

# Low-Carb Foods Guide

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## ZERO CARB FOODS – EAT AS MUCH AS YOU LIKE

All meat: beef, lamb, pork,  
veal, venison, rabbit

All poultry: chicken, duck,  
pheasant, turkey, goose

All fish: salmon, tuna,  
sole, trout, sardines

All fat: butter, olive oil,  
vegetable oils

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## VERY LOW CARB FOODS – EAT PLENTY, BUT START COUNTING THE CARBS

Green leafy vegetables

Salad vegetables

Eggs

Hard cheeses

Nuts (except cashews and  
peanuts)

Seafood and shellfish

Offal meats

Cream and full-fat dairy

Flaxseeds

Olives

Zero-calorie sweeteners

Sugar-free diet drinks\*

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## LOW TO MODERATE CARB – EAT OCCASIONALLY, AND WATCH THE CARB CONTENT CLOSELY

Soft cheeses

Cream cheese

Seeds (sunflower,  
pumpkin)

Low-starch root  
vegetables (celeriac,  
turnips, daikon)

Fresh berries

Low-sugar citrus fruit  
(lemons, limes, white  
grapefruit)

Low-carb flours (almond  
flour, coconut flour)

Sugar-free chocolate and  
cocoa powder

Sugar-free yoghurt

Low-carb protein bars\*

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## HIGH CARB FOODS – AVOID COMPLETELY

All grains (e.g. wheat, rye,  
oats, rice)

Bread and crackers

Pizza, pasta, pies, any  
other dough-based food

Ketchup and ready-made  
condiments

Biscuits and cakes

Breakfast cereals

Chocolate and sweets

Fizzy soda drinks (except  
diet versions)

Fresh fruit

Fruit juices and  
smoothies

Dried and tinned fruit

Potatoes in all variations

Bananas

Sugar

*\* Artificial sweeteners and sugar-free products are technically low in carbs. However, some people find that using artificial sweeteners can be detrimental to their progress, leading to strong sugar cravings and other issues. Be cautious with this type of food – it is not as good as natural low-carb foods.*