eating habits are extremely personal and should be individualized. Our H-E-B Dietitians help create a food and nutrition plan that is tailored to a patient's unique needs, goals, and values. This handout is meant to help you better understand a patient's chosen dietary lifestyle as they manage their health through food.

Low Carb Lifestyle Definition

Defining the low-carb lifestyle.

A low-carb diet limits carbohydrate-rich foods such as those found in grains, starchy vegetables, and fruits and emphasizes foods high in protein and fat. There is not a single definition to describe what is considered a low-carb diet. In fact, there are different types of low-carb diets with varying amounts of carbohydrate allowed. H-E-B has stringent rules for the use of the low-carb shelf tags for ingredients and meals. For single ingredients, only those that qualify for 0-5 grams net carbs can be considered suitable for the low-carb lifestyle. For meals, only those that qualify for 5-10 grams net carbs can be considered suitable for the low-carb lifestyle. Under this ruling, consumers following a very low carb lifestyle can safely choose these products.

Comparing low carbohydrate lifestyles.

- **Low Carb:** 30%-40% of calories from carbohydrates per day
 - Example: If you are recommended to eat 1200 calories per day: Your total carbohydrate intake would be between 90 to 120 grams of carbohydrate per day
- **Very Low Carb Diet / Keto Friendly:** 21 grams to 70 grams of carbohydrate per day

H-E-B Lifestyle Shelf Tags

These icons are listed on products that are low carb friendly. Look for individual items that 0-5 grams of net carbs per serving (example snack) and meals with 5-10 grams of net carbs per serving (example: frozen dinner)

Net carbohydrates are subtracting dietary fiber (if specified) from total carbohydrates.



This icon is for products that are labeled "sugar free" on the package.

Label Overview

Nutrition Facts
Chocolate Ice Cream
 3 (Per serving) Serving Per Container
Serving Size 0.67 cup(85g)
 Amount Per Serving
Calories 100
 Calories from Fat 0
 % Daily Value*
 Total Fat 3g 4%
 Saturated Fat 1.5g 8%
 Trans Fat 0g
 Cholesterol 40mg 13%
 Sodium 135mg 6%
 Potassium 120mg 2%
Total Carbohydrate 18g 7%
 Dietary Fiber 2g 7%
 Total Sugars 7g
 Sugar Alcohol 8g
 Added Sugars 4g 8%
 Protein 6g 13%

Pay attention to the serving size. All info below is for one serving size. Some products have multiple servings per container

Total Carbohydrate includes Dietary Fiber, Total Sugars and Sugar Alcohol

Net Carbs =
 Total Carbohydrate -
 (Dietary Fiber & Sugar Alcohols)

Meal Solutions by your H-E-B Dietitians

Breakfast Taco & Fruit



HCF Grade A
White Eggs



Carb Sense
Tortillas



Sliced Fresh
Avocado



H-E-B Pico de
Gallo

Turkey Wrap & Berries



Flat Out Wrap



MS Turkey Breast



Southwest Chopped
Salad



Blackberries

Grilled Salmon & Skillet Sauté



Meal Simple
Salmon



1.5 cup Garlic
Pesto Skillet Sauté



Riced Veggie



FitVine
Sauvignon Blanc

Snacks Carb & protein Pairing



¼ cup
walnuts



H-E-B Cheese
Cubes



H-E-B Mike's
Red Pepper
Jerky



1 cup No Sugar
Added Frozen Mixed
Berries



Two Good Yogurt

Low Carb Lifestyle Swaps



Ready-Made Meals



[H-E-B Meal Simple Grilled Chicken w/ Broc & Carrots](#)



[H-E-B Meal Simple Chicken and Brussels Sprouts](#)



[Chicken with Spaghetti](#)



Sugar



[Swerve](#)



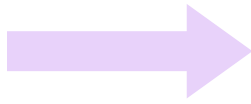
[Monk Fruit](#)



[Stevia](#)



Breads & Tortillas



[Sola Bread](#)



[Xtreme Wellness Tortillas](#)



[Carb Sense Tortillas](#)



Sweetened Beverages



[H-E-B Sparkling Water](#)



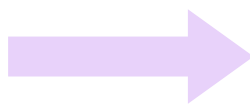
[Diet Tea](#)



[Stur Water Enhancer](#)



Flour



[Swerve Sweets](#)



[H-E-B SI Almond Flour](#)



[Bob's Red Mill Paleo](#)

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