



How should you structure your plate?

Consider Underlying Diseases/Conditions

There are many conditions that affect how your body deals with carbohydrates, so you need to take these into consideration when thinking about how much carbohydrate you might do well with. I've listed them in the chart below; pay attention to the percentages, not so much the gram amounts as they are just examples based on a 2600 kcal and 2000 kcal diet for men and women, respectively, and are not appropriate for everyone:

	% CARBS	CARB (GRAMS) FOR MEN (2600 kcal diet)	CARB (GRAMS) FOR WOMEN (2000 kcal diet)	GOAL/POPULATION
VERY LOW CARB	< 10%	< 65 g	< 50 g	<ul style="list-style-type: none">• Neurological issues (Epilepsy, Alzheimer's, etc.)• Severe blood sugar problems
LOW CARB	10 - 15%	65 - 100 g	50 - 75 g	<ul style="list-style-type: none">• Weight Loss• Blood sugar regulation• Mood disturbances• Digestive problems
MODERATE CARB	15 - 30%	100 - 200 g	75 - 150 g	<ul style="list-style-type: none">• Generally healthy• Maintain weight• Adrenal fatigue• Hypothyroidism• Familial Hypercholesterolemia
HIGH CARB	> 30%	> 200 g	> 150 g	<ul style="list-style-type: none">• Athletes and highly active people• Trying to gain weight/muscle• Fast metabolism• Pregnant/breastfeeding

Get Started!

When I first start working with a client who has no underlying health issues and wants to find their ideal carbohydrate intake, I often have them begin by implementing what I like to call "**The Rule of Thirds**". That is, their plate should be $\frac{1}{3}$ protein, $\frac{1}{3}$ whole food starches (not processed), and $\frac{1}{3}$ non-starchy vegetables, along with some healthy fats added for nutrient absorption and flavor (*see food suggestions on the back of this sheet*). It ends up being a moderate carbohydrate diet. If you do have a condition that would affect your carbohydrate intake (diabetes, hypoglycemia, thyroid disease, adrenal fatigue, etc) and/or you exercise a lot, refer to the chart to know what carbohydrate level you should begin with. If you have multiple

conditions that place you in seemingly opposite carbohydrate levels, I suggest **working with a dietitian** to help you craft a diet that will suit you best.

Experiment! (And Take Notes)

From there, we experiment. Sometimes the carbohydrate intake will feel too high. It might trigger cravings for sweets, or perhaps increase blood sugar too much.

I'll have my client track their meals and take notes along the way with regard to how they're feeling so we can really see what's going on. Being able to look back and track how your symptoms change with a concurrent change in carbohydrate intake is vital to figuring out the right level for you. I have my clients use an app called **Meal Logger** or **My Fitness Pal** for this task, where they can take pictures of their meals and keep notes on their symptoms.

I hope seeing this helps you start this experiment for yourself and find what's right for you. Don't feel like you need to put yourself in a low-carb or high-carb camp – you just need to do what works for *you!* There's a huge spectrum of carbohydrate intake; it's just a matter of finding where you should lie on it. <http://chriskresser.com/the-3-step-process-to-determining-your-ideal-carbohydrate-intake/>

Protein

Meat
Poultry
Eggs
Unsweetened Dairy: cottage cheese, yogurt (regular or greek)

Whole Food Starches

Legumes
Sweet/White Potatoes
Yams
Plantains
Butternut/Acorn/Spaghetti Squash
Fruit
Gluten-Free Grains: quinoa, steel cut/old-fashioned oats, wild or parboiled rice

Rutabaga
Yucca

Non-Starchy Vegetables

Any vegetable other than those listed under 'Whole Food Starches'

Healthy Fats

Butter
Coconut Oil
Extra Virgin Olive Oil
Avocado Oil
Almond Oil
Hemp Seed Oil

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