

low carb pescitarian foods

These are the most nutrient dense pescitarian foods (i.e. plant based plus seafood) that also have a lower insulin load to normalise blood sugar and insulin. Nutrients emphasised include choline, vitamin D, calcium, potassium, vitamin E, zinc, pantothenic acid, magnesium, folate and niacin.

vegetables & fruit

- endive
- chicory greens
- alfalfa
- coriander
- escarole
- beet greens
- mustard greens
- collards
- banana pepper
- zucchini
- pickles
- cucumber
- eggplant
- arugula
- spinach
- raspberries
- jalapeno peppers
- asparagus
- parsley
- sauerkraut
- red peppers
- chard
- chayote
- lettuce
- turnip greens
- radishes
- celery
- summer squash
- chives
- okra
- Chinese cabbage
- portabella mushrooms
- cauliflower
- edamame
- artichokes
- shiitake mushroom
- watercress
- Brussel sprouts
- soybeans (sprouted)
- cabbage

- rhubarb
- snap beans
- white mushroom
- strawberries
- red cabbage
- kale
- boysenberries
- kiwifruit
- radicchio
- spirulina
- mung beans

seafood

- mackerel
- caviar
- cisco
- sardine
- herring
- fish roe
- anchovy
- trout
- sturgeon
- salmon
- molluscs
- oysters
- tuna
- flounder
- halibut
- crayfish
- crab
- rockfish
- perch
- lobster
- pollock
- cod
- whiting
- shrimp
- white fish
- haddock
- octopus
- clam

nuts and legumes

- sunflower seeds
- pecans
- brazil nuts
- hazelnuts
- flax seed
- macadamia nuts
- sesame seeds
- pine nuts
- almonds
- coconut milk
- coconut cream
- coconut meat
- walnuts
- pumpkin seeds
- peanuts
- butternuts
- sesame butter
- pistachio nuts
- tofu
- natto
- coconut
- hummus
- miso

fats and oils

- almond oil
- sunflower oil
- hazel nut oil
- grapeseed oil
- peanut oil
- soybean oil
- walnut oil
- coconut oil