

Low Carb Diet Food List

A low-carb diet reduces carbohydrate intake while emphasizing protein and healthy fats. This guide provides a structured food list for meal planning and nutritional counseling.

Low-carb phase (ongoing adherence)	
Adhere to the recommended foods while avoiding restricted items to maintain stable blood sugar levels and promote metabolic flexibility.	
Safe foods to include	
Proteins	Vegetables (non-starchy)
<ul style="list-style-type: none">✓ Lean meats – Skinless poultry (chicken breast, turkey), lean beef cuts (sirloin, tenderloin)✓ Fatty meats (in moderation) – Ribeye steak, pork belly, bacon✓ Fish – Salmon, trout, tuna, sardines (omega-3 rich)✓ Eggs – Whole eggs, egg whites	<ul style="list-style-type: none">✓ Leafy greens – Spinach, kale, romaine, arugula, Swiss chard✓ Cruciferous vegetables – Broccoli, cauliflower, cabbage, Brussels sprouts✓ Other low-carb vegetables – Asparagus, zucchini, bell peppers, mushrooms, onions, cucumbers
Fruits (lower carb options, in moderation)	Healthy fats
<ul style="list-style-type: none">✓ Berries – Strawberries, blackberries, raspberries, blueberries (small portions)✓ Avocado – High in healthy fats, low net carbs✓ Citrus (small amounts) – Lemon, lime for flavoring	<ul style="list-style-type: none">✓ Avocado, olives✓ Olive oil, avocado oil, coconut oil✓ Nuts and seeds – Almonds, walnuts, macadamia nuts, sunflower seeds, chia seeds
Dairy (full-fat, unsweetened)	Beverages
<ul style="list-style-type: none">✓ Cheese – Cheddar, mozzarella, Swiss✓ Heavy cream✓ Greek yogurt (plain, full-fat)	<ul style="list-style-type: none">✓ Water (optimal hydration)✓ Herbal teas, green tea (unsweetened)✓ Coffee (unsweetened, in moderation)
Foods to avoid	
<ul style="list-style-type: none">✗ Sugars & sweeteners – refined sugar, syrups, artificial sweeteners✗ High-starch foods – bread, pasta, rice, potatoes, corn✗ Processed/industrial fats – margarine, hydrogenated oils✗ Artificial additives – preservatives, colorings, flavor enhancers✗ Sugary beverages – sodas, fruit juices, energy drinks	
Reintroduction guidelines (if transitioning from a strict low-carb phase)	
<i>After a period of strict adherence, some foods may be reintroduced gradually to assess tolerance.</i>	
<ol style="list-style-type: none">1. Introduce one food at a time – Add a previously restricted item over 2-3 days.2. Monitor symptoms – Track digestive changes, energy levels, and metabolic responses.3. Wait before introducing another food – Allow 3-4 days between new foods to identify potential reactions.	

Additional notes