

NON-STARCHY FOOD LIST

Get to know all about the world of non-starchy foods!

NON-STARCHY FOODS

MEAT & POULTRY

- Beef
- Pork
- Chicken
- Turkey
- Lamb
- Veal
- Eggs

SEAFOOD

- Fish (all varieties)
- Shrimp
- Crab
- Lobster
- Mussels
- Clams

DAIRY

- Milk
- Cheese
- Butter
- Cream

VEGETABLES

- Spinach
- Kale
- Lettuce
- Arugula
- Broccoli
- Cauliflower
- Cucumbers
- Zucchini
- Peppers
- Asparagus
- Tomatoes
- Green beans
- Brussels sprouts
- Celery
- Eggplant
- Onions
- Mushrooms
- Cabbage
- Bell Peppers
- Radish
- Artichokes
- Watercress

FRUITS

- Berries
- Avocados
- Lemons
- Limes

NUTS & SEEDS

- Almonds
- Walnuts
- Pecans
- Peanuts
- Chia seeds
- Flaxseeds
- Sunflower seeds
- Pumpkin seeds

OILS & FATS

- Olive oil
- Coconut oil
- Avocado oil
- Butter
- Lard

HEALTHIER ALTERNATIVES TO STARCHY FOODS

INSTEAD OF THIS

White Rice
Noodles
French Fries
Regular Pizza Base
Taco Shells
Potato Chips
Wheat Flour
Couscous

TRY THIS

Cauliflower Rice
Zoodles
Butternut Fries
Quinoa Pizza Base
Lettuce Shells
Sliced Cucumbers
Coconut Flour
Riced Broccoli

SIDE-EFFECTS OF EATING STARCH

- ✗ Weight Gain
- ✗ Constipation
- ✗ Blood Sugar Spikes
- ✗ Fatigue
- ✗ Inflammation
- ✗ Cravings

TIPS TO AVOID AVOID STARCHY FOODS

- ✓ Opt for lean proteins
- ✓ Avoid processed grains
- ✓ Read food labels carefully
- ✓ Pick low-carb fruits occasionally
- ✓ Select unsweetened dairy products
- ✓ Avoid bread and pasta
- ✓ Limit potato consumption
- ✓ Grill or roast foods

Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.