

Free Foods

The following foods are low in carbohydrate, fat and protein. They will add bulk to your meals without affecting your blood glucose level. Some of the foods are high in salt and are notated with a ●, so where possible select products which are salt reduced / low salt or no added salt varieties.

Vegetables Fresh or Frozen

Alfalfa Sprouts
 Artichoke
 Asian Vegetables
 Asparagus
 Bamboo Shoots
 Baby Squash
 Beans (green)
 Bean Sprouts
 Bitter Melon
 Bok Choy
 Broccoli
 Brussell Sprouts
 Cabbage
 Capsicum
 Carrots
 Cauliflower
 Celery

Chickory
 Chillies
 Chinese Cabbage
 Chives
 Choi Sum
 Choko
 Cucumber
 Eggplant
 Gai Lum
 Gherkin
 Kale
 Kohlrabi
 Leek
 Marrow
 Mushroom
 Marrow

Okra
 Olives
 Onion
 Peas
 Pumpkin
 Radish
 Shallots
 Silverbeet
 Snow Peas
 Spinach
 Spring Onions
 Swede
 Tomato
 Watercress
 White Radish
 Zucchini



Seasonings/Spices and Herbs

Ginger
 Chilli, powder or fresh
 Chilli Sauce
 Chives
 Curry Powder
 Fennel
 Garlic

Soy Sauce ●
 Herbs, fresh or dried
 Gravy ●
 Mint
 Mustard
 Pepper
 Parsley

Spices
 Stock Cubes ●
 Tomato Paste
 Tomato Puree
 Worcestershire Sauce ●
 Vinegar (all varieties)



Spreads

Fish Paste ●
Low Joule / Diet Jam

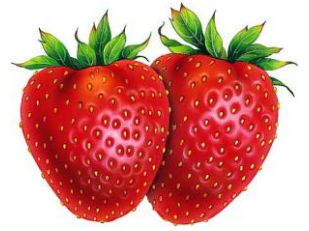
Marmite™ ●
Promite™ ●

Vegemite™ ●

Fruit

Lemon
Lime
Loquats
Passionfruit

Rhubarb
Strawberries (less than 2 cups)
Mulberries (less than 2 cups)



Juice

Lemon
Lime
Tomato (less than 2 cups)



Beverages

Bonox™ ●
Black and Herbal Tea
Coffee
Clear Broths ●
Cocoa

Low Joule/Diet Cordial
Low Joule/Diet Soft Drink
Mineral Water (unflavoured)
Soda Water



Miscellaneous

Artificial Sweeteners
Chutney
Gelatine
Low Joule / Sugar Free lollies

Junket Tablets
Mayonnaise (no oil)
Pickles

Salad Dressing
Unprocessed Bran

