

Patient resources

High-quality websites with additional resources and information

| Organization | Description | Website |
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| 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

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| 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

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| 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 |