



## **Zero/Low Carb Foods List**

### **No Carb Beverages**

- Water
- Coffee & Tea

### **No Carb Fresh Unprocessed Meat**

- Turkey
- Chicken
- Duck
- Beef
- Lamb
- Pork
- Veal

### **No Carb Fresh Unprocessed Fish**

- Cod
- Flounder
- Sole
- Haddock
- Halibut
- Sardine
- Swordfish
- Tuna
- Trout
- Salmon
- Tuna
- Lobster
- Shrimp



## No Carb Oils

- Olive oil
- Sunflower oil
- Safflower oil
- Corn oil
- Soybean oil
- Canola oil
- Peanut oil
- Sesame oil
- Coconut oil

## No Carb Alcoholic Beverages

- Gin
- Rum
- Vodka
- Whiskey

## Other Foods With Extremely Low Carbs

- Butter and Margarine
- Mayonnaise
- Dill weed
- Chives
- Vinegar
- Radishes
- Lettuce
- Cheese (Parmesan, Camembert, Cheddar, Swiss, Provolone, Mozzarella, Blue cheese)
- Salami
- Egg
- Mustard
- Bacon



- Ham
- Sour cream
- Tea (all kinds)
- Spinach
- Whip cream
- Sausage
- Green pepper
- Broccoli
- Cream cheese
- Parsley
- Cauliflower
- Tomatoes

## **Low Carb Vegetables**

- Broccoli
- Asparagus
- Cauliflower
- Pumpkin leaves
- Chicory greens
- Chinese cabbage
- Spinach
- Turnip greens
- Watercress
- Mustard spinach
- Cilantro
- Bamboo shoots
- Basil
- Nopales
- Lettuce
- Radishes
- Celery
- Squash
- Tomatoes



- Collards
- Chives
- Yellow snap beans
- Okra
- Arugula
- Jalapeno pepper
- Swiss chard
- Portabella mushrooms
- Taro shoots
- Green pepper
- Cabbage
- Savoy cabbage
- Edamame
- Eggplant

## **Low Carb Fruits**

- Avocados
- Cranberries
- Raspberries
- Blackberries
- Strawberries