

Patient resources

High-quality websites with additional resources and information

Organization	Description	Website
Diet Doctor	Diet Doctor uses science-based, easy-to-understand information to make low carb simple. Diet Doctor has no investors, ads, or products, and takes no money from outside companies.	Dietdoctor.com
Bret Scher, MD, FACC	Dr. Scher is board certified in cardiovascular diseases and lipidology. His blog offers evidence-based information on how lifestyle changes can improve health.	Lowcarbcardiologist.com/blog/
Franziska Spritzler, RDN, CDE	Low Carb Dietitian provides science-based resources for achieving a healthy, low-carb lifestyle, including articles, recipes, and research on carbohydrate restriction.	Lowcarbdietitian.com
Jenni Calihan, MBA and Adele Hite, PhD, MPH, RDN	Eat the Butter is a non-profit dedicated to highlighting the proven benefits of satisfying, full-fat meals. The site has a tool for planning hundreds of low-carb dinners.	EatTheButter.org
Public Health Collaboration and Dr. David Unwin	The Public Health Collaboration is a registered charity dedicated to improving public health. Dr. David Unwin's materials are endorsed by the National Institute for Health and Care Excellence (NICE).	Phcuk.org/nice
Virta Health	Virta Health is a venture-capital backed corporation that offers evidence-based information on the treatment and reversal of type 2 diabetes.	Blog.virtahealth.com/

Food tracker and nutrition information websites

Cronometer.com	Tracks nutrition, fitness, and health data
Loselt.com	Tracks nutrition and fitness data
MyFitnessPal.com	Tracks nutrition and fitness data
Nutrita.app	A keto and low-carb food search engine
Senza.com	Tracks net carbs

Carbohydrate-restricted recipe sites

Diet Doctor	Dietdoctor.com/low-carb/recipes
Kristie Sullivan, Cooking Keto With Kristie	Cookingketowithkristie.com/recipes/
Megha Barot and Matt Gaedke, KetoConnect	Ketoconnect.net
Suzanne Ryan, Keto Karma	Ketokarma.com
Carolyn Ketchum, All Day I Dream About Food	Alldayidreamaboutfood.com
Cristina Maria Curp, The Castaway Kitchen	Thecastawaykitchen.com
Sahil Makhija, Headbanger's Kitchen	Headbangerskitchen.com