
LOW CARB DIET

HELPFUL TOOLS & NOTES

If Dr. Ruscio has recommended that you begin to cut down, or limit your carbohydrate intake, here is some useful information and tools to help you.

https://files.atkins.com/1512_CarbCounter_Full_Online.pdf

We are not recommending the Atkins Diet, however, this site has some useful information on net carbs, proportions, and how to count your carbs. There is also a helpful carb counting list to reference back to.

https://files.atkins.com/1512_CarbCounter_Full_Online.pdf

There is even an app version available. So you can easily keep count of your carb intake on the go!