

LOW CARB SWAPS & SUBSTITUTIONS

There are plenty of low carbohydrate options or substitutes available these days. The key to reducing or replacing a source of carbohydrates is to add in extra fat and protein sources to ensure that you're getting enough nutrients from your meal to ensure satiety and satisfaction. Whether your gluten free, keto, paleo or just wish to cut down on your total net carbohydrates, here are a few suggestions for you.

- **Kumara toast** – thinly slice a large kumara with the slices approx. 0.5-1cm in thickness. You can then place these in the toaster to use in replacement of bread.
- **Egg wraps** – scramble 1-2 small eggs and fry in a thin layer with a tsp of oil until cooked through. Gently flip without breaking and this can then be used as a wrap in replacement of your standard wraps.
- **Nori wraps** – These are the sushi wraps that you can get from the supermarket and can be used in replacement of normal wraps.



- **Cauliflower or Broccoli rice** – Grate or whiz a head of cauliflower or broccoli in a food processor or Nutribullet until the texture of rice. Gently fry in a frypan with some oil until cooked through. Use this in replacement of normal rice, with 1-1.5 cups as a serve. You can also purchase this in the frozen section at the supermarket [Birds Eye Veggie Rice Broccoli & Cauliflower Rice](#).



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- **Six Ingredient Seed Crackers** – these are a great alternative to your standard crackers and are much more nutrient dense, loaded with healthy fats from the seeds. Serve with different toppings like tomato and avocado or hummus.
- **Paleo bread options** like Venerdi are a great option for a standard bread replacement with seeds being one of the main ingredients to make up this loaf. This is notably lower in carbohydrates than your standard loaf of bread.



- **Alternatives for standard wraps** – the following are lower in net carbs than their alternative options, making them a great low carb substitution: Keto Pure Wrap with only 8g carbs per wrap, Gerry's Go Low Carb Wrap with 11.4g carbs per wrap and Gerry's Super Low Carb Spinach Wrap with 11.2g carbs per wrap. The Farrah's range also stock some low carb wrap options with only 9g carbs per wrap. Here are some gluten free keto wrap recipes which use ingredients that are low in carbohydrates, Almond Flour Keto Wrap and Keto Tortilla.
- **Zoodles** – As an alternative for traditional white pasta, zoodles or zucchini noodles can be made with a spiraliser to resemble spaghetti or noodles in dishes. Simply prepare the zoodles and quickly boil in water as you would pasta until the texture is to your liking. Somerset Farms do a range of veggie noodles including beetroot and kumara too.
- **Quinoa** is a lower carb option when compared to white or brown rice, and contains high levels of fibre and iron too.

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Here are some low carb swaps for some common and standard carbohydrate serves:

Carbohydrates

Swaps

Rice

Cauliflower or Broccoli rice

Spaghetti or noodles

Zoodles (zucchini that has been spiralsised to look like spaghetti or noodles)

Mashed potato

Cauliflower mash

Chips

Celeriac chips

Tortilla wraps

Lettuce wraps (using Cos or large lettuce leaves)

Couscous

Quinoa

Roast potatoes

Roast carrots

Crisps

Kale crisps

