



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 are highlighted, so where possible select products which are salt reduced, low salt or no added salt varieties.

Vegetables fresh or frozen

Alfalfa Sprouts	Chickory	Okra
Artichoke	Chillies	Olives
Asian Vegetables	Chinese Cabbage	Onion
Asparagus	Chives	Peas
Bamboo Shoots	Choi Sum	Pumpkin
Baby Squash	Choko	Radish
Beans (green)	Cucumber	Shallots
Bitter Melon	Gai Lum	Snow Peas
Bok Choy	Gherkin	Spinach
Broccoli	Kale	Spring Onions
Brussell Sprouts	Kohlrabi	Swede
Cabbage	Leek	Tomato
Capsicum	Marrow	Watercress
Carrots	Mushroom	White Radish
Cauliflower	Marrow	Zucchini
Celery		



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Seasonings/Spices and Herbs

Ginger	Soy Sauce●	Spices
Chilli (powder or fresh)	Herbs (fresh or dried)	Stock Cubes●
Chilli Sauce	Gravy●	Tomato Paste
Chives	Mint	Tomato Puree
Curry Powder	Mustard	Worcestershire Sauce●
Fennel	Pepper	Vinegar (all varieties)
Garlic	Parsley	



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

