

# LOW/NO STARCH FOODS

This is an unofficial 'Low Starch and Starch-Free Foods' List. The starch content in certain foods like apples or cauliflower can vary greatly depending on the variety, region grown, and ripening time. This list is meant to be a loose guide instead of a set of hard fast rules. Please note that foods like nightshades, nuts, dairy are low-starch but can often contribute to inflammation.

An iodine test will most accurately examine your fruits & veggies for starch content.

**Note:** In **bold** are the foods that have generally tested starch free for me. If they are not in bold, then it means that they might have traces of plant starch, or their starchiness varies based on variety and growing methods. You will have to customize a diet to fit your body through your own trial and error.

## LOW/NO STARCH FRUITS

<b>Acai Berries</b>	<b>Grapes</b>	<b>Papaya – green</b>
Avocado	Honeydew Melon	<b>Pineapple</b>
<b>Blackberries</b>	Huckleberries	<b>Raisins</b>
<b>Blueberries</b>	<b>Kiwi, ripe</b>	<b>Raspberries</b>
<b>Cherries, all varieties</b>	<b>Kiwi Berries</b>	Strawberries
<b>Cantaloupe</b>	<b>Lemon</b>	Tangerines
<b>Currants</b>	<b>Lime</b>	<b>Thai Young Coconut</b>
<b>Grapefruit (white pith is starchy)</b>	Marionberries	Watermelon
<b>Dates</b>	Mulberries	
<b>Figs, dried or fresh</b>	Oranges	

## LOW/NO STARCH VEGETABLES

<b>Avocado (a fruit)</b>	Cucumber	Okra
<b>Asparagus</b>	<b>Daikon Radish</b>	<b>Onions</b>
<b>Artichokes hearts</b>	<b>Dandelion Greens</b>	Peppers, <i>nightshade</i>
<b>Beets, Golden (red beets test starchy)</b>	<b>Fennel</b>	<b>Radish</b>
Bok Choy	<b>Green Leaf Lettuce</b>	<b>Romaine Lettuce</b>
<b>Butter lettuce</b>	<b>Garlic</b>	<b>Sauerkraut, raw</b>
<b>Broccoli</b>	<b>Kale</b>	<b>Seaweed, dusle, sea lettuce, nori</b>
<b>Broccoli Rabe</b>	<b>Kohlrabi</b>	<b>Shallot</b>
Cabbage ( <i>can test starchy</i> )	<b>Leeks</b>	Spaghetti Squash
Cauliflower ( <i>can test starchy</i> )	Microgreens	<b>Spinach</b>
<b>Celery</b>	Mushrooms	Sprouts
<b>Chard, Swiss, or Rainbow</b>	<b>Napa Cabbage</b>	Tomatoes, <i>nightshade</i>
<b>Collard Greens</b>	<b>Olives</b>	<b>Watercress Greens</b>

## LOW/NO STARCH HERBS

Basil	Green onions, scallions	Parsley
Cilantro	Kaffir Lime	Oregano
Chives	Lavender	Rosemary
Dill	Lemon Grass	Sage
Edible Flowers, lavender, rose	Mint	Thyme

## LOW/NO STARCH MEAT AND PROTEINS

Beef	Duck	Moose
Bison/Buffalo	Eggs	Pheasant
Chicken	Elk	Pork
Cricket Flour	Grouse	Rabbit
Deer	Lamb	Turkey

## LOW/NO STARCH SEAFOOD

Anchovies	Herring	Sardines
Clams	Lobster	Sea Scallops
Crab	Muscles	Shrimp
Cod	Oysters	Tuna
Halibut	Salmon	Trout

## LOW/NO STARCH FATS

Almond Oil	Grape Seed Oil	Macadamia Oil
Avocado Oil	Hazelnut Oil	Organic Palm Shortening
Butter	Pumpkin Seed Oil	Sesame Seed Oil, <i>raw or toasted</i>
Virgin Coconut Oil	Olive Oil	Tallow <i>rendered beef fat</i>
Expeller Pressed Coconut Oil	Lard, <i>rendered pork fat</i>	Walnut Oil

## LOW/NO STARCH NUTS & SEEDS

Almonds ( <i>a little starch in skins</i> )	Flaxseed <i>linseed</i>	Poppy Seeds
Apricot Kernels	Macadamia Nuts	Sesame Seeds
Brazil Nuts	Marcona Almonds	Tahini Paste
Chia Seeds <i>black or white</i>	Hemp Seeds	Watermelon Seeds <i>sprouted</i>
Coconut	Plum Pit Nuts	Walnuts ( <i>starch in skins, soak to remove</i> )

## LOW/NO STARCH SWEETENERS

Date Paste	Honey	Molasses, <i>unsulphured black strap</i>
Dried Figs	Maple Sugar Crystals	Palm Syrup
Fruit Juice ( <i>grape, apple, pineapple</i> )	Maple Syrup, <i>organic</i>	Stevia, <i>liquid extract</i>

## LOW/NO STARCH BAKING & COOKING

<b>Almond Flour</b> <i>skins removed</i>	Coconut dried, <i>unsweetened</i>	Macadamia Flour
Almond Meal <i>starch in skins</i>	Coconut Flour	Macadamia Butter
Almond Butter	Coconut Milk	Palm Shortening
<b>Apple Cider Vinegar</b>	Chia Seeds	Psyllium Husk Powder
Baking Soda	Cumin	Red Wine Vinegar
Balsamic Vinegar <i>pure</i>	Cricket Flour	Rice Vinegar <i>starch free</i>
Cacao Butter	Cream of Tartar	<i>Sea Salt</i>
Cacao Powder	Eggs	Tahini Paste
Cacao Nibs	Flax Seeds	Watermelon Seed Flour
Carob	Grape Seed Flour	White Wine Vinegar
Cinnamon	Grape Skin Flour	Vanilla Extract, <i>pure</i>
Coconut Aminos	Konjac Root Powder	
Coconut Butter	Lemon Juice	