Complementary Blog Post: 5 Low Carb Side Dishes

Subject: 7 Vegetables To Try During a Low Carb Diet

[firstname],

Eating vegetables when you’re on a low carb diet is essential. Which ones are the best for this diet? That is the great thing about vegetables you can eat most and they’ll work, but you still have to count the carbs that they contain. All vegetables have carbs in them and since you’ll be track you have to count them all.

Here are the top 7 vegetables you’ll want to include in your recipes, as snacks and throughout the day.

1.Mushrooms

Unless you’re eating seaweed or vine leaves (literally) – then mushrooms have the least amount of carbs. In them you’ll get .3 grams.

Mushrooms are a vegetables that can be thrown in with a ton of different recipes and foods, so adding more is easy.

3. Broccoli

Broccoli weighs in at .4 grams per serving. This is a great snack and you can eat it raw or can cook it up. Broccoli is a lot like mushrooms and they can be put into a lot of different dishes.

4. Spinach

Spinach carb count is different if you cook versus eating it raw. When raw one cup equals 1 gram of carb, but when it is cooked that same cup of spinach equals 7 grams of carbs. Even though there are more carbs in the cooked – that doesn’t mean you shouldn’t eat it this way. The benefits are worth the extra grams because you’ll also get tons of vitamin K.

5. Celery

Make sure to keep celery on hand when you’re on a low carb diet as well. This vegetable has 1.2 grams. Not only can you use this for a snack, but in your soups and other dishes.

6. Asparagus

Asparagus is a wonderful vegetable and can bought inexpensive if you buy it while it is in season. You can bake, grill or sauté for amazing flavour and it only has 1.4 grams of carbs per serving.

7. Spaghetti Squash

The squash family is a great vegetable, but watch the servings on these because they can bring you over your carb limit if you’re not careful. They make a fantastic side dish. Spaghetti squash also works instead of noodles when you’re making your favorite spaghetti recipe.

If you’re looking for more low carb side dish ideas – check out the blog post on our site.

LINK

Finding the right combo of low carb foods that you enjoy eating is the key when you’re switching diets. It might take a while, but the rewards of a healthier you are worth the effort.

[Sign off]