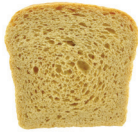


LC FOODS vs CONVENTIONAL

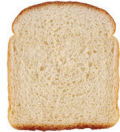
Compare & See the Difference!

Net Carbs: 1g
Sugar: 0g
Protein: 12g



LC White Bread
(per slice)

Net Carbs: 15g
Sugar: 2g
Protein: 2g



Reg. White Bread
(per slice)

Net Carbs: 0g
Sugar: 0g
Protein: 0g



LC Sweeteners
(per 2 tsp)

Net Carbs: 6g
Sugar: 6g
Protein: 0g



Cane Sugar
(per 2 tsp)

Net Carbs: 2g
Sugar: 0g
Protein: 6g



LC Granola
(per 1/2 cup)

Net Carbs: 29g
Sugar: 15g
Protein: 6g



Reg. Granola
(per 1/2 cup)

Net Carbs: 0g
Sugar: 0g
Protein: 17g



LC Milk
(per 1 cup)

Net Carbs: 12g
Sugar: 12g
Protein: 8g



Reg. Milk
(per 1 cup)

Ordering, Coupon Codes & Specials

LC Foods has an easy-to-use online store.

HOLDTHECARBS.COM

There is an easy checkout process with 3 safe and secure methods of payment. Registered users get up-to-date information, along with exclusive coupon codes for future purchase and shipping discounts. Visit our website today!

Follow us on Facebook!



Like us on Facebook!

facebook.com/lcfoods

Our Facebook page is a great way to stay connected!

Get the latest news, product information, recipes, industry trends and much more by liking us on Facebook!

Partner with Us!

Just by ordering from us you are investing and partnering with us to help build our business and make us strong and enduring. Are you interested in doing something more with LC Foods? Are you excited about what we are doing and want to affiliate with us? We offer affiliation programs and have wholesale accounts.

We would love to partner with you!

Send us an email at

lcfoodscorp@aol.com

or call us at

919-510-6688!



My wife Elise and I wish you all the best with your low carb lifestyle. We hope to make all your low carb dreams come true.

We thank you for your support and encouragement.

Best wishes!

Proudly Manufactured in the USA

All Natural



Diabetic Friendly Low Carb Gluten Free

Ketogenic Options

Paleo Options

Sugar Free

LC FOODS - RALEIGH, NC

919-510-6688

lcfoodscorp@aol.com

HOLDTHECARBS.COM

About Us!

LC Foods manufactures and distributes high quality, all natural, low carbohydrate, diabetic friendly and sugar free foods worldwide! We also offer over 100 products that are gluten free, paleo, and ketogenic friendly!

We are committed to providing healthy alternatives to consumers through our online store, HOLDTHECARBS.COM

Our family business started in 2009 as a personal journey and today we create all of our products and operate from beautiful Raleigh, NC!



We Are Proud of Our Products!

At LC Foods, we offer a wide selection of products for every taste! Do you miss bread? Pizza? Brownies? You don't have to anymore!



The low carb way of eating is fast becoming a lifestyle choice not only for diabetics and those struggling with weight, but also for the health conscious everywhere! We are proud to be making a difference with our products.

We Offer Low Carb:

- Bread
- Snacks
- Mixes
- Flour
- Pizza
- Cereal
- Chocolate
- Dried Fruit
- Condiments
- Sweeteners
- Dairy
- And More!



Fresh Baked Pizza Shells -
Just 2 Net Carbs Per Slice!

Check out all of our Fresh Baked Products at
HOLDTHECARBS.COM

More About Our Products!

Our Products are Diabetic Friendly

LC Foods is proud to offer diabetics a solution to help manage their blood glucose levels. According to the American Diabetes Association (ADA), in 2014, 9.3% of the U.S. population or 29.1 million people have diabetes. And this number increases every year. Our customers have tested their blood glucose levels and found that our products did not spike their blood sugar levels. LC Foods can be an integral part of a weight loss program to help manage diabetes.

Our Sweeteners

LC Foods offers a variety of all natural sweeteners to meet the varied needs and desires of our customers. Our low carb sweetener blends come in white, brown and confectionery varieties, and are offered with an inulin or erythritol base. Both sweetener blends contain a proprietary blend of natural stevia and natural luohanguo monk fruit, replacing table sugar 1 for 1 with superior results in baked goods and beverages, with no bitter aftertaste.



Gluten Free Products

LC Foods provides many products that are gluten and wheat free for our customers with celiac disease, those who are gluten intolerant or those who choose the gluten-wheat free lifestyle. The problem is that the starches used to replace gluten are high in carbohydrates and actually elevate blood sugar. Our products are both gluten free and low carbohydrate, which according to Dr. William Davis (author of Wheat Belly), is the combination to have for full health benefits.

Paleo/Ketogenic Products

A paleo diet eliminates all processed foods, refined sugars and dairy much like the cavemen and hunter-gatherers ate. A ketogenic diet is a high fat, low carbohydrate diet that causes the body to burn fat instead of carbs (ketosis). LC Foods offers products that cater to both the paleo and ketogenic lifestyle diets.