

Consume Carbs Consciously

Carbohydrates (carbs) refers to a massive umbrella of foods. Being conscious of carbs is the first step to tapping into the power of Therapeutic Carbohydrate Reduction (TCR). The following lists are meant to raise your awareness of the carb content in whole foods. The numbers indicate net carb levels of **100g or ~3.5oz** of each food.

Vegetables		Fruit		Mushrooms		Whole Grains	
Lettuce	1	Zucchini	2	Portobello	2	Amaranth	16
Spinach	1	Okra	2	White Button	3	Buckwheat	17
Beet Greens	1	Coconut	2	Shiitake	4	Quinoa	19
Watercress	1	Tomato	3	Oyster	4	Corn	20
Celery	1	Cucumber	3	Nuts		Millet	23
Bok Choy	1	Olives	3	Brazil	4	Rice	27
Collards	2	Blackberries	4	Pecan	5	Farrow	60
Mustard	2	Avocado	5	Macadamia	6	Sweets	
Chard	2	Spaghetti Squash	5	Walnut	7	Dried Fruit	51
Arugula	2	Eggplant	5	Hazelnut	9	Maple Syrup	65
Cauliflower	2	Peppers	5	Almonds	10	Honey	85
Asparagus	2	Raspberries	6	Pine	10	Cheese	
Radish	2	Strawberries	6	Pistachio	17	Brie	1
Turnip	3	Lemon	6	Seeds		Camembert	1
Kohlrabi	3	Butternut Squash	7	Flax	2	Goat	1
Kale	4	Lime	8	Hemp	4	Muenster	1
Broccoli	4	Cantaloupe	8	Chia	9	Cheddar	1
Jicama	4	Watermelon	8	Pumpkin	35	Blue	2
Cabbage	4	Peach	8	Legumes		Colby Jack	2
Scallions	5	Plum	10	Snap Peas	4	Provolone	2
Brussel Sprouts	5	Orange	10	String Beans	5	Gouda	2
Artichoke	6	Blueberries	11	Edamame	7	Pepper Jack	2
Rutabaga	6	Kiwi	12	Peanuts	8	Ricotta	3
Leeks	6	Pineapple	12	Lupini Beans	11	Parmesan	3
Carrots	7	Mango	13	Lentils	12	Havarti	3
Onions	8	Cherries	14	Green Peas	15	Feta	4
Beets	8	Apple	14	Black Beans	16	Cream	4
Sweet Potato	18	Grapes	17	Kidney Beans	17	Mozzarella	4
White Potato	20	Banana	22	Chickpeas	21	Cottage	5
Yam	22			Cashews	27	Swiss	5



Therapeutic Carbohydrate Reduction (TCR)

TCR is a powerful metabolic tool because it predictably helps to normalize blood sugars and bring insulin levels down. Reducing carbs can be a great first step towards metabolic health! You might be on multiple medications for different diseases that can all be treated by reducing the amount of carbs you eat. Multiple studies in numerous populations consistently show that using food as medicine is more powerful than pills for nutrition induced diseases! Use these tables as a guide to implement TCR.

Carbs to Eat Freely

These foods are not very starchy and tend to be composed mainly of fiber which can help control appetite. Their vibrant colors reflect high nutrient density. Use these as a vehicle for fat to add flavor and boost nutrient absorption!

Vegetables		Fruit	Mushrooms	Legumes
Lettuce	Radish	Zucchini	Portobello	Snap Peas
Spinach	Turnip	Okra	White Button	String Beans
Beet Greens	Kohlrabi	Coconut	Shiitake	
Watercress	Kale	Tomato	Oyster	
Celery	Broccoli	Cucumber		
Bok Choy	Jicama	Eggplant		
Collards	Cabbage	Peppers		
Mustard	Scallions	Lemon		
Chard	Brussels	Lime		
Arugula	Artichoke	Olives		
Cauliflower	Rutabaga	Avocado		
Asparagus	Leeks			

Carbs to Portion

These foods have a bit more carbs...Be mindful of intake and cut back if you're not seeing results. A word of caution with CHEESE and NUTS: Both are whole foods which naturally contain fat and carbs... this [fat +carb] combo can trigger mindless eating.

Vegetables	Fruit	Nuts	Seeds	Legumes	Cheese	
Carrots	Blackberries	Brazil	Flax	Edamame	Brie	Pepper Jack
Onions	Raspberries	Pecan	Hemp	Peanuts	Camembert	Ricotta
	Strawberries	Macadamia	Chia	Lupini Beans	Goat	Parmesan
	Blueberries	Walnut			Muenster	Havarti
	Cherries	Hazelnut			Cheddar	Feta
	Cantaloupe	Almonds			Blue	Cream
	Watermelon	Pine			Colby Jack	Mozzarella
	Butternut Squash				Provolone	Cottage
	Spaghetti Squash				Gouda	Swiss



Carbs on Hold

These foods are mainly carbohydrates. While they offer fiber and may be a supplemental protein source... if your metabolism is broken, put these on hold until you heal and mindfully re-introduce if you desire!

Vegetables	Fruit	Nuts	Seeds	Legumes	Whole Grains	Sweets
Sweet Potato	Peach	Pistachios	Pumpkin	Lentils	Amaranth	Dried Fruit
White Potato	Plum			Green Peas	Buckwheat	Maple Syrup
Yam	Orange			Black Beans	Quinoa	Honey
Beets	Kiwi			Kidney Beans	Corn	Agave
Yucca	Pineapple			Chickpeas	Millet	
	Mango			Cashews	Rice	
	Apple				Farrow	
	Grapes				Popcorn	
	Banana					

Carbs to Avoid

Ultra-Processed Carbohydrates. These foods are composed of highly refined and ultra-processed ingredients.

Liquid Sugar	Refined Grains	Sweets	Condiments
Soda	Pasta	Candy	Ketchup
Juice	Bread	Cookies	BBQ sauce
Milk	Polenta	Pastries	Dressings
Gatorade	Tortilla chips	Cakes	Marinades
Sweet Cocktails	Pretzels	Chocolate	Honey Mustard
Beer	Granola Bars	Ice Cream	Sweet relish
Dessert Wine	Pita chips	Frozen Yogurt	Sweet pickles
	Crackers	Gelato	
	Grits		



ABC's of Metabolic Eating

Elements of a personalized Food First MD Rx

- A: Avoid ultra-processed foods
- B: Build meals with high quality protein
- C: Consume carbs consciously
- D: Do include solid fats
- E: Eat salt with water
- F: Feast ...and then fast
- G: Get the essentials



Meet the MD



Christine Najjar, MD, MS, MHP, ABOM is a board certified Internal and Obesity Medicine physician with a Master's in Human Nutrition and a Bachelors in Biochemistry. In 2021, she launched Food First MD, LLC, a grassroots metabolic medicine practice on a mission to empower patients with the most underutilized medicine: food. Dr Christine is driven to help patients avoid years of frustration, ineffective treatments, and debilitating ailments through metabolic therapies. She values time with patients, so that confidence and trust can support a true patient-physician relationship. Dr. Christine taps into years of personal and professional experience — as well as her passion for food and cooking — to help patients gain control over body and mind.

Testimonial:

“Dr. Najjar is a progressive, knowledgeable & compassionate doctor who will help you get healthy & lose weight as you learn how food can work to heal you & make you healthier. She has an individualized approach, challenging you to do your best, while being very supportive. My sugar, blood pressure & cholesterol numbers were through the roof, I was considered obese, and my PC Dr said if things didn't change, I'd have to be on meds for all these issues, but with Dr. Najjar's help I lost 75 lbs. & my numbers are now excellent, no need for meds, and I feel great.” -L.S.

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