

nutrient dense low carbohydrate foods

These foods prioritise lower insulin load foods with while emphasising nutrients that are harder to get on a low carb diet (e.g. choline, zinc, potassium, magnesium, calcium, selenium and niacin). These foods will help to reduce blood sugar and insulin levels.

vegetables & fruit

- endive
- chicory greens
- alfalfa
- escarole
- coriander
- beet greens
- spinach
- asparagus
- mustard greens
- avocado
- parsley
- banana pepper
- zucchini
- olives
- collards
- arugula
- chard
- pickles
- cucumber
- lettuce
- watercress
- okra
- turnip greens
- eggplant
- Chinese cabbage
- blackberries
- jalapeno peppers
- broccoli
- chives
- sauerkraut
- summer squash
- celery
- chayote
- red peppers
- portabella mushrooms
- cauliflower
- radishes
- raspberries
- shiitake mushroom
- artichokes

spices

- basil
- curry powder
- paprika
- sage
- thyme
- marjoram
- poppy seeds
- caraway seed
- cloves

offal

- beef brains
- liver sausage
- lamb brains
- chicken liver
- liverwurst
- sweetbread
- lamb liver
- turkey liver

animal products

- bacon
- duck
- roast pork
- blood sausage
- beef sausage
- roast ham
- chorizo
- pepperoni
- pork ribs
- turkey bacon
- meatballs
- ground turkey
- pork loin
- lamb
- frankfurter
- ham
- ham
- steak
- ground beef

seafood

- mackerel
- caviar
- trout
- fish roe
- cisco
- salmon
- sturgeon
- anchovy
- sardine
- herring
- oysters

nuts and legumes

- sunflower seeds
- flax seed
- coconut milk
- hazelnuts
- almonds
- brazil nuts
- sesame seeds
- almond butter
- coconut cream
- pumpkin seeds
- coconut meat
- pine nuts
- pecans

dairy

- egg yolk
- whole egg
- cream
- sour cream
- cream cheese
- feta cheese
- camembert
- butter
- blue cheese
- brie
- mozzarella
- Greek yogurt
- parmesan cheese