

Sugar-Free Diet Food List

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

Other

- Fresh olives
- Hummus
- Wholegrain crackers
- Vegetable crisps
- Seaweed snacks
- Rolled oats

Beans and legumes

- Lentils
- Chickpeas Butter
- beans Black
- beans Frozen
- edamame

Spices and nuts

- Salt and pepper
- Chili flakes
- Rosemary
- Oregano
- Chives
- Sesame seeds
- Garlic powder
- Onion powder
- Paprika
- Basil
- Cinnamon