ATKINS™

CARB COUNTER

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HOW TO USE THE ATKINS™ CARB COUNTER

The Carb Counter has one purpose only—to tell you the Atkins net carb count of as many foods as humanly possible. It is not a calorie counter, nor is it a comprehensive encyclopedia of food counts. You won't learn how much calcium a food has, how many grams of omega-6 fat, how much protein or how much vitamin C. All of that information is available elsewhere. What is not widely available—until now—is a way of answering the all-important question, "How many net carbs does this portion of food that I'm about to eat contain? "

Knowing that number is going to make it possible for you to do Atkins the right way, the effective way, and the way that works for you, no matter what Atkins approach you follow.

What's more, we based our net carb counts on realistic amounts of food—the amount of a food you're actually likely to eat! Remember, manufacturers are famous for making "serving sizes" ridiculously unrealistic in order to make their numbers look more appealing. We've all seen examples of this: A single cookie you'd eat in two bites is labeled "2 servings" with "1/2 cookie" constituting one "serving"; or a small 8 ounce bottle of juice at the convenience store with a label claiming it's "2 servings".

Our net carb counts are based on the real portions of foods real people eat. If we're talking about an Atkins Bar, for example, we'll give you the net carbs in an Atkins Bar—but then do not claim the Atkins bar is "two servings."

TOTAL CARBS (15g) – FIBER (6g) – SUGAR ALCOHOLS (4g) – ALLULOSE (3g) =

1g NET CARBS

That means you can depend on these net carb counts being reliable numbers that you can use to calculate the number of carbs you're consuming that have a significant impact on your blood sugar—so that you can stay within the parameters of Atkins. But there's one important thing to remember: we included a lot of foods in the Atkins Carb Counter that you probably will not be eating on Atkins, and probably should avoid eating on any diet. We put them in so you could see the carb count of different common foods, so you could compare high carb choices with lower carb choices, or, in some cases, so you could see just how high in carbs and sugar a given food really is.

What to Avoid

There are a number of ingredients that can interfere with your good health. For example, manufactured trans fats, which are partially hydrogenated oils, have absolutely no place in a healthy diet, which is why they have been banned in the US. In addition, even if you stay away from sugary treats, added sugar (under numerous aliases) turns up in bread, sauces, marinades and salad dressings, to name just a few products. Another concern is that most of us get up to 40 times as much omega-6 fats as omega-3 fats in our diet because the former are used in most processed foods. Ideally, the ratio should be 2 to 1 or better. That's why we recommend when using oils as added fats or cooking fats, look for high-oleic varieties. You can also improve this ratio by focusing on eating more omega-3 rich foods and oils, like canola oil.

In addition to relying on the Carb Counter, it's a good idea to become a careful reader of Nutritional Facts panels on processed foods, which allow you to calculate grams of Net Carbs. Be sure to also scan the list of ingredients to make sure that hidden sugars and other ingredients discussed above aren't included.

Remember: *Every single food listed here is not right for every phase; and some foods are not right for any phase! Choose wisely!*

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Abbreviations and Symbols

C ..... cup	**lg** ..... large	**pkg** ... package	**T** ..... tablespoon
dia .... diameter	**lb** ..... pound	**sl** ..... slice	**w/** .... with
ea ..... each	**med** .. medium	**sm** ..... small	**w/o** ... without
env ... envelope	**oz** ..... ounce	**sq** ..... square	**"** ..... inch
g ..... gram	**pkt** .... packet	**t** ..... teaspoon	**<** ..... less than

ATKINS PRODUCTS

Please check atkins.com for the most recent nutritional information.

High Protein Bars	Amount	Net Carbs
Blueberry Greek Yogurt	1 bar	5.0
Chocolate Almond Caramel	1 bar	4.0
Chocolate Chip Granola	1 bar	3.0
Chocolate Peanut Butter	1 bar	3.0
Chocolate Peanut Butter Pretzel	1 bar	4.0
Peanut Butter Granola	1 bar	4.0
Strawberry Shortcake	1 bar	3.0
Brownie Delight *Layered Bar*	1 bar	4.0
Cookie Fusion *Layered Bar*	1 bar	4.0

Breakfast Bars	Amount	Net Carbs
Blueberry	1 bar	4.0
Lemon Poppy Seed	1 bar	4.0
Vanilla Macadamia Nut	1 bar	4.0

Strong Protein Bars	Amount	Net Carbs
Birthday Cake	1 bar	3.0
Chocolate Chip Cookie Dough	1 bar	3.0

Anytime Snacks	Amount	Net Carbs
Bars		
Caramel Chocolate Nut Roll	1 bar	3.0
Lemon	1 bar	3.0
Peanutty Overload	1 bar	3.0
Protein Cookies		
Chocolate Chip	1 cookie	3.0
Protein Wafer Crisps		
Chocolate Crème	1 bar	3.0
Lemon Crème	1 bar	4.0
Peanut Butter	1 bar	4.0

Endulge Treats	Amount	Net Carbs
Caramel Nut Chew	1 bar	1.0
Chocolate Caramel Mousse	1 bar	2.0
Chocolate Coconut	1 bar	2.0
Chocolate Covered Almonds	1 pack	1.0
Chocolate Peanut Candies	1 pack	2.0
Crunchalicious	1 bar	1.0
Milk Chocolate Caramel Squares	3 pieces	2.0
Peanut Butter Candies	1 pack	2.0
Peanut Butter Cups	2 cups	1.0
Pecan Caramel Clusters	2 packs	2.0
Gummy Bears	1 pack	2.0
Sour Gummy Bears	1 pack	2.0
Dark Chocolate Truffles	1 truffle	2.0
Milk Chocolate Truffles	1 truffle	2.0

KETO	Amount	Net Carbs
Caramel Almond Clusters	1 cluster	1.0
Cookies & Cream Clusters	1 cluster	1.0
Peanut Butter Cups	1 cup	2.0

Ready-to-Drink Shakes	Amount	Net Carbs
Chocolate Banana	1 shake	4.0
Creamy Caramel	1 shake	2.0
Creamy Cinnamon Swirl	1 shake	2.0
Creamy Vanilla	1 shake	1.0
Dark Chocolate Royale	1 shake	2.0
Milk Chocolate Delight	1 shake	2.0
Strawberry	1 shake	2.0
Iced Coffee Shakes		
Café au Lait	1 shake	3.0
Café Caramel	1 shake	3.0
Iced Chai	1 shake	3.0
Mocha Latte	1 shake	4.0
Vanilla Latte	1 shake	4.0

	Amount	Net Carbs
Meal Shakes		
Creamy Chocolate	1 shake	4.0
Vanilla Cream	1 shake	3.0

Strong Shakes	Amount	Net Carbs
Chocolate Peanut Butter	1 shake	2.0
Milk Chocolate	1 shake	2.0
Strawberry	1 shake	3.0
Vanilla	1 shake	1.0

Frozen Meals	Amount	Net Carbs
Breakfast		
Bacon Scramble	1 bowl	4.0
Farmhouse-Style Sausage Scramble	1 bowl	5.0
Ham and Cheese Omelette	1 tray	4.0
Entrées		
Asian-Style Chicken Stir Fry	1 tray	7.0
Chicken & Broccoli Alfredo	1 tray	6.0
Pepperoni Pizza	1 pizza	11.0
Snacks		
Buffalo-Style Chicken Pizza Bites	10 bites	5.0
Pepperoni Pizza Bites	10 bites	5.0



Baking Ingredients

	Amount	Net Carbs
Almond Meal/Flour	1/2 C	8.0
Arrowroot	1 T	6.8
Baking Soda	1/2 t	0.0
Baking Chocolate, unsweetened	1 oz	3.4
Baking Powder	1/2 t	0.6
Chocolate Chips, semisweet	2 T	12.2
Cinnamon, ground	1 t	0.7
Cocoa Powder, unsweetened	2 T	2.2
Coconut, shredded,		
Unsweetened	1/4 C	1.3
Sweetened	1/4 C	10.0
Coconut Flour	1/4 C	5.3
Coconut Milk, canned, regular	1/2 C	3.2
Cornmeal	2 T	10.6
Cream of Tartar	1 t	1.8
Dried Egg Whites	2 T	1.0
Egg Replacement	1 oz	6.2
Erythritol	1 T	0.0
Flaxseed Meal	1/4 C	0.5
Flour, white, all purpose	1/4 C	23.0
Flour, whole wheat,		
All Purpose	1/4 C	18.0
Pastry	1/4 C	28.5
Gelatin, unflavored,		
for baking & canning	1 env	0.0
Molasses	1 T	15.0
Nutmeg, ground	1 t	0.6
Oat Flour	1/4 C	11.5
Pure Vanilla & Other Extracts	1 t	0.5
Rice Flour, white	1/4 C	30.7
Rice Flour, brown	1/4 C	28.4
Rye Flour, medium	1/4 C	16.2
Soy Flour	1/4 C	4.7
Stevia (pure powder)	1 t	0.0
Sucralose, brown sugar blend,		
for baking	1/4 C	50.1
Sucralose, sugar blend,		
for baking	1/4 C	57.7
Sugar, brown, packed	1/4 C	54.2
Sugar, confectioners	1/4 C	29.9
Sugar, white	1/4 C	50.4
Sugar & Stevia Blend	1/4 C	48.0
Truvia	1/4 C	0.0
Xylitol	1 T	0.0

Beef, Lamb, Pork & Other Meats

	Amount	Net Carbs
Beef		
Brisket	6 oz	0.0
Corned Beef	6 oz	0.8
Chuck	6 oz	0.0
Chuck Eye Steak	6 oz	0.0
Corned Brisket	6 oz	0.8
Cubed Steak	6 oz	0.0
Eye Round	6 oz	0.0
Flank Steak	6 oz	0.0
Ground Chuck/Round	6 oz	0.0
Liver	6 oz	6.6
London Broil	6 oz	0.0
Prime Rib	6 oz	0.0
Rib Eye Roast/Steak	6 oz	0.0
Shell Steak	6 oz	0.0
Short Ribs	6 oz	0.0
Sirloin Steak	6 oz	0.0
Skirt Steak	6 oz	0.0
Tenderloin	6 oz	0.0
Top Loin	6 oz	0.0
Veal		
Breast	6 oz	0.0
Chop, loin or rib	6 oz	0.0
Cutlet	6 oz	0.0
Ground	6 oz	0.0
Round Steak	6 oz	0.0
Scallops	6 oz	0.0
Shank	6 oz	0.0
Shoulder	6 oz	0.0
Stew Meat	6 oz	0.0
Goat		
Roast	6 oz	0.0
Lamb		
Chop, loin or rib	6 oz	0.0
Ground	6 oz	0.0
Leg	6 oz	0.0
Roast	6 oz	0.0
Shoulder	6 oz	0.0
Stew Meat	6 oz	0.0
Pork		
Bacon, slab, sliced	3 sl	1.1
Canadian Bacon	3 sl	1.2
Chop, center cut	6 oz	0.0
Chop, loin	6 oz	0.0
Ground	6 oz	0.0
Ham	6 oz	0.0
Loin Roast	6 oz	0.0
Scrapple	4 oz	15.6
Spam	2 oz	1.7
Spare Ribs	6 oz	0.0
Stew Meat	6 oz	0.0
Tenderloin	6 oz	0.0
Game Meats		
Beefalo	6 oz	0.0
Buffalo (Bison)	6 oz	0.0
Rabbit	6 oz	0.0
Venison	6 oz	0.0
Frankfurters		
Beef	1 frank	1.8
Beef & Pork	1 frank	1.0
Hebrew National	1 frank	2.0
Pork	1 frank	0.2
Sausages		
Andouille, pork	1 link	0.1
Beef	2 oz	0.2
Beef & Pork	1 link	0.4
Bratwurst	1 link	2.4
Breakfast, pork	1 link	0.0
Bulk, pork	3 oz	0.0
Cheddarwurst	1 link	2.0
Cheese Dog	1 link	1.0
Chicken w/ Apple	2 oz	2.9
Chicken w/ Dried Tomato	2 oz	2.5
Chicken & Turkey w/ Gruyère	2 oz	0.0
Chorizo	2 oz	1.1
Italian, hot	2 oz	0.4
Italian, sweet	2 oz	1.2
Kielbasa, beef	2 oz	2.0
Kielbasa, beef & pork	2 oz	1.0
Kielbasa, pork & turkey	2 oz	2.2
Knockwurst	1 link	2.3
Linguica	2 oz	1.0
Smoked, beef	4 oz	2.7
Smoked, hot	4 oz	4.9

	Amount	Net Carbs
Deli, Luncheon and Cured Meats		
Bologna		
Beef	3 sl	3.9
Beef & Pork	3 sl	0.6
Ham, deli style		
Baked, sliced	6 oz	2.6
Boiled, sliced	6 oz	0.0
Deviled	4 oz	1.9
Honey Cured, sliced	6 oz	3.8
Liverwurst	4 sl	1.6
Mortadella	6 oz	5.2
Olive Loaf	3 sl	7.7
Pancetta	3 oz	3.0
Pastrami, beef	1 sl	0.2
Pepperoni	6 oz	2.0
Pork Roll	5 sl	0.6
Prosciutto	6 oz	0.0
Roast Beef, sliced	1 oz	0.5
Salami		
Beef	3 sl	1.5
Beef & Pork	3 sl	0.2
Pork	3 sl	0.5
Sopressata (dry salami)	1 oz	1.0

Beverages & Alcoholic Beverages

	Amount	Net Carbs
Chocolate Drinks		
Hot Cocoa	1 pkt	22.4
Hot Cocoa w/ Marshmallows	1 pkt	14.3
Coffee & Coffee Drinks		
Cappuccino		
Instant Powder	1 t	2.8
Instant Powder, decaf	1 t	2.8
Coffee		
Black, brewed	1 C	0.0
Black, decaf, brewed	1 C	0.0
Decaf, instant	1 C	1.0
With 1 T Cream	1 C	0.4
With 1 T Whole Milk	1 C	0.7
Iced, w/ 1 T Whole Milk	12 oz	0.7
Carbonated Beverages, Soda, Mixers		
Cherry Cola	12 oz	39.0
Cherry Cola, diet	12 oz	0.0
Club Soda	12 oz	0.0
Cola	12 oz	38.2
Cola, diet	12 oz	0.0
Diet Sodas, all flavors	12 oz	0.0
Ginger Ale	12 oz	32.1
Grape Soda	12 oz	41.7
Lemon/Lime Soda	12 oz	38.0
Root Beer/Birch Beer	12 oz	39.2
Seltzer	12 oz	0.0
Seltzer, essence flavored	12 oz	0.0
Tonic Water	12 oz	32.2
Tonic Water, sugar free	12 oz	0.0
Energy Sports Drinks		
Coconut Water, fresh	8 oz	6.3

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Beverages & Alcoholic Beverages continued

	Amount	Net Carbs
Fruit Juices		
Apple, unsweetened	4 oz	13.8
Apricot Nectar	4 oz	17.3
Cranberry Juice Cocktail, frozen concentrate	2 T	18.6
Cranberry Juice Cocktail	4 oz	17.1
Cranberry Juice Cocktail, light	4 oz	5.0
Fruit Punch	4 oz	14.3
Grape, unsweetened	4 oz	18.4
Grapefruit, sweetened	4 oz	13.8
Grapefruit, unsweetened	4 oz	8.8
Guava Nectar	4 oz	19.1
Lemon	2 T	2.0
Lime	2 T	2.4
Mango Nectar	4 oz	16.1
Orange, fresh	4 oz	12.7
Orange, from concentrate	4 oz	10.7
Orange-Peach-Mango	4 oz	14.5
Orange-Strawberry-Banana	4 oz	14.2
Passion Fruit, fresh	4 oz	16.6
Peach Nectar, canned	4 oz	16.6
Pear Nectar, canned	4 oz	19.0
Pineapple, unsweetened	4 oz	15.8
Prune	4 oz	21.1
Tangerine-Orange	4 oz	12.5
Lemonade / Limeade		
Bottled, diet	8 oz	1.3
Bottled, sweetened	8 oz	29.0
Prepared from concentrate	8 oz	26.5
Prepared from powder	8 oz	9.5
Tea & Tea Drinks		
Bottled Iced Tea		
Green, unsweetened	8 oz	0.0
Lemon Flavored	8 oz	22.0
Lemon Flavored, diet	8 oz	0.0
Raspberry, diet	8 oz	1.0
Brewed Tea		
Black	8 oz	0.7
With 1 T Milk	8 oz	1.4
With 1 T Cream	8 oz	0.4
Chamomile	8 oz	0.5
Peppermint	8 oz	0.0
Iced Tea		
Diet	8 oz	0.0
Unsweetened, from instant	8 oz	1.0
With Stevia	8 oz	0.0
Vegetable Juices		
Carrot	4 oz	10.0
Clam & Tomato	4 oz	12.7
Tomato	4 oz	4.6
Vegetable Juice Cocktail	4 oz	4.1
Water		
Bottled	8 oz	0.0
Sparking Mineral	8 oz	0.0
Spring	8 oz	0.0
Tap	8 oz	0.0
Alcoholic Beverages		
Beer		
"Lite"	12 oz	5.8
Low Carb	12 oz	2.5
Near (>0.5% alcohol)	12 oz	13.7
Nonalcoholic	12 oz	13.3
Bourbon	1 oz	0.0
Champagne	1 oz	2-3
Gin	1 oz	0.0
Rum	1 oz	0.0
Scotch	1 oz	0.0
Sherry, dry	1 oz	4.7
Vodka	1 oz	0.0
Wine, red	3.5 oz	2.7
Wine, rosé	3.5 oz	4.0
Wine, white, Sauvignon	3.5 oz	2.1
Cocktail Mixes		
Bloody Mary	3.5 oz	3.1
Margarita	3.5 oz	20.1
Piña Colada	3.5 oz	37.6
Screwdriver	3.5 oz	8.5

Breads, Crackers, Tortillas & Wraps

	Amount	Net Carbs
Breads		
Bran	1 sl	12.2
French	1 sl	13.9
Italian	1 sl	9.4
Oatmeal	1 sl	12.5
Pumpernickel	1 sl	10.7
Pumpernickel,100% rye meal	1 sl	16.5
Raisin	1 sl	13.9
Rye	1 sl	13.6
Rye, 100%	1 sl	18.0
Sourdough	1 sl	15.4
Sprouted Whole Wheat	1 sl	7.4
Sunflower Seed	1 sl	12.6
White	1 sl	13.6
Whole Grain	1 sl	13.3
100% Whole Grain	1 sl	16.3
Whole Wheat	1 sl	10.3
100% Whole Wheat	1 sl	10.0
Crackers		
Matzoh, Plain	1 ea	22.6
Matzoh, whole wheat	1 ea	18.8
Melba Toast	1 ea	2.1
Melba Toast, Rye	1 ea	3.5
Melba Toast, whole wheat	1 ea	3.5
Flatbreads & Wraps		
Pita		
White	6.5"	30.5
Whole Wheat	6.5"	28.4
Tortillas		
Corn	6"	10.8
Flour	6"	14.5
Whole Wheat	8"	19.0

Candy & Chewing Gum

	Amount	Net Carbs
Hard Candy		
Jordan Almonds, sugar free	13 ea	2.0

Cereals

	Amount	Net Carbs
Hot		
Grits, instant, dry	1 oz	21.0
Oats/Oatmeal		
Steel Cut		
Scottish/Irish, dry	1/4 C	23.0
Whole Grain (oat groats)	1/4 C	25.7
Ready-to-Eat		
Oat Bran, raw	1/3 C	15.9
Puffed Brown Rice	1 C	13.0
Puffed Corn	1 C	10.0
Puffed Kamut	1 C	9.0
Puffed Millet	1 C	16.2
Puffed Rice	1 C	12.0
Puffed Wheat	1 C	10.0
Shredded Wheat		
Large Biscuit	51g	34.0
Spoon Size, w/ Bran	1-1/3 C	41.0
Spoon Size, Whole Grain	1-1/3 C	41.0
Smart Bran	3/4 C	15.0
Spelt Flakes	1 C	26.4
Wheat Bran, raw	2 T	1.6
Wheat Germ, toasted	2 T	5.6

Condiments & Seasonings

	Amount	Net Carbs
Allspice, ground	1 t	1.0
Anchovy Paste	1 T	0.0
Bacon Pieces, jarred/canned	1 T	0.0
Bacon Bits, imitation	1 T	1.3
Basil, fresh, chopped	1 T	0.0
Basil, dried	1 T	0.4
Bay Leaves, dried	1 ea	0.1
Capers, drained	1 T	0.2
Celery Salt	1 t	0.0
Chile Peppers		
Ancho, dried	1 ea	5.1
Cayenne, dried ground	1 T	1.6
Chipotle en Adobe	2 T	1.0
Hot Cherry, fresh, whole	1 ea	1.0
Hot Cherry, canned, whole	1 oz	2.0
Jalapeño, fresh, sliced	1/2 C	1.7
Jalapeño, pickled, sliced	1 oz	0.5
Pasilla, dried, whole	1 ea	1.7
Serrano, chopped	1/2 C	1.8
Chile Powder	1 T	1.2
Chinese 5-Spice Powder	1 t	0.0
Chives, fresh, chopped	1 T	0.1
Chives, dehydrated, chopped	1 T	0.1
Cilantro, fresh, chopped	1 T	0.0
Cinnamon, ground	1 t	0.7
Clam Juice	8 oz	0.2
Cloves, ground	1 t	0.6
Coconut Milk, canned, unsweetened	1 C	0.0
Coconut Milk, light, canned	1 C	4.0
Coriander, ground	1 t	0.4
Crab/Shrimp Boil Mix	1 T	0.1
Creole Seasoning	1 T	0.0
Cumin Seed, ground	1 t	1.0
Curry Powder	1 T	0.2
Dill Weed, dried	1 T	1.3
Dill Weed, fresh, chopped	1 T	0.0
Garlic		
Clove	1 ea	0.9
Minced, fresh or jarred	1 T	2.6
Minced, dried	1 T	4.7
Powder	1 t	2.0
Salt	1 T	0.0
Ginger, ground	1 T	3.1
Ginger Root, fresh, grated	1 T	1.0

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Condiments & Seasonings continued

	Amount	Net Carbs
Horseradish, prepared	1 t	0.4
Italian Seasoning	1 T	1.5
Lemon Peel, fresh, grated	1 T	0.3
Lemon-Pepper Seasoning	1 t	0.0
Liquid Smoke	1 T	0.9
Miso Paste		
Mellow Brown	1 T	3.0
Mellow Red	1 T	1.9
Mellow White	1 T	7.8
Mustard		
Chinese	1 t	0.1
Dijon	1 t	0.2
Honey	1 t	1.0
Powder	1 t	0.4
Spicy Brown	1 t	0.0
Yellow	1 t	0.1
Nutmeg, ground	1/2 t	0.3
Onion, minced, dried	1 T	3.7
Orange Peel, grated, fresh	1 t	0.3
Oregano, dried	1 T	0.8
Paprika	1 T	1.3
Parsley, fresh, chopped	1 T	0.1
Pepper, black, ground	1 t	0.9
Pepper, red, crushed	1 t	0.5
Pickle Spear, Dill or Kosher	1 ea	0.5
Pickle, Dill, whole, 4-inch	1 ea	1.9
Pickle Relish	1 T	4.7
Pickle, Sweet, Midget	1 ea	1.2
Pimento (Roasted Red Pepper)	1 oz	0.9
Poultry Seasoning	1 t	0.8
Pumpkin Pie Spice Mix	1 t	0.9
Rosemary, dried	1 T	0.8
Sage, ground	1 t	0.1
Salt	1 t	0.0
Tahini (Sesame Paste)	2 T	5.0
Thai Chile Paste	1 T	2.6
Thyme, dried	1 T	0.8
Wasabi Paste	1 t	2.6
Wasabi, powdered	1 t	1.0

Dairy, Eggs & Dairy Substitute

	Amount	Net Carbs
Butter & Margarine		
Ghee	1 t	0.0
Stick Butter	1 C	0.1
Stick Butter	1 T	0.0
Stick Margarine	1 T	0.1
Whipped Butter	1 C	0.1
Whipped Butter	1 T	0.0
Whipped Margarine	1 T	0.0
Cheese		
American	1 sl	1.9
Asiago	1 oz	3.5
Appenzeller	1 oz	0.0
Bue Cheese, crumbled	2 T	0.4
Boursin, Garden & Fine Herb	2 T	1.0
Brie	1 oz	0.1
Camembert	1 oz	0.1
Cheddar	1 oz	0.7
Colby	1 oz	0.7
Cottage Cheese		
Curds, 2% fat	1/2 C	5.4
Creamed, 4% fat	1/2 C	3.6
Curds, 4% fat	1/2 C	4.5
Cream Cheese, brick		
Fat Free	2 T	2.4
Neufchatel	2 T	1.0
Original	2 T	1.6
Cream Cheese, soft		
Blueberry	2 T	7.0
Chive & Onion	2 T	2.0
Garden Vegetable	2 T	2.0
Regular	2 T	2.1
Strawberry	2 T	5.0
Sundried Tomato & Basil	2 T	2.0
Cream Cheese, whipped		
Chive & Onion	2 T	2.0
Original	2 T	1.1
Edam	1 oz	0.6
Emmentaler	1 oz	0.4
Feta	1 oz	1.2
Fontina	1 oz	0.4
Goat, Aged	1 oz	0.0
Goat, Soft (Chèvre)	1 oz	0.0
Gorgonzola	1 oz	0.7
Gouda	1 oz	0.6
Gruyère	1 oz	0.1
Havarti	1 oz	0.8
Jarlsberg	1 oz	0.4
Limburger	1 oz	0.1
Manchego	1 oz	0.0
Mascarpone	1 oz	2.0
Maytag Blue	1 oz	0.6
Monterey Jack	1 oz	0.2
Mozzarella		
Fresh Balls	1 oz	0.0
Part Skim	1 oz	1.7
Smoked	1 oz	1.0
Whole Milk	1 oz	0.7
Muenster	1 oz	0.3
Paneer	1 oz	1.0
Parmesan, chunk	1 oz	0.9
Parmesan, grated	1 T	0.7
Parmigiano-Reggiano, grated	1 T	0.0
Port Wine Spread	2 T	3.0
Provolone	1 oz	0.6
Queso Blanco	1 oz	0.0
Queso Fresco	1 oz	0.8
Raclette	1 oz	0.0
Ricotta, part skim	1/4 C	3.2
Ricotta, whole milk	1/4 C	1.9
Roquefort	1 oz	0.6
Romano, chunk	1 oz	3.5
Romano, grated	1 T	0.8
Stilton	1 oz	0.7
String	1 ea	1.3
Swiss	1 oz	0.4
Cream & Creamers		
Condensed Milk,		
Sweetened, canned	1 T	10.4
Cream		
Heavy, liquid	1 T	0.4
Heavy, whipped	1 T	0.2
Light	1 T	0.4
Half-and-Half	1 T	0.7
Sour cream		
Light	1 C	18.2
Regular	2 T	1.4
Regular	1 C	10.7
Eggs		
Raw	1 ea	0.4
Raw, white only	1 ea	0.2
Fried	1 ea	0.4
Poached/Boiled	1 ea	0.4
Scrambled, w/ butter	1/4 C	0.4
Scrambled Egg Substitute (from frozen)	1/4 C	1.8
Milk		
Buttermilk		
Cultured from 1% Fat (Skim) Milk	1 C	11.7
Cultured from Reduced Fat Milk	1 C	12.9
Chocolate Flavored, 2%	1 C	33.4
Evaporated, 2% nonfat	2 T	3.5
Evaporated, whole	2 T	3.2
Nonfat/Skim	1 C	11.9
Reduced Fat 2%	1 C	12.0
Strawberry Flavored, 2%	1 C	24.0
Whole	1 C	11.4
Milk Substitutes		
Almond Milk		
Chocolate Flavored	1 C	19.6
Plain	1 C	12.3
Plain, unsweetened	1 C	2.7
Vanilla, unsweetened	1 C	2.7
Coconut Milk Beverage		
Chocolate Flavored	1 C	11.0
Plain	1 C	7.0
Plain, unsweetened	1 C	1.0
Rice Milk		
Plain	1 C	21.6
Vanilla	1 C	26.0
Soy Milk		
Chocolate Flavored	1 C	23.3
Plain	1 C	11.5
Plain, unsweetened	1 C	4.0
Yogurt & Kefir		
Yogurt, Whole Milk,		
Plain, unsweetened	1 C	11.4

Desserts

	Amount	Net Carbs
Gelatin		
Gelatin Mix, Sugar Free, all flavors	1 serv	5.1
Ready to Eat Gelatin, sugar free	1 ea	5.0

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Fish & Shellfish

	Amount	Net Carbs
Fish		
Anchovies		
Canned in Oil	6 oz	**0.0**
Fresh	6 oz	**0.0**
Bass, all varieties	6 oz	**0.0**
Blackfish (Taurog)	6 oz	**0.0**
Bluefish	6 oz	**0.0**
Butterfish	6 oz	**0.0**
Carp	6 oz	**0.0**
Catfish	6 oz	**0.0**
Cod, fresh	6 oz	**0.0**
Cod, dried, salted	3 oz	**0.0**
Eel	6 oz	**0.0**
Flounder	6 oz	**0.0**
Fish Sticks	6 pieces	**33.9**
Gefilte Fish	1/4 C	**0.5**
Grouper	6 oz	**0.0**
Haddock (Scrod)		
Fresh	6 oz	**0.0**
Smoked/Finnan Haddie	6 oz	**0.0**
Halibut 6 oz 0.0		
Herring		
Cured	2 oz	**0.0**
Fresh	6 oz	**0.0**
In Sour Cream	2 oz	**4.9**
Pickled	1/4 C	**3.4**
John Dory (St. Peter's Fish)	6 oz	**0.0**
Kingfish (King Mackerel)	6 oz	**0.0**
Mackerel	6 oz	**0.0**
Mahi-mahi	6 oz	**0.0**
Monk Fish	6 oz	**0.0**
Orange Roughy	6 oz	**0.0**
Perch	6 oz	**0.0**
Pike, Wall-Eyed & Yellow	6 oz	**0.0**
Sablefish (Black Cod)	6 oz	**0.0**
Salmon		
Canned	6 oz	**0.0**
Fresh	6 oz	**0.0**
Lox/Smoked	6 oz	**0.0**
Sardines, canned		
In Mustard Sauce	1 C	**0.4**
In Tomato Sauce	1 C	**0.8**
In Oil	6 oz	**0.0**
Shark, Blue & Mako	6 oz	**0.0**
Snapper/Red Snapper	6 oz	**0.0**
Sole	6 oz	**0.0**
Swordfish	6 oz	**0.0**
Tilapia	6 oz	**0.0**
Tile Fish	6 oz	**0.0**
Trout, all varieties	6 oz	**0.0**
Tuna, canned	6 oz	**0.0**
Tuna, Deli Salad	1/4 C	**4.8**
Tuna, fresh	6 oz	**0.0**
Turbot	6 oz	**0.0**
Whitefish		
Fresh	6 oz	**0.0**
Smoked	6 oz	**0.0**
Shellfish		
Clams		
Canned, drained	2 oz	**3.4**
Deep-Fried	2 lg	**1.7**
Fresh, cooked	2 lg	**1.7**
Raw	2 oz	**2.0**
Stuffed	2 oz	**6.8**
Crab		
Cake	6 oz	**4.1**
Cooked	6 oz	**0.0**
Crabmeat, Canned, drained	6 oz	**0.0**
Soft Shell, fried	1 ea	**0.1**
Surimi ("Sea Legs")	6 oz	**11.7**
Crawfish	6 oz	**0.0**
Lobster		
Broiled, unstuffed	1 ea	**1.5**
Canned	6 oz	**2.2**
Steamed	6 oz	**1.5**
Tail, frozen	8 oz	**1.3**
Mussels		
Canned	1 C	**4.0**
Vigo Canned Mussels in marinade sauce	1/4 C	**2.0**
Smoked, canned in oil	3 oz	**3.0**
Stewed/Steamed	2 oz	**4.2**
Octopus (Calamari)		
Baked or Broiled	4 oz	**4.3**
Fried, breaded	10 pc	**10.7**
Fried	4 oz	**8.8**
Oysters		
Canned	2 oz	**2.4**
Eastern, shelled	2 ea	**1.3**
Pacific, shelled	2 ea	**4.1**
Smoked	2 oz	**2.5**
Scallops		
Bay	1 C	**9.7**
Deep-Fried or Breaded	1 C	**16.7**
Sea	1 C	**9.7**
Shrimp/Prawns		
Cooked, peeled	6 oz	**2.0**
Deep-Fried	6 oz	**19.6**
Squid		
Deep-Fried	6 oz	**6.6**
Broiled or Steamed	6 oz	**6.6**

Fruit

	Amount	Net Carbs
Acerola	1/2 C	**3.2**
Apples		
Cameo	1/2 med	**8.5**
Chips	1 oz	**25.5**
Dried Rings, Sulfured	5 ea	**18.3**
Freeze-Dried	1 oz	**20.7**
Fuji	1/2 med	**12.6**
Gala	1/2 med	**9.8**
Golden Delicious	1/2 med	**9.5**
Granny Smith	1/2 med	**9.0**
Honeycrisp	1/2 med	**10.3**
Red Delicious	1/2 med	**12.5**
Sauce, sweetened	1/2 C	**20.4**
Sauce	1/2 C	**12.4**
Apricots		
Canned		
In Heavy Syrup	1/2 C	**25.6**
In Juice	1/2 C 13.1	
Dried	6 halves	**11.6**
Fresh	3 med	**9.6**
Avocado (see page 15)		
Bananas		
Chips	1 oz	**15.0**
Freeze-Dried	1 oz	**23.0**
Fresh	1 sm	**20.4**
Blackberries		
Canned in Heavy Syrup	1/2 C	**25.2**
Fresh	1/2 C	**3.3**
Frozen	1/2 C	**8.1**
Blueberries		
Canned in Heavy Syrup	1/2 C	**26.2**
Dried	2 T	**11.0**
Fresh	1/2 C	**9.0**
Frozen	1/2 C	**7.3**
Frozen, sweetened	4 oz	**22.4**
Boysenberries		
Canned in Heavy Syrup	1/2 C	**25.2**
Fresh	100 g	**4.3**
Frozen	1/2 C	**4.6**
Carambola (Star Fruit), sliced	1/2 C	**2.1**
Cherimoya	1/2 C	**11.8**
Cherries, sour		
Canned in water	1/2 C	**9.6**
Fresh	1/2 C	**8.2**
Cherries, sweet		
Canned in water	1/2 C	**12.7**
Dried	2 T	**14.0**
Fresh	1/2 C	**10.7**
Frozen	1/2 C	**9.5**
Clementine	1 med	**8.7**
Coconut, fresh, shredded	1/2 C	**2.5**
Cranberries		
Dried, sweetened	2 T	**10.7**
Freeze-Dried	1/2 oz	**12.3**
Fresh	1/2 C	**4.2**
Sauce, jellied	2 T	**13.6**
Sauce, whole berries	2 T	**13.6**
Currants		
Dried	2 T	**13.1**
Fresh	1/2 C	**5.3**
Dates		
Dried	1 oz	**19.0**
Fresh	3 ea	**3.4**
Figs		
Canned in water	1 sm	**3.2**
Dried	1 sm	**4.5**
Fresh	1 sm	**6.5**
Fruit Cocktail		
Canned in light syrup	1/2 C	**18.0**
Canned in water	1/2 C	**8.9**
Mixed Fruits, frozen	1/2 C	**7.2**
Gooseberries	1/2 C	**7.8**
Grapefruit		
Fresh, red/white	1/2 med	**8.9**
Sections, canned in juice	1/2 C	**10.9**
Grapes		
Green, seedless	1/2 C	**13.0**
Purple, Concord	1/2 C	**7.5**
Red, seedless	1/2 C	**13.0**
Guava		
Fresh, pieces	1/2 C	**7.4**
Paste	2 T	**27.2**
Huckleberries	1/2 C	**8.7**
Kiwi Fruit	1 ea	**7.6**
Kumquat	4 ea	**7.2**
Lemon Juice	2 T	**2.0**
Lime Juice	2 T	**1.9**
Loganberries		
Fresh	1/2 C	**5.8**
Frozen	1/2 C	**5.7**
Loquats		
Fresh	10 med	**16.7**
Fresh, cubed	1/2 C	**7.7**
Lychees		
Fresh, whole	10 ea	**14.6**
Canned in water	1/3 C	**11.0**
Mango		
Dried	1/2 C	**29.7**
Freeze-Dried	1/2 C	**10.6**
Fresh, pieces	1/2 C	**11.1**
Frozen	1/2 C	**14.7**
Melon		
Cantaloupe Cubes	1/2 C	**5.9**
Cantaloupe Slice	1/8 med	**5.1**
Crenshaw Balls	1/2 C	**4.8**

Fruit continued

	Amount	Net Carbs
Melon		
Honeydew Balls	1/2 C	7.1
Honeydew, diced	1/2 C	7.1
Honeydew Slice	1/8 med	10.4
Watermelon Balls	1/2 C	5.5
Mulberries	1/2 C	5.7
Nectarines		
Fresh	1 med	12.6
Dried	1.5 oz	24.0
Oranges		
Blood	1 med	13.0
Florida	1 med	12.3
Mandarin, canned in juice	1/2 C	11.0
Navel	1 ea	17.0
Valencia	1 med	13.0
Papaya		
Canned in syrup	1/2 C	14.4
Dried	1/2 oz	10.1
Fresh	1/2 C	10.5
Fresh, pieces	1/2 C	6.6
Frozen, pieces	2 oz	7.1
Passion Fruit (Maracuya), pieces	1/4 C	7.7
Peaches		
Dried	1/2 C	42.5
Fresh	1 sm	10.5
Frozen, sliced	1/2 C	10.8
Halves, canned in light syrup	1/2 C	15.6
Halves, canned in water	1 half	4.7
Pears		
Anjou	1 med	20.0
Asian	1 med	8.6
Bartlett	1 med	21.1
Bosc	1 med	23.3
Dried	1/2 C	56.0
Halves, canned in light syrup	1/2 C	17.0
Halves, canned in water	1 half	4.7
Japanese, fresh	1 ea	20.0
Persimmon	1 oz	4.3
Pineapple, canned		
In water, chunks	1/2 C	9.2
In water, sliced	2 sl	7.0
In light syrup, chunks	1/2 C	15.9
In light syrup, sliced	1/2 C	10.0
Pineapple		
Dried	1/4 C	26.5
Fresh, chunks	1/2 C	9.7
Plantains		
Chips	1/2 C	11.5
Fresh, sliced	1/2 C	21.9
Plums		
Dried (Prune)	3 ea	16.2
Fresh	1 med	6.6
Purple, canned in water	1/2 C	12.6
Prunes, canned in heavy syrup	1/2 C	28.1
Prunes, stewed	1/2 C	31.0
Pomegranate		
Fresh	1 quarter	10.4
Arils (Seeds), fresh	1 oz	3.8
Prickly Pear (Cactus Pear), fresh	1 ea	6.2
Quince	1 quarter	3.1
Raisins		
Golden	1 T	7.3
Seedless	1 T	6.8
Raspberries		
Black, fresh	1/2 C	3.7
Black, frozen	1/2 C	4.0
Red, fresh	1/2 C	3.4
Red, frozen, sweetened	1/2 C	27.2
Red, frozen	1/2 C	6.8
Rhubarb		
Fresh	1/2 C	1.7
Frozen, sweetened	1/2 C	35.0
Frozen	1/2 C	2.3
Strawberries		
Dried	1/4 C	15.5
Fresh, whole	5 extra large	7.7
Fresh, sliced	1/2 C	4.7
Freeze-Dried	1 oz	32.4
Frozen, whole, sweetened	1/2 C	24.4
Frozen, unsweetened	1/2 C	5.2
Tangerine	1 small	8.8
Tangelo	1 med	9.5
Ugli Fruit	1 half	10.0

Grains, Noodles & Pasta

	Amount	Net Carbs
Grains		
Barley		
Hulled, dry	1/4 C	29.6
Pearl, cooked	1/2 C	19.2
Buckwheat Groats		
(Kasha), cooked	1/2 C	14.4
Corn		
Grits, prepared w/ water	1/2 C	15.2
Hominy, canned	1/2 C	9.4
Masa, dry	2 T	10.0
Meal, yellow, dry	2 T 10.6	
Polenta, dry	2 T	23.0
Couscous		
Cooked	1/2 C	17.1
Dry	1/4 C	31.3
Whole Wheat, dry	1/4 C	28.0
Millet, cooked	1/2 C	19.5
Quinoa, cooked	1/4 C	8.6
Rice		
Basmati, cooked	1/2 C	22.7
Basmati, dry	1/4 C	35.0
Basmati, Brown, dry	1/4 C	31.0
Black Japonica, dry	1/4 C	30.0
Brown, Medium Grain, cooked	1/2 C	21.1
Instant, Long Grain White, dry	1/4 C	36.7
Jasmine, dry	1/4 C	35.0
Parboiled (Converted)		
White, long grain, dry	1/4 C	36.7
Red, long grain, dry	1/4 C	33.0
Short Grain/Arborio/Risotto, dry	1/4 C	39.5
Sushi, dry	1/4 C	35.0
Texamati, dry	1/4 C	35.0
White, long grain, cooked	1/2 C	21.9
Wild, cooked	1/2 C	16.0
Rye Berries, dry	1/4 C	27.6
Teff, cooked	1/2 C	21.5
Wheat		
Berries, dry	1/4 C	27.0
Bulgur, cooked	1/2 C	12.8
Cracked, dry	1/4 C	24.0

	Amount	Net Carbs
Noodles & Pasta		
Noodles		
Buckwheat, dry	1 oz	16.5
Egg, cooked	1/2 C	19.2
Rice (Maifun), dry	1 oz	24.4
Soba, dry	1 oz	17.9
Somen, cooked	1/2 C	23.4
Thai Rice, dry	1 oz	22.3
Udon, dry	1 oz	18.0
Udon, Spelt, dry	1 oz	19.1
Pasta		
Macaroni, protein		
Enriched, cooked	1/2 C	20.3
Enriched, dry	1/4 C	20.0
Quinoa, dry	1 oz	21.0
Rice, cooked	1/2 C	23.5
Semolina, Fettuccini, dry	1 oz	19.5
Semolina, Rigatoni, dry	1 oz	20.0
Spelt, whole grain, elbows, dry	1 oz	17.5
Spinach, Spaghetti, cooked	1/2 C	15.5
Whole Wheat, Macaroni, cooked	1/2 C	16.6
Whole Wheat, Spaghetti, cooked	1/2 C	15.3

Legumes

	Amount	Net Carbs
Adzuki Beans		
Canned/cooked	1/4 C	10.1
Dry	1/4 C	17.0
Baked Beans		
Vegetarian	1/2 C	21.6
With Pork	1/2 C	18.3
Bean Dips (see Snacks)		
Canned w/ Pork & Tomato Sauce	1/2 C	18.1
Black/Turtle Beans		
Cooked/canned	1/4 C	5.8
Dry	1/4 C	22.7
Refried	1/4 C	6.5
Black-Eyed Peas		
Cooked/canned	1/4 C	6.1
Dry	1/4 C	20.6
Frozen	1/4 C	8.1
Butter Beans		
Canned	1/4 C	6.0
Dry	1/4 C	19.8
Cannellini Beans		
Cooked/canned	1/4 C	4.0
Dry	1/4 C	13.0
Chickpeas/Garbanzos		
Cooked/canned	1/4 C	5.5
Dry	1/4 C	25.4
Falafel Patty	2 oz	18.1
Hummus (see Snacks)		
Cranberry/Roman		
Cooked/canned	1/4 C	5.7
Dry	1/4 C	17.2
Fava Beans		
Cooked/canned	1/4 C	5.6
Dry	1/4 C	12.5
Great Northern		
Cooked/canned	1/4 C	10.6
Dry	1/4 C	19.3
Kidney Beans		
Cooked/canned	1/4 C	6.5
Dry	1/4 C	16.2

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Legumes continued

	Amount	Net Carbs
Lentils		
Black, cooked/canned	1/4 C	5.8
Brown, cooked/canned	1/4 C	5.8
Green, dry	1/4 C	15.0
Red, dry	1/4 C	21.0
Lima Beans		
Canned, Seasoned w/ Pork	1/2 C	12.0
Large, cooked/canned	1/4 C	6.1
Large, dry	1/4 C	19.8
Baby, dry	1/4 C	21.3
Baby, cooked/canned	1/4 C	7.1
Navy Beans		
Cooked/canned	1/4 C	10.1
Dry	1/4 C	23.6
Peas, Split		
Green, cooked/canned	1/4 C	6.3
Green, dry	1/4 C	18.8
Red, cooked/canned	1/4 C	6.9
Yellow, cooked	1/4 C	6.3
Pigeon		
Cooked/canned	1/4 C	7.0
Dry	1/4 C	24.5
Pink		
Cooked/canned	1/4 C	9.2
Dry	1/4 C	27.0
Pinto		
Cooked/canned	1/4 C	6.4
Dry	1/4 C	22.7
Refried	1/4 C	3.3
Soybeans (also see Nuts & Seeds)		
Black, canned	1/2 C	1.0
Green (Edamame),shelled	1/2 C	2.8
White, canned	1/4 C	4.0
White, dry	1/4 C	5.0

Nuts & Seeds

	Amount	Net Carbs
Almonds		
Butter	2 T	2.7
Meal/Flour	1/2 C	8.0
Paste	2 T	17.2
Slivered, blanched	2 T	1.2
Whole, raw	24	2.6
Whole, roasted	24	2.8
Brazil Nuts		
Raw	1 oz	1.2
Roasted	1 oz	2.0
Cashews		
Butter	2 T	8.7
Whole, raw	1 oz	7.6
Whole, roasted	2 T	4.7
Chestnuts		
Peeled, dried	1 oz	22.2
Raw	1/4 C	13.6
Steamed or roasted	1 oz	13.6
Chia Seeds	2 T	0.3
Coconut		
Baker's Moist-Packed Angel Flaked	2 T	5.0
Dried, grated	2 T	0.7
Dried, grated, sweetened	2 T	4.9
Fresh, grated	2 T	0.6
Meal/Flour	1/4 C	5.3
Flaxseeds		
Meal	1/2 C	0.9
Whole	2 T	0.3
Hazelnuts (Filberts)		
Butter	2 T	1.0
Meal/Flour	1/4 C	4.0
Nutella	2 T	20.5
Raw	12 ea	1.2
Roasted	1 oz	2.3
Hemp Seeds		
Meal/Flour	2 T	1.0
Seeds	2 T	0.6
Macadamia Nuts		
Butter	2 T	2.0
Raw or roasted	10 ea	1.4
Mixed Nuts		
Dry roasted	2 T	2.8
Oil roasted	2 T	2.5
Peanuts		
Dry roasted	1 oz	3.7
Meal/Flour	1/2 C	4.6
Oil roasted	22 ea	1.1
Raw	2 T	1.4
Pecans		
Butter	2 T	1.0
Raw	1 oz	1.2
Roasted	1 oz	1.2
Pine Nuts (Pignoli/Pignon)		
Raw	2 T	1.6
Roasted	2 T	1.5
Pistachios		
Butter	2 T	6.0
Hulled, raw	2 T	2.6
Hulled, roasted, salted	1 oz	4.9
Pumpkin Seeds (Pepitas)		
Butter	2 T	3.0
Hulled, raw	2 T	0.5
Hulled, roasted	1 oz	2.3
Sesame Seeds		
Black	2 T	4.0
Butter/Tahini	2 T	5.0
Halvah	1 oz	15.0
Meal	4 oz	29.5
White, raw	2 T	2.1
Soy "Nuts"		
Butter	2 T	2.7
Roasted	2 T	1.5
Sunflower Seeds		
Butter	2 T	5.6
Hulled, raw	2 T	2.3
Hulled, roasted	2 T	2.2
Walnuts		
Butter	2 T	2.0
Halves, raw or roasted	1 oz	2.0
Meal	1/2 C	2.8

Oils, Fats, Vinegar & Salad Dressings

	Amount	Net Carbs
Fats		
Butter, Stick or Whipped	1 T	0.0
Butter/Margarine Blend	1 T	0.1
Earth Balance		
Whipped Buttery Spread	1 T	0.0
Ghee	1 T	0.0
Lard	1 T	0.0
Margarine, stick	1 T	0.1
Suet	1 T	0.0
Vegetable Shortening		
Crisco	1 T	0.0
Spectrum	1 T	0.0
Wesson	1 T	0.0
Oils		
Canola	1 T	0.0
Coconut	1 T	0.0
Corn	1 T	0.0
Flaxseed	1 T	0.0
Grape Seed	1 T	0.0
Hemp Seed	1 T	0.0
Macadamia	1 T	0.0
Olive	1 T	0.0
Peanut	1 T	0.0
Safflower, high oleic	1 T	0.0
Sesame, light	1 T	0.0
Sesame, toasted/dark	1 T	0.0
Smart Balance	1 T	0.0
Sunflower	1 T	0.0
Vegetable	1 T	0.0
Walnut	1 T	0.0
Oil Cooking Spray		
Canola Oil		0.0
Coconut Oil		0.0
Olive Oil		0.0
Vinegar		
Balsamic	1 T	3.0
Champagne	1 T	2.0
Cider	1 T	0.1
Red Wine	1 T	0.0
Rice, Seasoned	1 T	4.8
Rice, Unsweetened	1 T	0.0
+Ume Plum	1 t	0.0
White	1 T	0.0
White Wine	1 T	1.0

Poultry

	Amount	Net Carbs
Chicken		
Breast	6 oz	0.0
Capon, Roast	6 oz	0.0
Drumstick	6 oz	0.0
Ground	6 oz	0.0
Leg	6 oz	0.0
Liver, Cooked	4 oz	0.8
Roast	6 oz	0.0
Rock Cornish Hen	8 oz	0.0
Thighs	6 oz	0.0
Wings	6 oz	0.0
Deli & Lunch Meats		
"Bologna," sliced	2 sl	6.9
Breast, roasted, sliced	2 sl	0.5
Salad	1/2 C	7.7
Precooked Products		
Breaded Strips	1 ea	5.3
Buffalo Wings	6 oz	4.3
Burgers	1 ea	1.0
Carved Chicken Breast Grilled, Italian style	3 oz	2.0
Grilled Chicken Breast Strips	6 oz	4.0
Meatballs	5 ea	10.4
Roasted	1/2 C	0.0
Popcorn Chicken	5 ea	12.9
Sausages		
"Hot Dog"	1 ea	1.0
Spicy Jalapeño	1 ea	2.0
Sweet Italian	1 link	1.0
With Apple	1 ea	4.0
With Roasted Garlic	4 oz	4.0
With Spinach & Feta	1 ea	1.0
With Sun-Dried Tomato	1 ea	2.0

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Poultry continued

	Amount	Net Carbs
Duck		
Breast	6 oz	0.0
Leg	6 oz	0.0
Roasted	6 oz	0.0
Other Poultry		
Goose, Roasted, unstuffed	6 oz	0.0
Ostrich Top Loin "Steak"	6 oz	0.0
Pheasant, roasted, unstuffed	6 oz	0.0
Turkey		
"Bacon"	2 oz	1.8
"Bacon" Bits	1 T	0.0
Breast	6 oz	0.0
Drumsticks	6 oz	0.0
Ground	6 oz	0.0
"Hot Dog"	1 ea	1.0
Wings	6 oz	0.0
Sausages		
Breakfast Links	2 ea	0.4
Brown 'N Serve	3 ea	2.0
Kielbasa	3 oz	3.0
Patties	2 ea	1.6
Smoked	1 ea	0.8
Smoked, hot	3 oz	3.7
Smoked, Italian	3 oz	3.2
Deli & Lunch Meats		
"Bologna," sliced	2 sl	2.4
Breast		
Honey Roasted, sliced	4 oz	4.0
Roasted, sliced	4 oz	2.0
Smoked, sliced	4 oz	2.0
"Ham"	2 sl	1.7
"Pastrami"	1 ea	0.9
"Pepperoni"	1 ea	1.1
Precooked Products		
Burgers	1 ea	0.0
Carved Breast	1/2 C	0.0
Meatballs, Italian style	4 ea	10.7

Sauces & Marinades

	Amount	Net Carbs
Sauces		
Hollandaise	2 T	0.6
Horseradish Sauce		
Prepared	1 T	1.2
Cream Style	1 T	1.6
Red (w/ beets)	1 T	0.0
Pesto Sauce	1 T	0.7
Piccalilli	1 T	1.4
Sofrito	1 T	0.8
Soy Sauce/Tamari		
Soy Sauce	1 T	0.7
Tamari	1 T	0.9
Taco Sauce		
Green	1 T	1.0
Worcestershire Sauce	1 t	1.1

Snacks

	Amount	Net Carbs
Savory Snacks		
Chips, Crisps & Dippers		
Popcorn		
Homemade from Kernels	1 C	6.4
Pork Rinds	20 ea	0.0

Soups

	Amount	Net Carbs
Broth/Consommé		
Beef Broth, canned	1 C	0.1
Beef Broth, cube	1 ea	0.6
Beef Consommé, canned	1 C	0.1
Chicken Broth, canned	1 C	1.1
Chicken Broth, cube	1 ea	1.1
Chicken Consommé, canned	1 C	1.1
Vegetable Broth, canned	1 C	2.2
Vegetable Broth, cube	1 ea	2.0

Sweeteners, Spreads & Syrups

	Amount	Net Carbs
Sweeteners		
Sugar		
Brown	1 t	4.5
Maple	1 t	2.7
Powdered, unsifted	1 t	2.5
White	1 t	4.2
Other Sweeteners		
Allulose	1 t	0.0
Buddha Fruit (pure monk fruit)	1/36 t	0.0
Erythritol	1 t	0.0
Xylitol	1 t	0.0
Spreads		
Conventional Spreads		
Apple Butter	1 T	7.0
Grape Jelly	1 T	13.0
Syrups		
Brown Rice Syrup	1 t	6.0
Corn Syrup	1 T	16.9
Honey	1 T	17.3
Molasses	1 T	15.0
Pancake Syrup		
Maple	2 T	26.8
Sugar Free	2 T	0.0

Vegetables

	Amount	Net Carbs
Foundation Vegetables		
Alfalfa Sprouts (see Sprouts, below)		
Artichoke		
Hearts, canned	1 ea	1.8
Hearts, frozen	12 ea	2.3
Hearts, marinated	4 ea	4.2
Medium, steamed	1 ea	7.5
Arugula, raw	1 C	0.4
Asparagus		
Canned	1/2 C	1.2
Fresh, steamed	1/2 C	1.8
Frozen, steamed	1/2 C	0.3
White, raw	1/2 C	2.0
Avocado		
Florida	1/2 ea	3.6
Hass	1/2 ea	1.8
Bamboo Shoots, sliced, canned	1/2 C	1.2
Beans		
Fava, steamed	1/2 C	11.6
Green, raw	/2 C	2.1
Green, steamed	10 ea	2.8
Haricots Verts, frozen	1/2 C	2.5
Yellow Wax, canned	1/2 C	1.7
Yellow Wax, raw	1/2 C	1.9
Beet Greens, steamed	1/2 C	1.8
Bok Choy (Pak Choy)		
Raw	1/2 C	0.4
Steamed, sliced	1/2 C	1.1
Broccoli		
Florets, fresh, steamed	1/2 C	3.3
Florets, raw	1/2 C	4.6
Frozen, chopped, steamed	1/2 C	1.1
Broccoli Rabe		
Raw, chopped	1/2 C	0.1
Steamed	5 oz	0.8
Broccoflower, steamed	1/2 C	1.4
Broccolini, fresh, steamed	3 ea	0.4
Brussels Sprouts, steamed	1/2 C	4.2
Cabbage		
Chinese, raw, shredded	1/2 C	0.4
Chinese, steamed, shredded	1/2 C	1.1
Green/White, raw, shredded	1/2 C	1.2
Green/White, steamed	1/2 C	2.6
Napa, raw	1/2 C	0.4
Napa, steamed	1/2 C	1.2
Red, raw, shredded	1/2 C	1.8
Red, steamed, shredded	1/2 C	3.3
Savoy, raw, shredded	1/2 C	1.1
Savoy, steamed, shredded	1/2 C	1.9
Cardoon, steamed	1/2 C	2.1
Cauliflower		
Florets, frozen	1/2 C	1.6
Florets, raw	7 ea	2.9
Steamed, chopped	1/2 C	2.1
Celery		
Raw	1 stalk	0.9
Steamed, diced	1/2 C	1.8
Celery Root (Celeriac)		
Raw, grated	1/2 C	5.8
Steamed, diced	1/2 C	6.0
Chard, Swiss, steamed	1/2 C	1.8
Chayote, steamed	1/2 C	1.8
Chicory Greens, Raw	1/2 C	0.1
Collard Greens, steamed	1 C	2.9
Coleslaw w/ Dressing, deli style	1/2 C	8.9
Cucumber, medium, raw	1/2 ea	3.2
Cucumber, raw, sliced	1/2 C	1.6
Daikon (see Radishes, below)		
Dandelion Greens, steamed	1/2 C	1.8
Eggplant		
Chinese, fresh	1/2 ea	7.5
Italian, broiled	1/2 C	3.4
Japanese, fresh	1/2 ea	7.5
Endive, raw	1/2 C	0.1
Endive, braised	1/2 C	0.2
Escarole		
Raw, chopped	1/2 C	0.1
Steamed	1/2 C	0.2
Fennel		
Raw	1/2 C	1.8
Cooked	1/2 bulb	5.3
Garlic		
Minced	2 T	5.3
Raw	1 clove	0.9
Roasted	1 t	0.9
Jicama		
Cooked, sliced	2 oz	5.0
Raw, chopped	1/2 C	2.6
Kale		
Raw, chopped	1/2 C	0.4
Steamed	1/2 C	0.5
Kohlrabi, steamed	1/2 C	4.6
Leeks		
Cooked, chopped	1/2 C	3.4
Raw, chopped	1/2 C	5.5

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Vegetables
continued

	Amount	Net Carbs
Lettuce		
Boston or Bibb, raw, chopped	1 C	0.6
Iceberg, raw, shredded	1 C	1.3
Mesclun (Mixed Salad Greens), raw	1 C	1.0
Romaine, raw, shredded	1 C	0.6
Romaine Hearts, raw	1/2 ea	0.2
Mung Beans (see Sprouts, below)		
Mushrooms		
Button, cooked	1/4 C	1.1
Button, raw, sliced	1/2 C	0.8
Chanterelle, fresh	5 ea	0.8
Cremini, Brown	1/2 C	1.6
Enoki (Straw), fresh	1/2 C	1.7
Portobello, cooked	1/2 C	1.4
Shiitake, cooked, sliced	1/4 C	4.5
Mustard Greens, steamed	1/2 C	1.2
Nopales (Cactus Pads), cooked	1/2 C	1.0
Okra		
Cooked	5 ea	2.4
Pickled	1 oz	2.4
Olives		
Black, canned	5 ea	0.8
Black, oil cured	5 ea	3.8
Black, salt cured	5 ea	1.7
Green, almond stuffed	5 ea	2.5
Green, canned	5 ea	0.1
Green, garlic stuffed	5 ea	5.0
Green, pimento stuffed	5 ea	0.5
Onions		
Cooked, chopped	1/4 C	4.7
Pearl, cooked, chopped	1/2 C	9.2
Pearl, frozen	2/3 C	6.2
Red, raw, chopped	2 T	1.5
White, raw, chopped	2 T	1.5
White, raw, chopped	1/2 C	6.1
Vidalia, raw, chopped	1/2 C	6.1
Palm, Hearts of, canned	1 ea	2.0
Parsley (see Condiments & Seasonings)		
Snow/Snap Peas in Pod		
Cooked	1/2 C	4.3
Fresh, chopped	1/2 C	1.6
Peppers, Bell		
Green, chopped, cooked	1 oz	0.9
Green, chopped, raw	1/2 C	2.2
Red, chopped, cooked	1 oz	1.2
Red, chopped, raw	1/2 C	3.0
Peppers, Chile (also see Condiments & Seasonings)		
Banana, fresh	1 sm	0.6
Jalapeño, fresh	1 ea	0.6
Pumpkin		
Canned, mashed	1/2 C	6.4
Canned Pumpkin Pie Mix	1/3 C	16.3
Cooked, mashed	1/2 C	4.7
Radicchio, raw	1/2 C	0.7
Radish		
Black	10g	0.2
Daikon, raw,	7-in 1/4 ea	2.1
Daikon, sliced	1/2 C	1.5
Daikon, sliced, cooked	1/2 C	1.4
Red/White, raw	10 ea	1.7
Rhubarb (see Fruit)		
Sauerkraut, drained	1/2 C	1.2
Scallions, raw	1/2 C	2.4
Scallions, cooked	1/2 C	6.0
Shallots, raw, chopped	2 T	2.7
Sorrel Greens, steamed	1/2 C	0.2
Spaghetti Squash, baked	1/4 C	2.0
Spinach		
Baby	1/2 C	0.3
Creamed, frozen	1/2 C	1.1
Fresh, steamed, chopped	1/2 C	1.6
Frozen, steamed	1/2 C	1.0
Raw, chopped	1 C	0.4
Sprouts		
Alfalfa, raw	1/2 C	0.0
Mung Bean, raw	1/2 C	2.2
Sunflower Seed, raw	1/4 C	4.0
Summer Squash		
Patty Pan, raw	1/2 C	1.5
Yellow, raw, sliced	1/2 C	1.6
Yellow, steamed, sliced	1/2 C	2.7
Zucchini, raw, chopped	1/2 C	1.4
Zucchini, steamed, sliced	1/2 C	2.7
Taro Leaves, steamed	1/2 C	1.5
Tomatillo, fresh, chopped	1/2 C	2.6
Tomatoes		
Cherry/Grape	10 ea	4.6
Cooked	1/4 C	1.9
Green (unripe), chopped	1/2 C	3.6
Plum or Roma	1 ea	1.7
Slice	1/4" sl	0.5
Small	1 ea	2.5
Sun-Dried, in oil	5 pieces	4.4
Yellow	1 ea	4.8
Tomato Products (also see Sauces & Marinades)		
Canned, diced, in juice	1/4 C	2.0
Canned, whole, in juice	1/2 C	2.4
Paste, canned	2 T	4.7
Purée, canned	2 T	2.2
Stewed, canned	1/2 C	6.6
Turnips		
White, steamed, cubed	1/2 C	2.4
White, steamed, mashed	1/2 C	3.5
Turnip Greens		
Frozen, cooked	1/2 C	1.3
Fresh, steamed	1/2 C	0.6
Water Chestnuts, canned, sliced	1/4 C	3.4
Watercress, raw, chopped	1/2 C	0.1

Starchy Vegetables

	Amount	Net Carbs
Beets		
Steamed, sliced	1/2 C	6.0
Canned, drained	1/2 C	4.4
Burdock Root, steamed	1/2 C	9.5
Carrots		
Fresh, steamed, sliced	1/2 C	5.5
Frozen, sliced	1/2 C	3.0
Raw	1 med	4.1
Raw, shredded	1/2 C	3.7
Cassava (Yuca), Cooked, mashed	1/2 C	30.2
Corn		
Canned	1/2 C	8.0
Canned, cream style	1/2 C	12.0
Kernels Cut from Cob	1/2 C	12.1
On the Cob	1 med	17.0
Jerusalem Artichoke, raw	1/2 C	11.9
Parsnips, steamed	1/2 C	10.5
Peas		
Fresh, shelled	1/2 C	6.3
Frozen	1/2 C	6.0
Potato		
Baked w/ Skin	1/2 sm	22.9
Ore-Ida French Fries, frozen	10 ea	13.6
Hash Browns, frozen	1/2 C	17.1
Hash Brown Toaster Patties	1 ea	16.0
Mashed from Flakes, prepared	1/2 C	14.0
Scalloped, from mix	1/2 C	10.9
Steamed, diced	1/2 C	14.2
Steamed, mashed	1/2 C	22.7
Rutabaga		
Cooked, cubed	1/2 C	4.3
Cooked, mashed	1/2 C	6.1
Winter Squash		
Acorn, baked, cubed	1/2 C	10.4
Acorn, baked, mashed	1/2 C	7.6
Butternut, baked, cubed	1/2 C	6.2
Hubbard, steamed, mashed	1/2 C	4.2
Turban, raw	1/2 C	6.5
Sweet Potato		
Baked	1/2 med	9.9
Candied	1/2 C	35.0
Steamed	1/2 C	15.2
Steamed, mashed	1/2 C	25.0
Taro, cooked, sliced	1/2 C	19.5
Yams, canned, mashed	1/2 C	21.0
Yautia (Arracache), sliced, cooked	1/2 C	22.1

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ATKINS ACCEPTABLE FOODS LIST

This is a comprehensive list of foods but may not include all possible acceptable foods.

Atkins 20 Phase 1

All fish, including:

- Cod
- Flounder
- Halibut
- Herring
- Salmon
- Sardines
- Sole
- Trout
- Tuna

All foul, including:

- Chicken
- Cornish hen
- Duck
- Goose
- Ostrich
- Pheasant
- Quail
- Turkey

All shellfish, including:

- Clams
- Crabmeat
- Lobster
- Mussles*
- Oysters*
- Shrimp
- Squid

**Oysters and mussels are higher in carbs so limit to about 4 ounces per day.*

All meat including:

- Bacon*
- Beef
- Ham*
- Lamb
- Pork
- Veal
- Venison

**Some processed meat, bacon, and ham is cured with sugar, which will add to the carb count. Avoid cold cuts and other meats with added nitrates, if possible.*

Eggs in any style, including:

- Deviled
- Fried
- Hard-boiled
- Omelets
- Poached
- Scrambled
- Soft-boiled

Fats and Oils:

Consuming a healthy amount of fat is an important part of Atkins.
The recommended daily intake for added fats is 2-4 tablespoons daily.

- Butter
- Mayonnaise
  make sure it has no added sugar
- Olive oil
- Vegetable oils
  Those labeled "cold pressed" or "expeller pressed" are especially good and olive oil is one of the best:
  - Canola
  - Grape seed
  - Olive oil
  - Safflower
  - Sesame
  - Soybean
  - Sunflower
  - Walnut

Artificial Sweeteners:

Limit sugar substitutes to no more than three packets a day.

- Allulose
- Erythritol
- Monkfruit
- Saccharine
- Sucralose
- Stevia
- Xylitol

Beverages:

Pay close attention to your beverages, as they are often a major source of hidden sugars and carbs.

- Clear broth/ bouillon
  (make sure it has no sugars added)
- Club soda
- Cream, heavy or light
- Decaf or regular coffee and tea*
- Diet soda
  (be sure to note the carb count)
- Flavored seltzer
  (must say no calories)
- Herb tea
  (without added barley or fruit sugar)
- Unflavored soy/almond milk
- Water
  at least eight 8-ounce glasses per day including:
  - Filtered water
  - Mineral water
  - Spring water
  - Tap water

**One to two cups of caffeinated tea or coffee is allowed as desired and tolerated by each individual.*

Cheese:

We recommend consuming no more than 4 ounces of cheese per day.

- All cheeses
  except ricotta and cottage cheese

Foundation Vegetables:

These vegetables are the nutrient-dense, higher-fiber foundation for the Atkins way of eating. Aim for 12-15g of net carbs from vegetables per day.

- Alfalfa sprouts
- Artichoke
- Arugula
- Asparagus
- Avocado
- Beet greens
- Bell pepper, all varieties
- Bok choy
- Broccoli
- Broccoli rabe
- Broccolini
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Chicory greens
- Collard greens
- Cucumber
- Daikon radish
- Eggplant
- Endive
- Escarole
- Fennel
- Garlic
- Green beans
- Heart of palm
- Jicama
- Kale
- Kohlrabi
- Leek
- Lettuce
- Mushrooms
- Okra
- Olives
- Onions
- Pickle, dill
- Pumpkin
- Radicchio
- Radishes
- Rhubarb
- Sauerkraut
- Scallions/ green onions
- Shallot
- Snow peas
- Spaghetti squash
- Spinach
- Sprouts, mung bean
- Swiss chard
- Tomatoes, all varieties
- Turnip
- Turnip greens
- Watercress
- Yellow squash
- Zucchini

Atkins 20 Phase 2

Dairy:

- Cottage cheese
- Ricotta
- Yogurt

Nuts, seeds, their butters and flours:

- Almonds
- Brazil nuts
- Cashews
- Coconut
- Macadamia
- Hazelnuts
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Berries & fruits:

- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Cranberries
- Currents
- Gooseberries
- Loganberries
- Cantaloupe melon
- Crenshaw melon
- Honeydew melon
- Raspberries
- Strawberries
- Tomato juice

Legumes:

- Black-eyed peas
- Black beans
- Cannellini beans
- Chickpeas
- Fava beans
- Great Northern beans
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Peas
- Pinto beans
- Soybeans

Low Carb Products:

- Low carb baked goods
  including bread, bagels, rolls, pitas, and tortillas
- Low carb candy
- Low carb pancake mix
- No added sugar ice cream

Atkins 40, Atkins 20 phase 3 & 4

When added to the lists above, just about all foods are on the table at this point, in appropriate serving sizes.

Other fruits:

- Apple
- Apricot
- Banana
- Clementine
- Figs
- Grapefruit
- Grapes
- Guava
- Kiwi
- Mango
- Orange
- Nectarine
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate seeds
- Tangerine
- Watermelon

Starchy vegetables:

- Acorn Squash
- Beets
- Butternut squash
- Carrots
- Corn
- Parsnips
- Potato
- Rutabaga
- Sweet potato
- Yam

Grains:

- Barley
- Cornmeal
- Couscous
- Grits
- Hominy
- Millet
- Oat bran
- Oatmeal
- Polenta
- Quinoa
- Rice
- Wheat bran
- Wheat germ
- Whole wheat bread
- Whole wheat pasta