

144 HIGH CARB FOODS

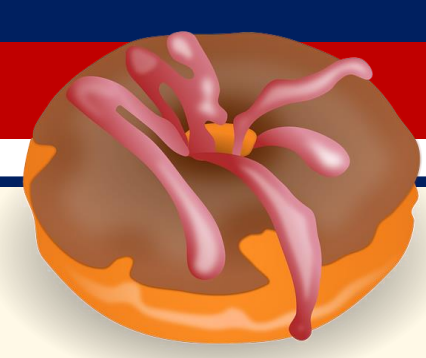
To Avoid On The Keto Diet

CHEAT
SHEET



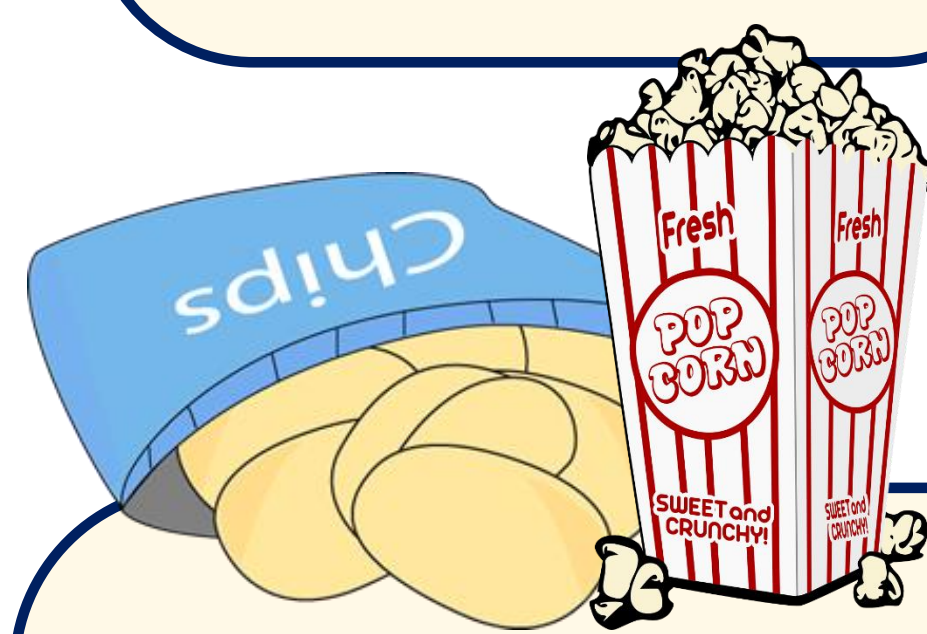
SUGARS

White Sugar
Brown Sugar
Powdered Sugar
Any Food With Added Sugar
Junk Food With Added Sugar
Jams and Preserves
Some Sauces (check labels/ingredients)
Fructose (sugar in fruit)
Some Salad Dressings (check labels/ingredients)
Hot Cocoa Mixes
Molasses
Honey
High-fructose Corn Syrup
Syrups



BAKED GOODS

Cookies
Cake
Pie
Brownies
Donuts
Pastries
Muffins
And All Others



PACKAGED SNACKS

Flavored Nuts
Pretzels
Rice Cakes
Breakfast Bars
Cheese/Crackers
Snacks
Raisins
Potato Chips
Tortilla Chips
Popcorn
Pop-tarts
Granola Bars
Twinkies
Cupcakes

And other boxed snacks and products, always check labels



DAIRY

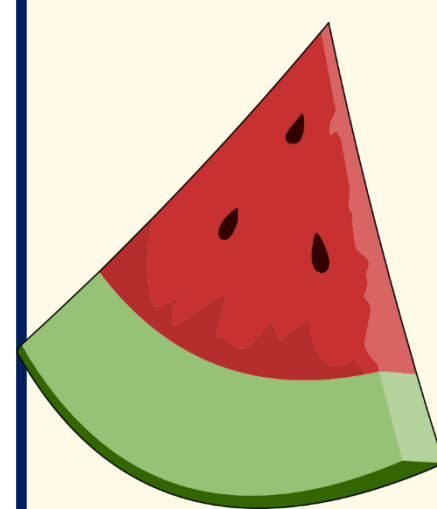
Flavored Dairy
Added Sugar Dairy
Fruit At The Bottom Or Sugar Added Yogurt
Whole and Skim Milk
Soy Milk
Ice Cream
Margarine
Pudding
Cottage Cheese



FRUIT

Medium Sugar Fruit

Coconut Meat
Cantaloupes
Watermelons
Nectarines



Papaya
Peaches

Apples

Grapefruit

Honeydew Melons

Guavas

Apricots

High Sugar Fruit

Oranges

Kiwifruit

Pears

Pineapple

Plums

Cherries

Grapes

Figs

Bananas

Mangos

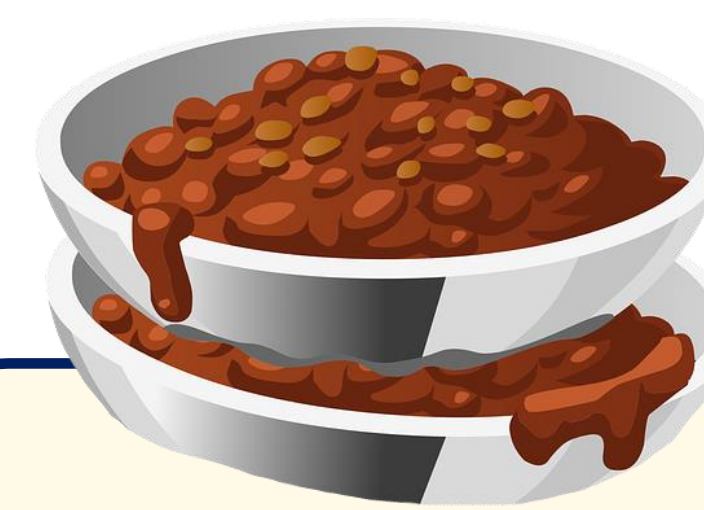
Tangerines

Pomegranates

Dates

Applesauce

Dried Fruit (worst)

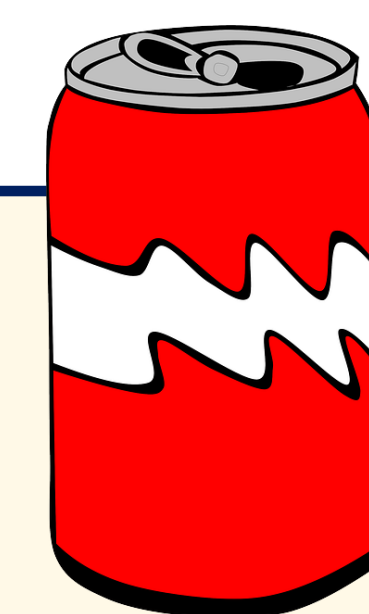


LEGUMES

Pinto Beans
Black Beans
Kidney Beans
Chickpeas
Navy Beans
Lima Beans
Baked Beans
All Lentils



DRINKS



Soda

Juice

All Sweetened Drinks

Sweetened Or Flavored

Frappuccino Coffee

Drinks

Milk Shakes

Root Beer Floats

Malts

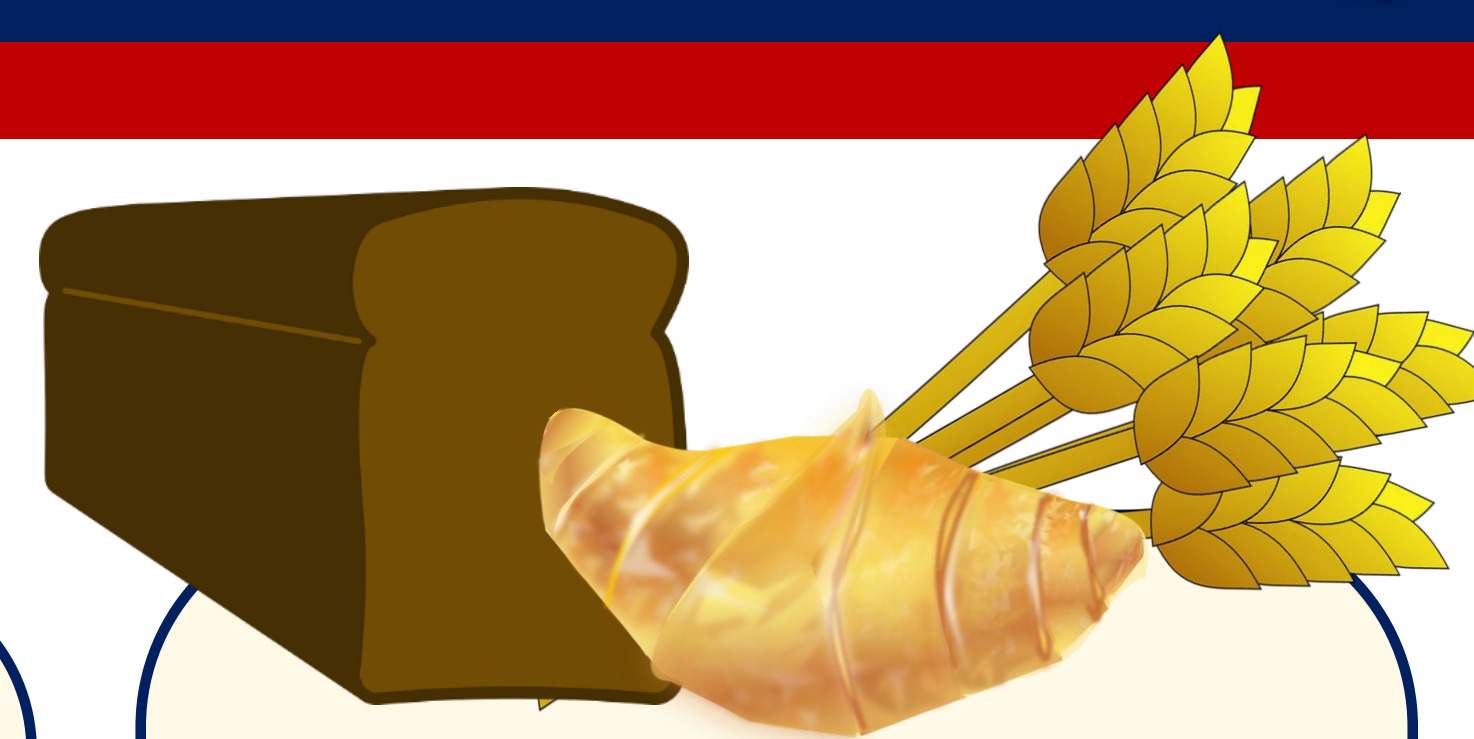
Frozen Coffee Drinks

Sports Drinks

Beer

Sweet Cocktails - Pina colada, daiquiri, mai tai, screwdriver, etc.

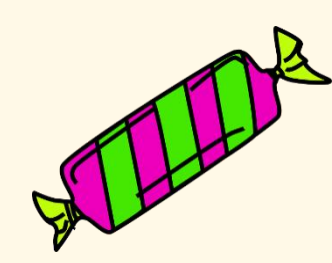
Wine coolers and alcopops



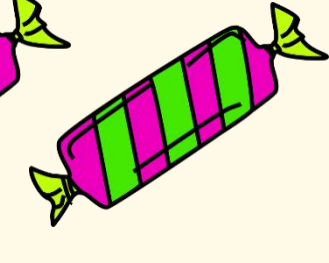
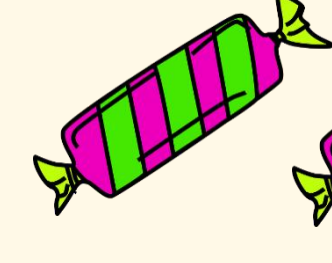
GRAINS

Any Fried Food
White/Brown Rice
Bread, Bagels and English Muffins
Croissants
Tortillas
Pasta
Cold Breakfast Cereals
Oatmeal
Cream of Wheat
Porridge
Barley
Amaranth
Millet
Quinoa
Spelt
Couscous
Bulgur
Rye
Muesli
Crackers
Pizza
Corn Starch
Pancakes
Waffles
French Toast
White Flour
Whole-Wheat Flour
Rice Flour
Corn Flour
Wholegrain Starches

CARB
DISASTERS



ALL CANDY



Chocolate Bars ~ Hard Candy ~ Cotton Candy ~ Candy Bars



STARCHY VEGETABLES

White Potatoes
Sweet Potatoes or Yams
Corn
Peas
Root Vegetables - not for very low carb diets
➢ Beets
➢ Carrots
➢ Parsnips
➢ Rutabaga
➢ Turnips
➢ Butternut Squash
➢ Winter Squash