

POST from Gezzabelle (2016)

I have seen a few members asking for low carb food lists for shopping etc. I was sent this list when I first came to this forum by a very helpful member and it was a god send to me amidst all the confusion. I just thought maybe others might find it useful/helpful in some way. I should have thought to share it before now but hope it proves useful to anyone needing a bit of guidance

Beef Roast
Beef Steaks
Corned Beef
Ground Beef
Poultry
Chicken pieces, thighs, legs, wing, breast
Duck
Goose
Pheasant
Turkey: whole, breast, leg portions, or ground
Pork
Bacon
Ground Pork
Ham
Italian Sausage
Bratwurst sausages (lidl) great taste & normal sausage substitute.
Pork Chops
Pork Roasts
Pork Steaks
Pork Tenderloin
Sausages look for high meat content
Tinned Pork & Ham
Fish
Canned Salmon
Crab
Flounder
Herring
Salmon
Sardines
Scallops
Shellfish
Shrimp
Sole
Trout
Tuna Fish
Spices And Condiments
Chili Powder
Garlic Powder Garlic Salt
Horseradish
Onion Powder
Paprika
Parmesan Cheese

Salt & Pepper
Salad Dressings
Salsa
Soy Sauce
Vinegar
Worcestershire Sauce
Yellow and Brown Mustard
Low Carb Syrups and Sweetener

Non-Starchy Vegetables
Alfalfa sprouts (great on salads)
Artichoke
Asparagus
Avocado
Bean Sprouts
Bell Peppers (green, red, yellow, orange)
Bok Choy
Broccoli
Brussel Sprouts
Cabbage (Any)
Cauliflower (Great as rice or mashed potato substitute.)
Celery
Celeriac
Chickpeas
Cucumbers
Fresh Spinach
Flax seed (add to salads & things)
Flower sprouts
Garlic
Green Onions
Hot Peppers
Leeks
Lentils
Lettuce
Mushrooms
Okra
Mushrooms
Radish
Peas
Yellow Onions
Red Onions
Squash
Tomatoes/paste & Sun dried
Zucchini

Note; frozen is most the time better than fresh.

Fruit (most is ok, but best in small portions.)

with root veg those with an orange tinge to them eg carrots, sweet potato, swede are better than the white veg, but still have to watch portion size.

Fats / Oils

Bernaise Sauce
Hollandaise Sauce
Mayonnaise
Olive Oil
Peanut Oil
Sesame Oil
cooking spray
Coconut oil

Dairy and Non Dairy
Milk full fat.
Coconut milk
Cheeses (hard)
Butter/Ghee
Cream Cheese
Eggs
Heavy Whipping Cream
Heavy Cream
Sour Cream
Yogurt
Greek yogurt, plain, full fat.

Snacks and Other Goodies
Olives (black)
Peanut butter
Pork Scratchings
Dark Chocolate 70% or more Cocoa (Good when cooking)

Ryvita. (A good replacement for bread.)
lidl's Rivercote sesame crispbreads, (lower carbs than Ryvita)
Tuc crackers
Nuts (that you like.)
Seeds
Chia seed (This thread shows the benefits of this magick like seed.
<http://www.diabetes.co.uk/forum/index.php?threads/72819/>
These little beauties can be added to almost anything, they can even be used as an egg substitute & thickening soups, sauces stews etc.)

Flax seed - similar to chia.
Cornflour (great for thickening & making yorkkie puds etc)
Almond flour
Coconut flour
Cinnamon
Oatmeal
Soya flour
Breads
livlife
Bürgen linseed & soya - shop around prices vary from like £1.59 coop to £1 asda. And of course LIDL HIGH PROTEIN ROLLS
Low Carb Tortillas,

The higher the fiber & lower the carbs the better.

Try to avoid wheat based products as much as possible, including cereals

Drinks

Bottled Water (Drink 2-3 ltrs/day

Coffee (decaf) unless you can tolerate normal

Tea (decaf) unless you can tolerate normal