

# Foods to Avoid on a Low-Carb Diet

## SUGARS

White sugar  
Brown sugar  
Powdered sugar  
Jams and preserves  
Some sauces  
Fructose (sugar in fruit)  
Some salad dressings  
Cocoa mix  
Molasses  
Honey  
High-Fructose corn syrup  
Syrups  
Any food with added sugar

## BAKED GOODS

Cookies  
Cake  
Pie  
Brownies  
Donuts  
Pastries  
Muffins  
Croissants  
All other baked goods

## PACKAGED/PROCESSED

Flavored Nuts  
Pretzels  
Rice Cakes  
Breakfast Bars  
Cheese and Crackers Snacks  
Raisins  
Potato Chips  
Tortilla Chips  
Popcorn  
Pop-tarts  
Granola Bars  
Twinkies  
Cupcakes

## DRINKS

Soda  
Juice  
All sweetened tea, coffee, water  
Sports drinks  
Milk shakes, smoothies, malts  
Frozen Coffee Drinks  
Beer  
Sweet cocktails  
Wine

## DAIRY

Flavored Dairy  
Added Sugar Dairy  
Fruit At The Bottom or Sugar  
Added Yogurt  
Whole and Skim Milk  
Soy Milk  
Ice Cream  
Margarine  
Pudding  
Cottage Cheese

## FRUIT

### High Sugar Fruits (Avoid)

Oranges  
Kiwifruit  
Pears  
Pineapple  
Plums  
Cherries  
Grapes  
Figs (also starchy)  
Bananas (also starchy)  
Mangos  
Tangerines  
Pomegranates  
Dates  
Applesauce

### Medium-Sugar Fruits

Blueberries  
Coconut Meat  
Cantaloupes  
Watermelons  
Nectarines  
Papaya  
Peaches  
Apples  
Grapefruit  
Honeydew Melons  
Guavas  
Apricots  
All dried fruits

## CANDY

Chocolate Bars  
Hard Candy  
Chocolate  
Cotton Candy  
Marshmallows  
All others

## STARCHY VEGETABLES

White Potatoes (all preparations)  
Sweet potatoes or yams  
Corn  
Peas  
Squash  
Root vegetables (beets, carrots, parsnips, rutabaga, turnips, butternut squash)

## LEGUMES

Pinto Beans  
Black Beans  
Kidney Beans  
Chickpeas  
Navy Beans  
Lima Beans  
Baked Beans  
All Lentils

## GRAINS AND STARCHES

Any fried food  
White rice  
Bread, bagels and English muffins  
Croissants  
Tortillas  
Pasta  
Cold breakfast cereals  
Oatmeal  
Cream of Wheat  
Porridge  
Barley  
Amaranth  
Millet  
Quinoa  
Spelt  
Couscous  
Bulgur  
Rye  
Muesli  
Crackers  
Pizza  
Corn Starch  
Pancakes  
Waffles  
French Toast  
White Flour  
Whole-wheat flour  
Rice Flour  
Corn Flour