



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 generally test starch-free. If they are not in bold, 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 VEGETABLES

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

LOW/NO STARCH NUTS & SEEDS

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

LOW/NO STARCH FRUITS

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

LOW/NO STARCH HERBS

Basil	Green onions, <i>scallions</i>	Parsley
Cilantro	Kaffir Lime	Oregano
Chives	Lavender	Rosemary
Dill	Lemon Grass	Sage
Edible Flowers, <i>lavender, rose</i>	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 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

Almond Flour , <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
Apple Cider Vinegar	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	Sea Salt
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	