

weight loss foods (insulin sensitive)

who people who have normal blood glucose and insulin levels but want to lose body fat

how nutrient dense low energy density foods to minimise cravings and maximise satiety

vegetables

- broccoli
- watercress
- spinach
- zucchini
- basil
- asparagus
- coriander
- brown mushrooms
- endive
- Chinese cabbage
- lettuce
- portabella mushrooms
- chicory greens
- okra
- white mushroom
- chard
- cauliflower
- beet greens
- parsley
- summer squash
- seaweed (wakame)
- escarole
- spirulina
- shitake mushroom
- dill
- chives
- arugula
- mung beans
- turnip greens
- dandelion greens
- celery
- alfalfa
- mustard greens
- cucumber
- pickles
- seaweed (kelp)
- banana pepper
- yeast extract spread

seafood

- cabbage
 - radicchio
 - bamboo shoots
 - collards
 - red peppers
 - radishes
 - snap beans
 - peas
 - Brussel sprouts
 - kale
 - pumpkin
 - sauerkraut
 - soybeans (sprouted)
 - edamame
 - paprika
 - cloves
 - onions
- salmon
 - fish roe
 - crab
 - oyster
 - trout
 - halibut
 - lobster
 - shrimp
 - rockfish
 - flounder
 - pollock
 - sturgeon
 - crayfish
 - anchovy
 - caviar
 - haddock
 - tuna
 - perch
 - whiting
 - white fish

- octopus
- cod
- cisco
- sardines

animal products

- lamb kidney
- lamb liver
- beef liver
- veal liver
- turkey liver
- beef kidney
- chicken liver
- ham
- lean beef
- veal
- pork liver
- chicken
- lamb heart
- turkey
- pork chop
- beef heart
- turkey heart
- pork shoulder

cereals and grains

- baker's yeast
- All Bran
- wheat bran

dairy and egg

- whole egg
- cream cheese (low fat)
- kefir
- cottage cheese (low fat)
- Greek yogurt