Sugar-Free Diet Food List

VEGETABLES

Select vegetables

- [ ] Carrots
- [ ] Green beans
- [ ] Zucchini
- [ ] Asparagus
- [ ] Celery
- [ ] Spinach
- [ ] Broccoli
- [ ] Peas
- [ ] Sweet potato
- [ ] Cabbage
- [ ] Pumpkin
- [ ] Onion
- [ ] Cucumbers
- [ ] Cauliflower
- [ ] Eggplant

FRUITS

Select fruits

- [ ] Strawberries
- [ ] Blueberries
- [ ] Apples
- [ ] Orange fruit
- [ ] Dates
- [ ] Lemons
- [ ] Limes
- [ ] Peaches

MEAT

Select meat

- [ ] Ground/minced chicken
- [ ] Turkey breast
- [ ] Ground/minced extra lean beef
- [ ] Lean pork steaks
- [ ] Fish
- [ ] Skinless chicken breast and thigh
- [ ] Ground/minced turkey
- [ ] Lean rindless bacon
- [ ] Salmon
- [ ] Prawns

DAIRY/EGGS

Select dairy/eggs

- [ ] Full-fat milk
- [ ] Unsweetened almond yoghurt
- [ ] Organic eggs

OTHER

Select other items

- [ ] Fresh olives
- [ ] Wholegrain crackers
- [ ] Seaweed snacks
- [ ] Beans and legumes
- [ ] Chickpeas
- [ ] Hummus
- [ ] Vegetable crisps
- [ ] Rolled oats
- [ ] Lentils
- [ ] Butter beans