

FOODS LOW OR FREE IN CARBOHYDRATES

Low carbohydrate vegetables

- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Greens
- Green beans
- Leeks
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Salad greens
- Sauerkraut
- Spinach
- Tomatoes
- Zucchini and yellow summer squash

Carbohydrate free foods

The following is list of some foods that will not make your blood sugar go up. These can be eaten in any amounts-

- Broth or bouillon
- Coffee and tea
- Diet pop
- Sugar substitutes
- Sugar free gelatin
- Gum- sugar free
- Vinegar
- Herbs
- Lemon and lime juices
- Mineral water
- Non stick cooking spray
- Spices
- Sugar free tonic water
- Club soda
- Water **Remember to check labels – some flavored waters contain sugar/carbs**