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
- [ ] Brocolli
- [ ] Brussel sprouts
- [ ] Carrots
- [ ] Celery
- [ ] Cucumbers
- [ ] Eggplant
- [ ] Lettuce
- [ ] Greens
- [ ] Green peas
- [ ] Onions
- [ ] Mushrooms
- [ ] Peppers
- [ ] Snow peas
- [ ] Sweat 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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