

Foods and beverages while following the Ketogenic Very Low Energy Diet

While following the KnowDiabetes Type 2 Diabetes Prevention & Remission Plan, you should only enjoy the following foods and beverages:

Fresh fruit (Phase 2 - 4 only)

Berries (1/4 Cup)	Passionfruit (2 whole)	Rhubarb (1/2 Cup)
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Vegetables (non-starchy)

Alfalfa Sprouts	Asparagus	Beans (green)
Bean sprouts	Bamboo shoots	Bok choy / choy sum
Broccoli	Broccolini	Brussels Sprouts
Cabbage (all types)	Capsicum	Carrots (less than ¼ Cup)
Cauliflower	Chives	Celery
Cucumber (all types)	Eggplant	Endive
Garlic	Kale	Leeks
Lettuce (all types)	Marrow	Mungbean Sprouts
Mushrooms (Fresh)	Onion (all types)	Okra
Radish	Rocket	Shallots
Silverbeet	Snow peas (less than ¼ Cup)	Spinach (all types)
Squash	Tomato (raw - all types)	Watercress
Zucchini (all types)		

Soups

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Clear soups (e.g., vegetable broth)

Home-made vegetable soup (made from allowed ingredients)

Sauces and condiments

Miso	Mustard powder	Salsa
Soy	Tabasco	Tomato paste
Vanilla	Vegetable seasoning	Vinegar

Please note: Salty condiments should be used sparingly

Spices

Most herbs and spices are suitable to have, for example:

Basil	Cayenne pepper	Chilli
Cinnamon	Coriander	Cumin
Curry powder	Dill	Garlic
Ginger	Lite salt	No salt
Mint	Mixed herbs	Nutmeg
Oregano	Paprika	Parsley
Pepper	Rosemary	Salt (pinch only)
Seaweed	Thyme	Turmeric

Miscellaneous

Intense sweeteners (e.g., Equal, Splenda, Stevia, etc)	Intensely sweetened chewing gum
Diet/Lite/Sugar free Jelly	Gelatine

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Drinks

Tea (including herbal)

Coffee

Diet/Sugar free soft drinks

Diet/Sugar free cordials

Soda water

Sparkling mineral water