

Low carbohydrate foods

– these foods will not affect your blood glucose levels

- artificially sweetened cordial
- asparagus
- aubergine
- avocado
- bacon
- bamboo shoots,
- bearnaise sauce,
- beef steak/minced/roasted/corned
- black coffee
- black tea
- broad beans
- broccoli
- butter,
- cabbage
- cauliflower
- celeriac
- celery
- cheese
- chicken legs/thighs/breast
- chorizo,
- coconut oil,
- cod,
- cold-pressed rapeseed oil,
- courgette
- cream sauces
- cucumber
- double cream,
- eggs,
- gammon,
- garlic
- gravy made with meat juices
- green beans

- haddock,
- ham
- high meat 98% sausages and beef burgers,
- hollandaise sauce
- lamb chop/steak/roast
- lard,
- leeks
- lettuce
- low carb sweeteners
- mackerel (tinned or fresh)
- mayo (full-fat)
- Meat or fish sashimi
- mushrooms
- mustard
- okra
- olive oil,
- olives
- pak choi
- palm oil
- pancetta
- parma ham
- peppers
- pesto
- pilchards (tinned or fresh)
- plaice
- pork chop/roast
- pork scratchings
- prawns
- prosciutto
- rocket
- salami
- salmon (tinned or fresh)
- saltfish
- sardines (tinned or fresh)
- scallops

- spinach
- spirits e.g. vodka, gin, rum, whisky plus sugar-free mixers
- spring green,
- sugar-free fizzy drinks
- swede
- tofu
- trout
- tuna fish (tinned or fresh)
- turkey roasted/breast
- turnip
- watercress