

Dukan Diet Approved Food List

Very Protein-Rich Foods

Meat and offal

1. Beef steak
2. Fillet of beef
3. Sirloin steak
4. Roast beef
5. Rump steak
6. Tongue
7. Bresaola, air-dried/wind-dried beef
8. Veal escalope
9. Veal chop
10. Kidney
11. Calf's liver
12. Pre-cooked ham slices (without any fat or rind)
13. Pre-cooked chicken and turkey slices (without any fat or rind)
14. Fat-reduced bacon
15. Game (venison, pheasant, partridge, hare, grouse)
16. Rabbit/hare

Fish

17. Bass
18. Cod (fresh)
19. Crab/ocean sticks (surimi)
20. Dab/lemon sole
21. Dover sole
22. Grey mullet
23. Haddock
24. Hake
25. Halibut
26. Herring
27. Mackerel
28. Monkfish
29. Plaice
30. Pollock/Coley
31. Rainbow trout/salmon trout
32. Red mullet
33. Salmon
34. Smoked salmon
35. Sardines
36. Sea bream
37. Skate

38. Swordfish
39. Tuna
40. Turbot
41. Whiting
42. Fish roe (cod, salmon, herring, nitillet)

Seafood

43. Calamari/squid
44. Clams
45. Cockles
46. Crab
47. Crawfish/crayfish
48. Dublin Bay prawns
49. Lobster
50. Mediterranean prawn/gambas
51. Mussels
52. Oysters
53. Prawns
54. Scallops
55. Shrimps
56. Whelks

Poultry

57. Chicken
58. Poussin
59. Chicken liver
60. Guinea fowl
61. Ostrich
62. Pigeon
63. Quail
64. Turkey

Eggs

65. Hen's eggs
66. Quail's eggs

Non-fat dairy products

(Avoid if you are allergic)

67. Non-fat cottage cheese
68. Non-fat fromage frais
69. Non-fat Greek yoghurt
70. Non-fat quark/non-fat yogurt-plain
71. Skimmed milk

Vegetable Proteins

72. Tofu

Vegetables

73. Artichoke
74. Asparagus
75. Eggplant aka Aubergine
76. Beetroot

77. Broccoli/purple sprouting broccoli
78. Cabbage: white/red/Savoy/cauliflower/Chinese leaves/kohlrabi/kale/Brussels sprout (all types of cabbage)
79. Carrot
80. Celery/celeriac
81. Chicory100 Natural Foods That Keep You Healthy
82. Courgette
83. Cucumber
84. Fennel
85. French beans/string beans/mangetout
86. Leek
87. Mushrooms
88. Onion
89. Palm hearts
90. Peppers (sweet)
91. Pumpkin/marrow/squash
92. Radish
93. Rhubarb
94. Salad leaves: all types of lettuce/rocket/watercress/alfalfa/curly endive/sorrel
95. Soya beans
96. Spinach
97. Swede
98. Swiss chard
99. Tomatoes
100. Turnip