



RediCare**Control**^{DTx}

Visual Food Rating Guides

Rating foods for optimum health

Fruits

Visual Rating Guide

Control^{DTx}

low carb

high carb



Strawberry 5



Raspberry 5



Watermelon 10



Pineapple 12



Blueberry 12



Grapes 16



Blackberry 5



Cantaloupe 7



Mango 13



Coconut (meat) 6



Clementine 10



Cherries 10



Kiwi 12



Banana 20



Lemon 6



Plum 7



Peach 9



Orange 10



Apple 12



Pear 12

Please note numbers under each food item represent the amount of carbohydrates per 100 grams of food unless stated otherwise

Vegetables Visual Rating Guide

Control^{DTx}

low carb

high carb



Spinach 1



Avocado 2



Lettuce 2



Asparagus 2



Courgette 3



Aubergine 3



Olives (Green & Red) 3



Kale 3



Cauliflower 3



Cucumber 3



Tomato 3



Green Beans 4



Brussel Sprouts 5



Cabbage 3



Broccoli 4



Celeriac 7



Onion 7



Peppers
green 3
red 4
yellow 5
orange 7



Turnip 7



Beetroot 7



Sweet Potato 17



Potato 15



Parsnip 13



Carrot 7

Please note numbers under each food item represent the amount of carbohydrates per 100 grams of food unless stated otherwise

Sauces & Condiments

Visual Rating Guide

Control^{DTx}

low carb

high carb



Butter **0**



Coconut Oil **0**



Cream Cheese **4**



Tomato Paste **15**



Jam **69**



Olive Oil **0**



Tobasco/Hot Sauce **2**



Garlic Mayo **2**



Guacamole **3**



Salsa **6**



Pesto **8**



BBQ Sauce **40**



Mayo **1**



Vinaigrette **3**



Heavy Cream **3**



Soy Sauce **4**



Mustard **6**



Bearnaise **3**



Ketchup **26**



Maple Syrup **68**

Please note numbers under each food item represent the amount of carbohydrates per 100 grams of food unless stated otherwise

Alcoholic Drinks

Visual Rating Guide

Control^{DTX}

low carb

high carb



Brandy **0**



Dry Martini **0**



White Wine **2**



5



11



13



14



39



Whiskey **0**



Vodka & Soda
Water **0**



Gin & Slimline
Tonic **0**



Red Wine **2**



11



11



14



16



31



Tequila Shot **0**



Vodka &
Diet
Mixer **0**



Champagne **1**



Margarita **8**



Irish Cream
Liqueur **12**



Gin &
Tonic **16**



Vodka &
Orange **28**
Juice



Rum & Coke **39**

Please note numbers under each food item represent the amount of carbohydrates per 100 grams of food unless stated otherwise

Non-Alcoholic Drinks

Visual Rating Guide

Control^{DTX}

low carb

high carb



Diet Soft Drink **0**



Sparkling Water **0**



Milk **11**



Latte **15**



Smoothie **36**



Milkshake **60**



Black Tea **0**



Green Tea **0**



Coconut Water **9**



Skinny Latte **12**



Orange Juice **26**



Soft Drink **39**



Frappuccino **50**



Black Coffee **0**



Herbal Tea **0**



Soy Milk **12**



Energy Drink **28**



Cappuccino **22**



Flat White **15**

Please note numbers under each food item represent the amount of carbohydrates per 100 grams of food unless stated otherwise

Snacks

Visual Rating Guide

Control^{DTx}

low carb

high carb



Eggs **1**



Avocado **2**



Macadamia, Brazil
and Pecan Nuts **4**



Donut **40**



Crackers **70**



Cheese **2**



Cold Cuts **2**



Peperami **2.2**



Doritos **60**



85% Dark Chocolate
2 per square



Beef Jerky **2**



Pork Scratchings **2**



Pretzels **70**

Please note numbers under each food item represent the amount of carbohydrates per 100 grams of food unless stated otherwise