

Food List for Low-carb High-fat (LCHF)

*From [Keto Clarity: Your Definitive Guide to the Benefits of a Low-carb, High-fat Diet](#) (2014) by Jimmy Moore with Eric C. Westman, MD; [A Low Carbohydrate, Ketogenic Diet Manual: No Sugar, No Starch Diet](#) (2013) by Eric C. Westman, MD; and **[The New Atkins for a New You](#) (2010) by Eric C. Westman, MD; Stephen D. Phinney, MD; and Jeff S. Volek, PhD. With lists modified for **Adventist Vegetarian Diabetics**.

Original list*	Adventist non-vegetarian	Lacto-ovo vegetarian	Strict vegetarian (dietary vegan)
Carbohydrates (Fruits and Vegetables)			
Figure out what your carbohydrate tolerance is first and then choose wisely.			
Alfalfa sprouts Arugula Artichokes Asparagus Bamboo shoots Bean sprouts Black soybeans Blackberries Blueberries Bok choy Broccoli Brussels sprouts Cabbage (all varieties) Cauliflower Celery Celeriac (celery root) Chayote Chicory greens Cranberries Cucumber Eggplant (aubergine) Endive Fennel Garlic Green beans (string beans) Greens (all varieties, including beet, chard, collards, kale, mustard, spinach, and turnip) Jicama Kale Leeks Lemon Lettuce (all varieties)	All	All	All

Original list*	Adventist non-vegetarian	Lacto-ovo vegetarian	Strict vegetarian (dietary vegan)
Lime Mushrooms Okra Onions Parsley Peppers Pumpkin Radicchio Radishes Raspberries Rhubarb Rutabaga (swede) Scallions (spring onions) Shallots Snow peas (sugar snap peas) Spaghetti squash Spinach Strawberries Summer squash Tomatoes Watercress Wax beans Zucchini (courgette)			

Proteins

Moderating your protein intake to your personal threshold is critically important.

Bacon (not turkey bacon) Beef jerky (watch out for added sugars) Beef ribs Beef roast Bratwurst Chicken (choose the darkest cuts, skin on) Duck Eggs (whole) Fish (salmon, bass, carp, flounder, halibut, mackerel, sardines, trout) Ground beef (not lean) Goose Ham Hot dog (Nathan's is best) Kielbasa	Bacon, turkey (only if made from turkey meat) Beef jerky (watch out for added sugars) Beef ribs Beef roast Chicken (choose the darkest cuts, skin on) Eggs (whole) Fish (with scales and fins) Ground beef or turkey (not lean) Hot dog, beef (Nathan's, Hebrew National, or uncured) or turkey Pepperoni, beef or turkey, not more than 1 gram carb	Eggs (whole) Tofu, if organic and non-GMO Tempeh Miso Avoid processed soy products which may contain carbohydrates and/or partially hydrogenated oils (trans fats) **From <i>The New Atkins</i> (p. 84) Almond milk, unsweetened Quorn burger Quorn roast Quorn unbreaded cutlet Seitan Shirataki soy noodles	Tofu, if organic and non-GMO Tempeh Miso Avoid processed soy products which may contain carbohydrates and/or partially hydrogenated oils (trans fats) **From <i>The New Atkins</i> (p. 84) (see previous column) Note: Check individual products for exact carb counts. Quorn products contain milk and eggs, making them unsuitable for vegans. Soy cheeses
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Original list*	Adventist non-vegetarian	Lacto-ovo vegetarian	Strict vegetarian (dietary vegan)
Pepperoni Pheasant Pork chops Pork ribs Pork rinds Quail Salami Sausage Shellfish (scallops, shrimp, crab meat, mussels, oysters) Steak (the fattier the better) Tuna Turkey (darker pieces are best) Veal	Pheasant Quail Salami, beef (check carb content) Sausage, beef or turkey, not more than 1 gram carb Steak (the fattier the better) Tuna Turkey (darker pieces are best) Veal **From <i>The New Atkins</i> (p. 84) (see next column)	Soy “cheese” Soy milk, plain, unsweetened Tempeh Tofu, firm Tofu, silken, soft Tofu “bacon” Tofu “Canadian bacon” Tofu “hot dogs” Tofu bulk “sausage” Tofu link “susage” Vegan “cheese,” no casein Veggie burger Veggie crumbles Veggie “meatballs”	that contain casein, a milk product, are also unsuitable for vegans.

Fats

I encourage you to fill up on fat in your meals to zap your hunger completely.

Almonds Almond butter Almond milk, unsweetened Almond oil Avocado Avocado oil Beef tallow Blue cheese Brazil nuts Butter (from grass-fed cows, such as Kerrygold) Cheese (cheddar, Colby, feta, mozzarella, provolone, ricotta, Swiss, and others) Chia seeds Chicken fat Coconut Coconut cream Coconut milk, unsweetened Coconut oil Cream cheese (full-fat) Dark chocolate (80% or higher)	Almonds Almond butter Almond milk, unsweetened Almond oil Avocado Avocado oil Beef tallow Blue cheese Brazil nuts Butter (from grass-fed cows, such as Kerrygold) Cheese (cheddar, Colby, feta, mozzarella, provolone, ricotta, Swiss, and others) Chia seeds Chicken fat Coconut Coconut cream Coconut milk, unsweetened Coconut oil Cream cheese (full-fat) Dark chocolate (80% or higher)	Almonds Almond butter Almond milk, unsweetened Almond oil Avocado Avocado oil Blue cheese Brazil nuts Butter (from grass-fed cows, such as Kerrygold) Cheese (cheddar, Colby, feta, mozzarella, provolone, ricotta, Swiss, and others) Chia seeds Coconut cream Coconut milk, unsweetened Coconut oil Cream cheese (full-fat) Dark chocolate (80% or higher) Flax seeds and oil Ghee Greek yogurt Heavy whipping cream	Almonds Almond butter Almond milk, unsweetened Almond oil Avocado Avocado oil Brazil nuts Chia seeds Coconut cream Coconut milk, unsweetened Coconut oil Dark chocolate (80% or higher) Flax seeds and oil Macadamia nut oil Macadamia nuts Mayonnaise, vegan (homemade is best) Olive oil Olives, black or green Pecans Pili nuts Pistachios Sour cream (tofu) Sunflower seeds Walnuts
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Original list*	Adventist non-vegetarian	Lacto-ovo vegetarian	Strict vegetarian (dietary vegan)
Fish oil (such as Carlson brand cod liver oil) Flax seeds and oil Ghee Greek yogurt Heavy whipping cream Lard Macadamia nut oil Macadamia nuts Mayonnaise (homemade is best) Olive oil Olives, black or green Pecans Pili nuts Pistachios Sour cream Sunflower seeds Walnuts	Fish oil (such as Carlson brand cod liver oil) Flax seeds and oil Ghee Greek yogurt Heavy whipping cream Macadamia nut oil Macadamia nuts Mayonnaise (homemade is best) Olive oil Olives, black or green Pecans Pili nuts Pistachios Sour cream Sunflower seeds Walnuts	Macadamia nut oil Macadamia nuts Mayonnaise (homemade is best) Olive oil Olives, black or green Pecans Pili nuts Pistachios Sour cream Sunflower seeds Walnuts	

Bouillon

2 cups daily as needed for sodium replacement

- Clear broth (consommé) is strongly recommended, unless you are on a sodium-restricted diet for hypertension or heart failure.
- If using vegetarian bouillon, check for carb content and MSG/TVP [may trigger migraines]
- Use these particularly when you start. Helps avoid headaches and fatigue as your body adjusts to your new diet.

Non-vegetarians may use beef or chicken bouillon

Vegetarian/vegans should use vegetarian bouillon

Cheese

- Up to 4 ounces a day.
- Includes hard, aged cheeses such as Swiss and Cheddar, Brie, Camembert blue, mozzarella, Gruyere, cream cheese, goat cheeses.
- Avoid processed cheeses, such as Velveeta.
- Check the label; carbohydrate count should be less than 1 gram per serving.

If you are a dietary vegan, avoid non-dairy cheese substitutes that may contain high-carb as well as other possibly objectionable ingredients.

Cream (no milk)

- Up to 2 tablespoons a day.
- Includes heavy, light, or sour cream
- Not half-and-half

Dietary vegans may use pure unsweetened coconut cream. Check labels carefully. Avoid soy-based sour cream substitutes.]

Original list*	Adventist non-vegetarian	Lacto-ovo vegetarian	Strict vegetarian (dietary vegan)
Mayonnaise			
<ul style="list-style-type: none"> Up to 3 tablespoons a day. Duke's and Hellmann's are low-carb. Check the labels of other brands. Homemade is best! 		If you use vegan mayonnaise, check the label for carb content, as well as other possibly objectionable ingredients. Homemade is best!	
Condiments			
<ul style="list-style-type: none"> Lemon/lime juice: Up to 2 teaspoonfuls a day. Ketchup: In very small amounts Soy sauces: Up to 2 tablespoons a day. <ul style="list-style-type: none"> Kikkoman is a low-carb brand. Check the labels of other brands. Pickles: <ul style="list-style-type: none"> Dill or sugar-free Up to 2 servings a day. Mt. Olive makes sugar-free pickles. <ul style="list-style-type: none"> Check the labels for carbohydrates and serving size. 			
Snacks			
Less than 1 gram carb			
Pork rinds/skins Pepperoni slices Ham Beef Turkey Other meat roll-ups with cream cheese Deviled eggs	Beef Turkey Other (permitted) meat roll-ups with cream cheese Deviled eggs	Deviled eggs Homemade tofu jerky (no sugar)	Homemade tofu jerky (no sugar)

Beverages

- Drink as much as you would like of the allowed beverages; do not force fluids beyond your capacity.
- The best beverage is water.
- Essence-flavored seltzers (zero carbs) and bottled spring and mineral waters are also good choices.

Caffeinated Beverages

- Some people find that their caffeine intake interferes with their weight loss and blood sugar control.
- You may could consume a maximum of one of the following:
 - 3 cups of coffee (black, or with artificial sweetener and/or cream)
 - 6 cups tea (black, or with artificial sweetener and/or cream),
 - 3 caffeinated diet sodas per day.
- For example:
 - 2 cups of coffee + 2 cups of tea
...or...
 - 1 cup of coffee, 1 soda, and 2 cups of tea.

Alcohol

- At first, avoid alcohol consumption on this diet.
- At a later point in time, as weight loss and dietary patterns become well established,
 - Alcohol in moderate quantities,
 - Low-carbohydrate alcohol (spirits/hard liquor) may be added back into the diet.

Sweeteners and Desserts

- If you feel the need to eat or drink something sweet, you should select the most sensible alternative sweetener(s) available.
- Available alternative sweeteners are:
 - Splenda (sucralose),
 - Nutra-sweet (aspartame) [unless this is a migraine trigger for you],
 - Truvia (stevia/erythritol blend),
 - Sweet ‘N Low (saccharin)
 - [Swerve – which came into popularity after 2010]
- Avoid food with these particular sugar alcohols
 - Sorbitol
 - Maltitol
 - [Xylitol (fatal to small animals)]

The Primary Restriction: Carbohydrates

- On this diet, no sugars (simple carbohydrates) and no starches (complex carbohydrates) are eaten.
- The only carbohydrates encouraged are the nutritionally dense, fiber-rich vegetables listed.

Sugars: simple carbohydrate

- Avoid anything containing:
 - Beer (contains barley malt)
 - Brown sugar
 - Corn syrup
 - Flavored yogurts (usually have a lot of sugar)
 - Fruit
 - Fruit juice
 - Honey
 - Maple syrup
 - Milk (contains lactose)
 - Molasses
 - White sugar

Starches: “complex” carbohydrate

- Avoid these kinds of foods:
 - Bagels
 - Beans and peas (pinto, lima, kidney, peas, lentils, etc.)
 - Breads
 - Cereals and Oatmeal
 - Corn

- Cornstarch
- Crackers
- Flour
- Grains (even “whole” grains)
- Most root vegetables, particularly carrots, parsnips, corn, potatoes, French fries, potato chips
- Muffins
- Pastas
- Quinoa
- Rice

Sugar by any other name is still sugar!

- All of these are forms of sugar:
 - Agave syrup
 - Brown-rice syrup
 - Cane juice
 - Corn sweetener
 - Dextrose
 - Evaporated cane juice
 - Fructose
 - Fruit-juice concentrate
 - Glucose
 - High-fructose corn syrup
 - Honey
 - Invert syrup
 - Lactose
 - Malt dextrin
 - Maltose
 - Maple syrup
 - Molasses
 - Partially inverted sugar
 - Sucrose

Important tips and reminders

Quantities

- Eat when you are hungry; stop when you are full.
- The diet works best on a “demand-feeding” basis—that is, eat whenever you are hungry; try not to eat more than what will satisfy you.
- Learn to listen to your body. A low-carbohydrate diet has a natural appetite-reduction effect to ease you into the consumption of smaller and smaller quantities comfortably.
- Do not eat everything on your plate just because it's there. On the other hand, don't go hungry!
- You are not counting calories. Enjoy losing weight comfortably, without hunger or cravings.
- It is recommended that if you are hungry you start your day with a nutritious low-carbohydrate meal.
- Note that many medications and nutritional supplements need to be taken with food at each meal, or three times per day.

Avoid These Common Mistakes

- Beware of “fat-free” or “lite” diet products, and foods containing “hidden” sugars and starches (such as coleslaw or sugar-free cookies and cakes).
- Check the labels of liquid medications, cough syrups, cough drops, and or other over-the-counter medications that may contain sugar.
- Avoid products that are labeled “Great for Low-Carb Diets!”

Search the USDA food nutrient database online to find information about foods not listed above.
USDA National Nutrient Database - <http://ndb.nal.usda.gov/ndb/>

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