

# The Sugar-free Diet: Foods You Can and Can't Eat While on the Diet

Here's the complete list of all the approved foods you can eat and can't eat on the sugar-free diet.



- **APPROVED FOODS TO EAT ON THE SUGAR FREE DIET**

- **PROTEINS**

- Chicken
- Beef
- Fish
- Pork
- Turkey
- Seafood

- **DAIRY**

- Butter
- Cheese
- Greek yogurt
- Low-fat milk

- **VEGETABLES**

- Artichokes
- Asparagus
- Broccoli
- Brussel sprouts
- Carrots
- Celery
- Cucumbers
- Eggplant
- Lettuce

- Greens
- Green peas
- Onions
- Mushrooms
- Peppers
- Snow peas
- Sweet potatoes (good substitute with less sugar than regular potatoes)
- Tomatoes
- Zucchini

- **FRUITS**

- Avocado (yes, it's actually a fruit)
- Blackberries
- Cantalope
- Coconut
- Lemons (great to add a little lemon squeezed in your cold or hot water)
- Limes
- Olives (yes, they are actually a fruit)
- Peaches
- Pears
- Raspberries
- Strawberries
- Tomatoes (yes, they are actually fruit)
- Watermelon
- \*If you are staying away from all sugars or strictly limiting sugars then you should limit your fruit intake or don't eat fruits.

- **FATS, NUTS, OTHER (nuts should be plain and unsalted)**

- Extra virgin olive oil (the healthier the better)
- Almonds
- Capers
- Cashews
- Hazelnut
- Hummus
- Peanuts
- Pistachios
- Pine nuts
- Sesame seeds
- Sunflower seeds
- Walnuts

- **FOODS NOT TO EAT ON THE SUGAR-FREE DIET**

- Processed foods like candies, pastries, cakes, cookies, etc
- Foods high in starches like white breads, pastas, bagels, etc
- Foods with artificial sweeteners
- Foods that are labeled with anything ending in -ose, it's usually a type of sugar.

- **WHAT TO DRINK ON THE SUGAR-FREE DIET**

- Alcohol (vodka, gin, tequila, rum, and whiskey)
- Coffee
- Herbal teas
- Sparkling water (no sugars added)

- Unsweetened teas
- Water (lots of water)
- White and red wine (check labels for sugars, organic is the best)
  
- **WHAT NOT TO DRINK ON THE SUGAR-FREE DIET**
- Cocktails that are high in sugars
- Juices
- Sodas
- Drinks high in sugars

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