

Low-Carb Nuts – The Best and The Worst



The numbers above the nuts are the percent of digestible carbohydrates, i.e net carbs. This means that a hundred grams of nuts (3½ ounces or about three handfuls) will contain this many net carbs.

The best and the worst

The three best options are to the left – Brazil, macadamia and pecan nuts – and can be eaten freely even on a strict low-carb diet. This is because they are so full of healthy fats and so satisfying that it's pretty much impossible to eat too many carbs this way.

The group in the middle can be enjoyed in moderation by most people on low carb.

The worst options are to the right, pistachio and (especially) cashew nuts. Be very careful with these nuts if you're trying to lose weight or reverse insulin resistance, as the carb grams will quickly add up. Just two handfuls of cashews contain 20 grams, the daily allowance on a strict low-carb diet.

Salt and reward

Most people find that nuts taste better and get more rewarding when they are salted. Be aware that this can often result in eating far more nuts than you need to stop your hunger, something that can slow down weight loss. A good option is to just bring out a small bowl of nuts, not the entire bag.