

Planet Health's Newsletter

8 High-Fiber, Low-Carb Options

1st Quarter 2020

From Keto to Paleo and beyond, diets that restrict carbohydrate intake have become popular with people looking to lose weight, control blood sugar and just plain feel better. But a lot of high-carb foods provide fiber, needed not only for smooth sailing in the digestion department but also for controlling cholesterol levels.

However, there are low-card options that provide adequate fiber. That's because while fiber itself is a carb, it's not what is called a *usable carbohydrate*—the kind that gets into your bloodstream and raises your glucose levels. Calculating this figure is easy: total carbs - fiber = usable carbs.

Cabbage

1 cup chopped raw: 2g fiber,
3g usable carb



Summer Squash

1 cup cooked zucchini"
3g fiber, 4g usable carb



Asparagus

1 cup chopped:
2g fiber,
2g usable carb



Berries

1 cup of raw black-
berries" 8g fiber,
6g usable carb

Coconut, Unsweetened

1 ounce: 5g fiber,
2g usable carb



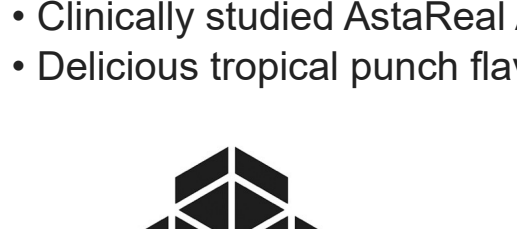
Leafy Greens

10 ounces of spinach: 8g fiber,
3g usable carb

Reccourse: energy times magazine

What's New?

*Keto friendly, gluten free soup
made with bone broth.
Nutritious, delicious, and
ready to eat in seconds. Low
carb and only 2 grams of
sugar.*



Sea-Based Beauty

- DNA verified wild, deep sea salmon
- Clinically studied AstaReal Astaxanthin
- Delicious tropical punch flavor with zero sugar!



- Fermented Vitamins
- Herbal extracts & Tonic Mushrooms
- Bone Broth, Featuring Collagen
- 20 Vitamins & Minerals
- Real Food Sourced
- Keto, Gluten Free, Dairy Free, Soy Free



NUTRITIONAL BLOOD ANALYSIS

WHEN: Saturday, Jan. 4, 2020

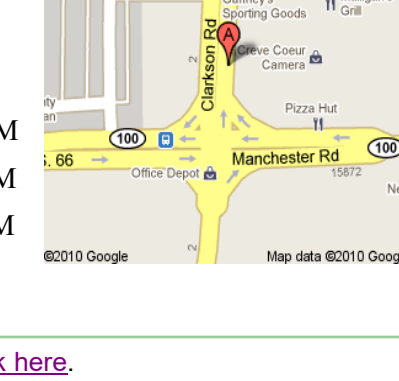
Saturday, Feb. 1, 2020

Saturday, Mar. 7, 2020

TIME: 9:00 AM - 5:00 PM

Call today to schedule your appointment

636-527-8888



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