

Sugar-Free Diet Food List

Vegetables	Fruits	Grains
<ul style="list-style-type: none"> • Carrots • Sweet potato • Green beans • Cabbage • Zucchini • Pumpkin • Asparagus • Onion • Celery • Cucumbers • Spinach • Cauliflower • Broccoli • Eggplant • Peas 	<ul style="list-style-type: none"> • Strawberries • Blueberries • Apples • Oranges • Bananas • Grapes • Mangos • Pineapple • Avocados • Kiwi fruit • Dates • Lemons • Limes • Peaches 	<ul style="list-style-type: none"> • Wholemeal bread • Wholemeal wraps/ flatbread • Wholemeal tortillas • Brown rice • Wholemeal pasta • Quinoa • Barley • Wild rice • Wholemeal flour • Coconut flower • Almond flower • Chickpea flour
Meat	Dairy/eggs	Pantry staples
<ul style="list-style-type: none"> • Ground/minced chicken • Skinless chicken breast and thigh • Turkey breast • Ground/ minced turkey • Ground/minced extra lean beef • Lean rindless bacon • Lean pork steaks • Salmon • Fish • Prawns 	<ul style="list-style-type: none"> • Full-fat milk • Unsweetened almond milk • Danish feta • Goats cheese • Greek yoghurt • Organic eggs 	<ul style="list-style-type: none"> • Stevia or monk fruit • Manuka or raw honey • Avocado oil • Olive oil • Soy sauce • Wholegrain mustard • Sugar-free sauces • Tomato passata • Tomato puree • Sundried tomato pesto • Basil pesto

Other	Beans and legumes	Spices and nuts
<ul style="list-style-type: none">• Fresh olives• Hummus• Wholegrain crackers• Vegetable crisps• Seaweed snacks• Rolled oats	<ul style="list-style-type: none">• Lentils• Chickpeas• Butter beans• Black beans• Frozen edamame	<ul style="list-style-type: none">• Salt and pepper• Chili flakes• Rosemary• Oregano• Chives• Sesame seeds• Garlic powder• Onion powder• Paprika• Basil• Cinnamon