

144 Foods To Avoid On A Low Carb Diet



High Carb Foods Checklist

Samurai Strength



**The Warriors Guide
to Physical *and* Mental
Mastery**

Sugars

White Sugar

Brown Sugar

Powdered Sugar

Any Food with Added Sugar

Processed Food with Added Sugar

Junk Food with Added Sugar

Jams and Preserves

Some Sauces (check nutritional label
and ingredients)

Fructose (sugar in fruit)

Some Salad Dressings (check nutritional
label and ingredients)

Cocoa Mix

Molasses

Honey

High-Fructose Corn Syrup

Syrups



Baked Goods and Sweets

Cookies

Cake

Pie

Brownies

Donuts

Pastries

Muffins

And All Others



Candy

Chocolate Bars

Hard Candy

Chocolate

Cotton Candy

And All Others



Packaged/Processed Snacks

Flavored Nuts

Pretzels

Rice Cakes

Breakfast Bars

Cheese and 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

Blueberries

Coconut Meat

Cantaloupes

Watermelons

Nectarines

Papaya

Peaches

Apples

Grapefruit

Honeydew Melons

Guavas

Apricots



High Sugar Fruit

Oranges

Kiwifruit

Pears

Pineapple

Plums

Cherries

Grapes

Figs (also starchy)

Bananas (also starchy)

Mangos

Tangerines

Pomegranates

Dates

Applesauce



Dried Fruit (worst)

Starchy Vegetables

White Potatoes (French
fries and potato chips)

Sweet Potatoes or Yams

Corn

Peas

Squash

Root vegetables not
advised for very low carb
diets (beets, carrots,
parsnips, rutabaga,
turnips, butternut squash, and winter squash)



Grains and Starches

Any Fried Food

White 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 are only less
bad*



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 Tea

Sweetened Or Flavored Coffee

Frappuccino Coffee Drinks

Milk Shakes

Root Beer Floats

Malts

Frozen Coffee Drinks

Sports Drinks

Beer

Sweet cocktails – (Pina colada, daiquiri, mai tai, bloody Mary, margaritas, screwdriver, white Russian, rum drinks etc.)

Wine coolers and alcopops

