



# CARB COUNTER

# 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."

$$\begin{aligned} & \text{TOTAL CARBS (15g)} - \text{FIBER (6g)} \\ & - \text{SUGAR ALCOHOLS (4g)} - \text{ALLULOSE (3g)} = \\ & \mathbf{2g \text{ NET CARBS}} \end{aligned}$$

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

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



# ATKINS PRODUCTS

Please check [atkins.com](http://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 <i>Layered Bar</i> | 1 bar  | 4.0       |
| Cookie Fusion <i>Layered Bar</i>   | 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 |
|-----------------------------|----------|-----------|
| <b>Bars</b>                 |          |           |
| Caramel Chocolate Nut Roll  | 1 bar    | 3.0       |
| Lemon                       | 1 bar    | 3.0       |
| Peanutty Overload           | 1 bar    | 3.0       |
| <b>Protein Cookies</b>      |          |           |
| Chocolate Chip              | 1 cookie | 3.0       |
| <b>Protein Wafer Crisps</b> |          |           |
| Chocolate Crème             | 1 bar    | 3.0       |
| Lemon Crème                 | 1 bar    | 4.0       |
| Peanut Butter               | 1 bar    | 4.0       |

| Indulge 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 | Amount  | Net Carbs |
|--------------------|---------|-----------|
| 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       |

| Meal Shakes      | Amount  | Net Carbs |
|------------------|---------|-----------|
| 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 |
|----------------------------------|--------|-----------|
| <b>Breakfast</b>                 |        |           |
| Bacon Scramble                   | 1 bowl | 4.0       |
| Farmhouse-Style Sausage Scramble | 1 bowl | 5.0       |
| Ham and Cheese Omelette          | 1 tray | 4.0       |

|                              |         |      |
|------------------------------|---------|------|
| <b>Entrées</b>               |         |      |
| Asian-Style Chicken Stir Fry | 1 tray  | 7.0  |
| Chicken & Broccoli Alfredo   | 1 tray  | 6.0  |
| Pepperoni Pizza              | 1 pizza | 11.0 |

|                       |          |     |
|-----------------------|----------|-----|
| <b>Snacks</b>         |          |     |
| Buffalo-Style Chicken |          |     |
| Pizza Bites           | 10 bites | 5.0 |
| Pepperoni Pizza Bites | 10 bites | 5.0 |



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

| <b>Beef, Lamb, Pork &amp; Other Meats</b> | Amount | Net Carbs  |
|---|--------|------------|
| <b>Beef</b>                               |        |            |
| Brisket                                   | 6 oz   | <b>0.0</b> |
| Corned Beef                               | 6 oz   | <b>0.8</b> |
| Chuck                                     | 6 oz   | <b>0.0</b> |
| Chuck Eye Steak                           | 6 oz   | <b>0.0</b> |
| Corned Brisket                            | 6 oz   | <b>0.8</b> |
| Cubed Steak                               | 6 oz   | <b>0.0</b> |
| Eye Round                                 | 6 oz   | <b>0.0</b> |
| Flank Steak                               | 6 oz   | <b>0.0</b> |
| Ground Chuck/Round                        | 6 oz   | <b>0.0</b> |
| Liver                                     | 6 oz   | <b>6.6</b> |
| London Broil                              | 6 oz   | <b>0.0</b> |
| Prime Rib                                 | 6 oz   | <b>0.0</b> |
| Rib Eye Roast/Steak                       | 6 oz   | <b>0.0</b> |
| Shell Steak                               | 6 oz   | <b>0.0</b> |
| Short Ribs                                | 6 oz   | <b>0.0</b> |
| Sirloin Steak                             | 6 oz   | <b>0.0</b> |
| Skirt Steak                               | 6 oz   | <b>0.0</b> |
| Tenderloin                                | 6 oz   | <b>0.0</b> |
| Top Loin                                  | 6 oz   | <b>0.0</b> |

|                     | Amount  | Net Carbs   |
|---------------------|---------|-------------|
| <b>Veal</b>         |         |             |
| Breast              | 6 oz    | <b>0.0</b>  |
| Chop, loin or rib   | 6 oz    | <b>0.0</b>  |
| Cutlet              | 6 oz    | <b>0.0</b>  |
| Ground              | 6 oz    | <b>0.0</b>  |
| Round Steak         | 6 oz    | <b>0.0</b>  |
| Scallops            | 6 oz    | <b>0.0</b>  |
| Shank               | 6 oz    | <b>0.0</b>  |
| Shoulder            | 6 oz    | <b>0.0</b>  |
| Stew Meat           | 6 oz    | <b>0.0</b>  |
| <b>Goat</b>         |         |             |
| Roast               | 6 oz    | <b>0.0</b>  |
| <b>Lamb</b>         |         |             |
| Chop, loin or rib   | 6 oz    | <b>0.0</b>  |
| Ground              | 6 oz    | <b>0.0</b>  |
| Leg                 | 6 oz    | <b>0.0</b>  |
| Roast               | 6 oz    | <b>0.0</b>  |
| Shoulder            | 6 oz    | <b>0.0</b>  |
| Stew Meat           | 6 oz    | <b>0.0</b>  |
| <b>Pork</b>         |         |             |
| Bacon, slab, sliced | 3 sl    | <b>1.1</b>  |
| Canadian Bacon      | 3 sl    | <b>1.2</b>  |
| Chop, center cut    | 6 oz    | <b>0.0</b>  |
| Chop, loin          | 6 oz    | <b>0.0</b>  |
| Ground              | 6 oz    | <b>0.0</b>  |
| Ham                 | 6 oz    | <b>0.0</b>  |
| Loin Roast          | 6 oz    | <b>0.0</b>  |
| Scrapple            | 4 oz    | <b>15.6</b> |
| Spam                | 2 oz    | <b>1.7</b>  |
| Spare Ribs          | 6 oz    | <b>0.0</b>  |
| Stew Meat           | 6 oz    | <b>0.0</b>  |
| Tenderloin          | 6 oz    | <b>0.0</b>  |
| <b>Game Meats</b>   |         |             |
| Beefalo             | 6 oz    | <b>0.0</b>  |
| Buffalo (Bison)     | 6 oz    | <b>0.0</b>  |
| Rabbit              | 6 oz    | <b>0.0</b>  |
| Venison             | 6 oz    | <b>0.0</b>  |
| <b>Frankfurters</b> |         |             |
| Beef                | 1 frank | <b>1.8</b>  |
| Beef & Pork         | 1 frank | <b>1.0</b>  |
| Hebrew National     | 1 frank | <b>2.0</b>  |
| Pork                | 1 frank | <b>0.2</b>  |

|                             | Amount | Net Carbs  |
|-----------------------------|--------|------------|
| <b>Sausages</b>             |        |            |
| Andouille, pork             | 1 link | <b>0.1</b> |
| Beef                        | 2 oz   | <b>0.2</b> |
| Beef & Pork                 | 1 link | <b>0.4</b> |
| Bratwurst                   | 1 link | <b>2.4</b> |
| Breakfast, pork             | 1 link | <b>0.0</b> |
| Bulk, pork                  | 3 oz   | <b>0.0</b> |
| Cheddarwurst                | 1 link | <b>2.0</b> |
| Cheese Dog                  | 1 link | <b>1.0</b> |
| Chicken w/ Apple            | 2 oz   | <b>2.9</b> |
| Chicken w/ Dried Tomato     | 2 oz   | <b>2.5</b> |
| Chicken & Turkey w/ Gruyère | 2 oz   | <b>0.0</b> |
| Chorizo                     | 2 oz   | <b>1.1</b> |
| Italian, hot                | 2 oz   | <b>0.4</b> |
| Italian, sweet              | 2 oz   | <b>1.2</b> |
| Kielbasa, beef              | 2 oz   | <b>2.0</b> |
| Kielbasa, beef & pork       | 2 oz   | <b>1.0</b> |
| Kielbasa, pork & turkey     | 2 oz   | <b>2.2</b> |
| Knockwurst                  | 1 link | <b>2.3</b> |
| Linguica                    | 2 oz   | <b>1.0</b> |
| Smoked, beef                | 4 oz   | <b>2.7</b> |
| Smoked, hot                 | 4 oz   | <b>4.9</b> |

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

| <b>Beverages &amp; Alcoholic Beverages</b> | Amount | Net Carbs   |
|--|--------|-------------|
| <b>Chocolate Drinks</b>                    |        |             |
| Hot Cocoa                                  | 1 pkt  | <b>22.4</b> |
| Hot Cocoa w/ Marshmallows                  | 1 pkt  | <b>14.3</b> |
| <b>Coffee &amp; Coffee Drinks</b>          |        |             |
| Cappuccino                                 |        |             |
| Instant Powder                             | 1 t    | <b>2.8</b>  |
| Instant Powder, decaf                      | 1 t    | <b>2.8</b>  |
| Coffee                                     |        |             |
| Black, brewed                              | 1 C    | <b>0.0</b>  |
| Black, decaf, brewed                       | 1 C    | <b>0.0</b>  |
| Decaf, instant                             | 1 C    | <b>1.0</b>  |
| With 1 T Cream                             | 1 C    | <b>0.4</b>  |
| With 1 T Whole Milk                        | 1 C    | <b>0.7</b>  |
| Iced, w/ 1 T Whole Milk                    | 12 oz  | <b>0.7</b>  |

| <b>Carbonated Beverages, Soda, Mixers</b> | Amount | Net Carbs   |
|---|--------|-------------|
| Cherry Cola                               | 12 oz  | <b>39.0</b> |
| Cherry Cola, diet                         | 12 oz  | <b>0.0</b>  |
| Club Soda                                 | 12 oz  | <b>0.0</b>  |
| Cola                                      | 12 oz  | <b>38.2</b> |
| Cola, diet                                | 12 oz  | <b>0.0</b>  |
| Diet Sodas, all flavors                   | 12 oz  | <b>0.0</b>  |
| Ginger Ale                                | 12 oz  | <b>32.1</b> |
| Grape Soda                                | 12 oz  | <b>41.7</b> |
| Lemon/Lime Soda                           | 12 oz  | <b>38.0</b> |
| Root Beer/Birch Beer                      | 12 oz  | <b>39.2</b> |
| Seltzer                                   | 12 oz  | <b>0.0</b>  |
| Seltzer, essence flavored                 | 12 oz  | <b>0.0</b>  |
| Tonic Water                               | 12 oz  | <b>32.2</b> |
| Tonic Water, sugar free                   | 12 oz  | <b>0.0</b>  |

| <b>Energy Sports Drinks</b> | Amount | Net Carbs  |
|-----------------------------|--------|------------|
| Coconut Water, fresh        | 8 oz   | <b>6.3</b> |

This nutrition information is accurate to the best of our knowledge as of March, 2023. <https://fdc.nal.usda.gov/index.html>

| <b>Beverages &amp; Alcoholic Beverages</b>   |        |             |
|--|--------|-------------|
| <b>continued</b>                             |        |             |
|  | Amount | Net Carbs   |
| <b>Fruit Juices</b>                          |        |             |
| Apple, unsweetened                           | 4 oz   | <b>13.8</b> |
| Apricot Nectar                               | 4 oz   | <b>17.3</b> |
| Cranberry Juice Cocktail, frozen concentrate | 2 T    | <b>18.6</b> |
| Cranberry Juice Cocktail                     | 4 oz   | <b>17.1</b> |
| Cranberry Juice Cocktail, light              | 4 oz   | <b>5.0</b>  |
| Fruit Punch                                  | 4 oz   | <b>14.3</b> |
| Grape, unsweetened                           | 4 oz   | <b>18.4</b> |
| Grapefruit, sweetened                        | 4 oz   | <b>13.8</b> |
| Grapefruit, unsweetened                      | 4 oz   | <b>8.8</b>  |
| Guava Nectar                                 | 4 oz   | <b>19.1</b> |
| Lemon  | 2 T    | <b>2.0</b>  |
| Lime   | 2 T    | <b>2.4</b>  |
| Mango Nectar                                 | 4 oz   | <b>16.1</b> |
| Orange, fresh                                | 4 oz   | <b>12.7</b> |
| Orange, from concentrate                     | 4 oz   | <b>10.7</b> |
| Orange-Peach-Mango                           | 4 oz   | <b>14.5</b> |
| Orange-Strawberry-Banana                     | 4 oz   | <b>14.2</b> |
| Passion Fruit, fresh                         | 4 oz   | <b>16.6</b> |
| Peach Nectar, canned                         | 4 oz   | <b>16.6</b> |
| Pear Nectar, canned                          | 4 oz   | <b>19.0</b> |
| Pineapple, unsweetened                       | 4 oz   | <b>15.8</b> |
| Prune  | 4 oz   | <b>21.1</b> |
| Tangerine-Orange                             | 4 oz   | <b>12.5</b> |
| <b>Lemonade / Limeade</b>                    |        |             |
| Bottled, diet                                | 8 oz   | <b>1.3</b>  |
| Bottled, sweetened                           | 8 oz   | <b>29.0</b> |
| Prepared from concentrate                    | 8 oz   | <b>26.5</b> |
| Prepared from powder                         | 8 oz   | <b>9.5</b>  |
| <b>Tea &amp; Tea Drinks</b>                  |        |             |
| Bottled Iced Tea                             |        |             |
| Green, unsweetened                           | 8 oz   | <b>0.0</b>  |
| Lemon Flavored                               | 8 oz   | <b>22.0</b> |
| Lemon Flavored, diet                         | 8 oz   | <b>0.0</b>  |
| Raspberry, diet                              | 8 oz   | <b>1.0</b>  |
| Brewed Tea                                   |        |             |
| Black  | 8 oz   | <b>0.7</b>  |
| With 1 T Milk                                | 8 oz   | <b>1.4</b>  |
| With 1 T Cream                               | 8 oz   | <b>0.4</b>  |
| Chamomile                                    | 8 oz   | <b>0.5</b>  |
| Peppermint                                   | 8 oz   | <b>0.0</b>  |
| Iced Tea                                     |        |             |
| Diet   | 8 oz   | <b>0.0</b>  |
| Unsweetened, from instant                    | 8 oz   | <b>1.0</b>  |
| With Stevia                                  | 8 oz   | <b>0.0</b>  |
| <b>Vegetable Juices</b>                      |        |             |
| Carrot                                       | 4 oz   | <b>10.0</b> |
| Clam & Tomato                                | 4 oz   | <b>12.7</b> |
| Tomato                                       | 4 oz   | <b>4.6</b>  |
| Vegetable Juice Cocktail                     | 4 oz   | <b>4.1</b>  |
| <b>Water</b>                                 |        |             |
| Bottled                                      | 8 oz   | <b>0.0</b>  |
| Sparkling Mineral                            | 8 oz   | <b>0.0</b>  |
| Spring                                       | 8 oz   | <b>0.0</b>  |
| Tap  | 8 oz   | <b>0.0</b>  |
| <b>Alcoholic Beverages</b>                   |        |             |
| Beer   |        |             |
| "Lite"                                       | 12 oz  | <b>5.8</b>  |
| Low Carb                                     | 12 oz  | <b>2.5</b>  |
| Near (>0.5% alcohol)                         | 12 oz  | <b>13.7</b> |
| Nonalcoholic                                 | 12 oz  | <b>13.3</b> |
| Bourbon                                      | 1 oz   | <b>0.0</b>  |
| Champagne                                    | 1 oz   | <b>2-3</b>  |

|                        | Amount | Net Carbs   |
|------------------------|--------|-------------|
| Gin                    | 1 oz   | <b>0.0</b>  |
| Rum                    | 1 oz   | <b>0.0</b>  |
| Scotch                 | 1 oz   | <b>0.0</b>  |
| Sherry, dry            | 1 oz   | <b>4.7</b>  |
| Vodka                  | 1 oz   | <b>0.0</b>  |
| Wine, red              | 3.5 oz | <b>2.7</b>  |
| Wine, rosé             | 3.5 oz | <b>4.0</b>  |
| Wine, white, Sauvignon | 3.5 oz | <b>2.1</b>  |
| <b>Cocktail Mixes</b>  |        |             |
| Bloody Mary            | 3.5 oz | <b>3.1</b>  |
| Margarita              | 3.5 oz | <b>20.1</b> |
| Piña Colada            | 3.5 oz | <b>37.6</b> |
| Screwdriver            | 3.5 oz | <b>8.5</b>  |

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

| <b>Candy &amp; Chewing Gum</b> |        |             |
|--------------------------------|--------|-------------|
|                                | Amount | Net Carbs   |
| <b>Hard Candy</b>              |        |             |
| Jordan Almonds, sugar free     | 13 ea  | <b>2.0</b>  |
| <b>Cereals</b>                 |        |             |
|                                | Amount | Net Carbs   |
| <b>Hot</b>                     |        |             |
| Grits, instant, dry            | 1 oz   | <b>21.0</b> |
| Oats/Oatmeal                   |        |             |
| Steel Cut                      |        |             |
| Scottish/Irish, dry            | 1/4 C  | <b>23.0</b> |
| Whole Grain (oat groats)       | 1/4 C  | <b>25.7</b> |

| <b>Ready-to-Eat</b>     |         |             |
|-------------------------|---------|-------------|
|                         | Amount  | Net Carbs   |
| Oat Bran, raw           | 1/3 C   | <b>15.9</b> |
| Puffed Brown Rice       | 1 C     | <b>13.0</b> |
| Puffed Corn             | 1 C     | <b>10.0</b> |
| Puffed Kamut            | 1 C     | <b>9.0</b>  |
| Puffed Millet           | 1 C     | <b>16.2</b> |
| Puffed Rice             | 1 C     | <b>12.0</b> |
| Puffed Wheat            | 1 C     | <b>10.0</b> |
| Shredded Wheat          |         |             |
| Large Biscuit           | 51g     | <b>34.0</b> |
| Spoon Size, w/ Bran     | 1-1/3 C | <b>41.0</b> |
| Spoon Size, Whole Grain | 1-1/3 C | <b>41.0</b> |
| Smart Bran              | 3/4 C   | <b>15.0</b> |
| Spelt Flakes            | 1 C     | <b>26.4</b> |
| Wheat Bran, raw         | 2 T     | <b>1.6</b>  |
| Wheat Germ, toasted     | 2 T     | <b>5.6</b>  |

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

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| <b>Condiments &amp; Seasonings</b><br><i>continued</i> |        |            |                             |        |             |   |        |             |
|--|--------|------------|-----------------------------|--------|-------------|---|--------|-------------|
|  | Amount | Net Carbs  |                             | Amount | Net Carbs   |   | Amount | Net Carbs   |
| Horseradish, prepared                                  | 1 t    | <b>0.4</b> | Cream Cheese, brick         |        |             | <b>Eggs</b>   |        |             |
| Italian Seasoning                                      | 1 T    | <b>1.5</b> | Fat Free                    | 2 T    | <b>2.4</b>  | Raw   | 1 ea   | <b>0.4</b>  |
| Lemon Peel, fresh, grated                              | 1 T    | <b>0.3</b> | Neufchatel                  | 2 T    | <b>1.0</b>  | Raw, white only   | 1 ea   | <b>0.2</b>  |
| Lemon-Pepper Seasoning                                 | 1 t    | <b>0.0</b> | Original                    | 2 T    | <b>1.6</b>  | Fried   | 1 ea   | <b>0.4</b>  |
| Liquid Smoke   | 1 T    | <b>0.9</b> | Cream Cheese, soft          |        |             | Poached/Boiled  | 1 ea   | <b>0.4</b>  |
| Miso Paste   |        |            | Blueberry                   | 2 T    | <b>7.0</b>  | Scrambled, w/ butter  | 1/4 C  | <b>0.4</b>  |
| Mellow Brown   | 1 T    | <b>3.0</b> | Chive & Onion               | 2 T    | <b>2.0</b>  | Scrambled Egg Substitute<br>(from frozen)   | 1/4 C  | <b>1.8</b>  |
| Mellow Red   | 1 T    | <b>1.9</b> | Garden Vegetable            | 2 T    | <b>2.0</b>  | <b>Milk</b>   |        |             |
| Mellow White   | 1 T    | <b>7.8</b> | Regular                     | 2 T    | <b>2.1</b>  | Buttermilk  |        |             |
| Mustard  |        |            | Strawberry                  | 2 T    | <b>5.0</b>  | Cultured from 1% Fat (Skim) Milk  | 1 C    | <b>11.7</b> |
| Chinese  | 1 t    | <b>0.1</b> | Sundried Tomato & Basil     | 2 T    | <b>2.0</b>  | Cultured from Reduced Fat Milk  | 1 C    | <b>12.9</b> |
| Dijon  | 1 t    | <b>0.2</b> | Cream Cheese, whipped       |        |             | Chocolate Flavored, 2%  | 1 C    | <b>33.4</b> |
| Honey  | 1 t    | <b>1.0</b> | Chive & Onion               | 2 T    | <b>2.0</b>  | Evaporated, 2% nonfat   | 2 T    | <b>3.5</b>  |
| Powder   | 1 t    | <b>0.4</b> | Original                    | 2 T    | <b>1.1</b>  | Evaporated, whole   | 2 T    | <b>3.2</b>  |
| Spicy Brown  | 1 t    | <b>0.0</b> | Edam                        | 1 oz   | <b>0.6</b>  | Nonfat/Skim   | 1 C    | <b>11.9</b> |
| Yellow   | 1 t    | <b>0.1</b> | Emmentaler                  | 1 oz   | <b>0.4</b>  | Reduced Fat 2%  | 1 C    | <b>12.0</b> |
| Nutmeg, ground   | 1/2 t  | <b>0.3</b> | Feta                        | 1 oz   | <b>1.2</b>  | Strawberry Flavored, 2%   | 1 C    | <b>24.0</b> |
| Onion, minced, dried                                   | 1 T    | <b>3.7</b> | Fontina                     | 1 oz   | <b>0.4</b>  | Whole   | 1 C    | <b>11.4</b> |
| Orange Peel, grated, fresh                             | 1 t    | <b>0.3</b> | Goat, Aged                  | 1 oz   | <b>0.0</b>  | <b>Milk Substitutes</b>   |        |             |
| Oregano, dried   | 1 T    | <b>0.8</b> | Goat, Soft (Chèvre)         | 1 oz   | <b>0.0</b>  | Almond Milk   |        |             |
| Paprika  | 1 T    | <b>1.3</b> | Gorgonzola                  | 1 oz   | <b>0.7</b>  | Chocolate Flavored  | 1 C    | <b>19.6</b> |
| Parsley, fresh, chopped                                | 1 T    | <b>0.1</b> | Gouda                       | 1 oz   | <b>0.6</b>  | Plain   | 1 C    | <b>12.3</b> |
| Pepper, black, ground                                  | 1 t    | <b>0.9</b> | Gruyère                     | 1 oz   | <b>0.1</b>  | Plain, unsweetened  | 1 C    | <b>2.7</b>  |
| Pepper, red, crushed                                   | 1 t    | <b>0.5</b> | Havarti                     | 1 oz   | <b>0.8</b>  | Vanilla, unsweetened  | 1 C    | <b>2.7</b>  |
| Pickle Spear, Dill or Kosher                           | 1 ea   | <b>0.5</b> | Jarlsberg                   | 1 oz   | <b>0.4</b>  | Coconut Milk Beverage   |        |             |
| Pickle, Dill, whole, 4-inch                            | 1 ea   | <b>1.9</b> | Limburger                   | 1 oz   | <b>0.1</b>  | Chocolate Flavored  | 1 C    | <b>11.0</b> |
| Pickle Relish  | 1 T    | <b>4.7</b> | Manchego                    | 1 oz   | <b>0.0</b>  | Plain   | 1 C    | <b>7.0</b>  |
| Pickle, Sweet, Midget                                  | 1 ea   | <b>1.2</b> | Mascarpone                  | 1 oz   | <b>2.0</b>  | Plain, unsweetened  | 1 C    | <b>1.0</b>  |
| Pimento (Roasted Red Pepper)                           | 1 oz   | <b>0.9</b> | Maytag Blue                 | 1 oz   | <b>0.6</b>  | Rice Milk   |        |             |
| Poultry Seasoning                                      | 1 t    | <b>0.8</b> | Monterey Jack               | 1 oz   | <b>0.2</b>  | Plain   | 1 C    | <b>21.6</b> |
| Pumpkin Pie Spice Mix                                  | 1 t    | <b>0.9</b> | Mozzarella                  |        |             | Vanilla   | 1 C    | <b>26.0</b> |
| Rosemary, dried  | 1 T    | <b>0.8</b> | Fresh Balls                 | 1 oz   | <b>0.0</b>  | Soy Milk  |        |             |
| Sage, ground   | 1 t    | <b>0.1</b> | Part Skim                   | 1 oz   | <b>1.7</b>  | Chocolate Flavored  | 1 C    | <b>23.3</b> |
| Salt   | 1 t    | <b>0.0</b> | Smoked                      | 1 oz   | <b>1.0</b>  | Plain   | 1 C    | <b>11.5</b> |
| Tahini (Sesame Paste)                                  | 2 T    | <b>5.0</b> | Whole Milk                  | 1 oz   | <b>0.7</b>  | Plain, unsweetened  | 1 C    | <b>4.0</b>  |
| Thai Chile Paste                                       | 1 T    | <b>2.6</b> | Muenster                    | 1 oz   | <b>0.3</b>  | <b>Yogurt &amp; Kefir</b>   |        |             |
| Thyme, dried   | 1 T    | <b>0.8</b> | Paneer                      | 1 oz   | <b>1.0</b>  | Yogurt, Whole Milk,   |        |             |
| Wasabi Paste   | 1 t    | <b>2.6</b> | Parmesan, chunk             | 1 oz   | <b>0.9</b>  | Plain, unsweetened  | 1 C    | <b>11.4</b> |
| Wasabi, powdered                                       | 1 t    | <b>1.0</b> | Parmesan, grated            | 1 T    | <b>0.7</b>  |   |        |             |
|  |        |            | Parmigiano-Reggiano, grated | 1 T    | <b>0.0</b>  | <b>Desserts</b>   |        |             |
|  |        |            | Port Wine Spread            | 2 T    | <b>3.0</b>  |   |        |             |
|  |        |            | Provolone                   | 1 oz   | <b>0.6</b>  | <b>Gelatin</b>  |        |             |
|  |        |            | Queso Blanco                | 1 oz   | <b>0.0</b>  | Gelatin Mix, Sugar Free, all flavors  | 1 serv | <b>5.1</b>  |
|  |        |            | Queso Fresco                | 1 oz   | <b>0.8</b>  | Ready to Eat Gelatin, sugar free  | 1 ea   | <b>5.0</b>  |
|  |        |            | Raclette                    | 1 oz   | <b>0.0</b>  |   |        |             |
|  |        |            | Ricotta, part skim          | 1/4 C  | <b>3.2</b>  | <small>This nutrition information is accurate to the best of our knowledge as of March, 2023. <a href="https://fdc.nal.usda.gov/index.html">https://fdc.nal.usda.gov/index.html</a></small> |        |             |
|  |        |            | Ricotta, whole milk         | 1/4 C  | <b>1.9</b>  |   |        |             |
|  |        |            | Roquefort                   | 1 oz   | <b>0.6</b>  |   |        |             |
|  |        |            | Romano, chunk               | 1 oz   | <b>3.5</b>  |   |        |             |
|  |        |            | Romano, grated              | 1 T    | <b>0.8</b>  |   |        |             |
|  |        |            | Stilton                     | 1 oz   | <b>0.7</b>  |   |        |             |
|  |        |            | String                      | 1 ea   | <b>1.3</b>  |   |        |             |
|  |        |            | Swiss                       | 1 oz   | <b>0.4</b>  |   |        |             |
|  |        |            | <b>Cream &amp; Creamers</b> |        |             |   |        |             |
|  |        |            | Condensed Milk,             |        |             |   |        |             |
|  |        |            | Sweetened, canned           | 1 T    | <b>10.4</b> |   |        |             |
|  |        |            | Cream                       |        |             |   |        |             |
|  |        |            | Heavy, liquid               | 1 T    | <b>0.4</b>  |   |        |             |
|  |        |            | Heavy, whipped              | 1 T    | <b>0.2</b>  |   |        |             |
|  |        |            | Light                       | 1 T    | <b>0.4</b>  |   |        |             |
|  |        |            | Half-and-Half               | 1 T    | <b>0.7</b>  |   |        |             |
|  |        |            | Sour cream                  |        |             |   |        |             |
|  |        |            | Light                       | 1 C    | <b>18.2</b> |   |        |             |
|  |        |            | Regular                     | 2 T    | <b>1.4</b>  |   |        |             |
|  |        |            | Regular                     | 1 C    | <b>10.7</b> |   |        |             |

| Fish & Shellfish             |          |             | Fruit                 |            |             | Vegetables                     |         |             |
|------------------------------|----------|-------------|-----------------------|------------|-------------|--------------------------------|---------|-------------|
|                              | Amount   | Net Carbs   |                       | Amount     | Net Carbs   |                                | Amount  | Net Carbs   |
| <b>Fish</b>                  |          |             | Crawfish              | 6 oz       | <b>0.0</b>  | Fresh                          | 100 g   | <b>4.3</b>  |
| Anchovies                    |          |             | Lobster               |            |             | Frozen                         | 1/2 C   | <b>4.6</b>  |
| Canned in Oil                | 6 oz     | <b>0.0</b>  | Broiled, unstuffed    | 1 ea       | <b>1.5</b>  | Carambola (Star Fruit), sliced | 1/2 C   | <b>2.1</b>  |
| Fresh                        | 6 oz     | <b>0.0</b>  | Canned                | 6 oz       | <b>2.2</b>  | Cherimoya                      | 1/2 C   | <b>11.8</b> |
| Bass, all varieties          | 6 oz     | <b>0.0</b>  | Steamed               | 6 oz       | <b>1.5</b>  | Cherries, sour                 |         |             |
| Blackfish (Tauroug)          | 6 oz     | <b>0.0</b>  | Tail, frozen          | 8 oz       | <b>1.3</b>  | Canned in water                | 1/2 C   | <b>9.6</b>  |
| Bluefish                     | 6 oz     | <b>0.0</b>  | Mussels               |            |             | Fresh                          | 1/2 C   | <b>8.2</b>  |
| Butterfish                   | 6 oz     | <b>0.0</b>  | Canned                | 1 C        | <b>4.0</b>  | Cherries, sweet                |         |             |
| Carp                         | 6 oz     | <b>0.0</b>  | Vigo Canned Mussels   |            |             | Canned in water                | 1/2 C   | <b>12.7</b> |
| Catfish                      | 6 oz     | <b>0.0</b>  | in marinade sauce     | 1/4 C      | <b>2.0</b>  | Dried                          | 2 T     | <b>14.0</b> |
| Cod, fresh                   | 6 oz     | <b>0.0</b>  | Smoked, canned in oil | 3 oz       | <b>3.0</b>  | Fresh                          | 1/2 C   | <b>10.7</b> |
| Cod, dried, salted           | 3 oz     | <b>0.0</b>  | Stewed/Steamed        | 2 oz       | <b>4.2</b>  | Frozen                         | 1/2 C   | <b>9.5</b>  |
| Eel                          | 6 oz     | <b>0.0</b>  | Octopus (Calamari)    |            |             | Clementine                     | 1 med   | <b>8.7</b>  |
| Flounder                     | 6 oz     | <b>0.0</b>  | Baked or Broiled      | 4 oz       | <b>4.3</b>  | Coconut, fresh, shredded       | 1/2 C   | <b>2.5</b>  |
| Fish Sticks                  | 6 pieces | <b>33.9</b> | Fried, breaded        | 10 pc      | <b>10.7</b> | Cranberries                    |         |             |
| Gefilte Fish                 | 1/4 C    | <b>0.5</b>  | Fried                 | 4 oz       | <b>8.8</b>  | Dried, sweetened               | 2 T     | <b>10.7</b> |
| Grouper                      | 6 oz     | <b>0.0</b>  | Oysters               |            |             | Freeze-Dried                   | 1/2 oz  | <b>12.3</b> |
| Haddock (Scrod)              |          |             | Canned                | 2 oz       | <b>2.4</b>  | Fresh                          | 1/2 C   | <b>4.2</b>  |
| Fresh                        | 6 oz     | <b>0.0</b>  | Eastern, shelled      | 2 ea       | <b>1.3</b>  | Sauce, jellied                 | 2 T     | <b>13.6</b> |
| Smoked/Finnan Haddie         | 6 oz     | <b>0.0</b>  | Pacific, shelled      | 2 ea       | <b>4.1</b>  | Sauce, whole berries           | 2 T     | <b>13.6</b> |
| Halibut 6 oz 0.0             |          |             | Smoked                | 2 oz       | <b>2.5</b>  | Currants                       |         |             |
| Herring                      |          |             | Scallops              |            |             | Dried                          | 2 T     | <b>13.1</b> |
| Cured                        | 2 oz     | <b>0.0</b>  | Bay                   | 1 C        | <b>9.7</b>  | Fresh                          | 1/2 C   | <b>5.3</b>  |
| Fresh                        | 6 oz     | <b>0.0</b>  | Deep-Fried or Breaded | 1 C        | <b>16.7</b> | Dates                          |         |             |
| In Sour Cream                | 2 oz     | <b>4.9</b>  | Sea                   | 1 C        | <b>9.7</b>  | Dried                          | 1 oz    | <b>19.0</b> |
| Pickled                      | 1/4 C    | <b>3.4</b>  | Shrimp/Prawns         |            |             | Fresh                          | 3 ea    | <b>3.4</b>  |
| John Dory (St. Peter's Fish) | 6 oz     | <b>0.0</b>  | Cooked, peeled        | 6 oz       | <b>2.0</b>  | Figs                           |         |             |
| Kingfish (King Mackerel)     | 6 oz     | <b>0.0</b>  | Deep-Fried            | 6 oz       | <b>19.6</b> | Canned in water                | 1 sm    | <b>3.2</b>  |
| Mackerel                     | 6 oz     | <b>0.0</b>  | Squid                 |            |             | Dried                          | 1 sm    | <b>4.5</b>  |
| Mahi-mahi                    | 6 oz     | <b>0.0</b>  | Deep-Fried            | 6 oz       | <b>6.6</b>  | Fresh                          | 1 sm    | <b>6.5</b>  |
| Monk Fish                    | 6 oz     | <b>0.0</b>  | Broiled or Steamed    | 6 oz       | <b>6.6</b>  | Fruit Cocktail                 |         |             |
| Orange Roughy                | 6 oz     | <b>0.0</b>  |                       |            |             | Canned in light syrup          | 1/2 C   | <b>18.0</b> |
| Perch                        | 6 oz     | <b>0.0</b>  | <b>Fruit</b>          | Amount     | Net Carbs   | Canned in water                | 1/2 C   | <b>8.9</b>  |
| Pike, Wall-Eyed & Yellow     | 6 oz     | <b>0.0</b>  | Acerola               | 1/2 C      | <b>3.2</b>  | Mixed Fruits, frozen           | 1/2 C   | <b>7.2</b>  |
| Sablefish (Black Cod)        | 6 oz     | <b>0.0</b>  | Apples                |            |             | Gooseberries                   | 1/2 C   | <b>7.8</b>  |
| Salmon                       |          |             | Cameo                 | 1/2 med    | <b>8.5</b>  | Grapefruit                     |         |             |
| Canned                       | 6 oz     | <b>0.0</b>  | Chips                 | 1 oz       | <b>25.5</b> | Fresh, red/white               | 1/2 med | <b>8.9</b>  |
| Fresh                        | 6 oz     | <b>0.0</b>  | Dried Rings, Sulfured | 5 ea       | <b>18.3</b> | Sections, canned in juice      | 1/2 C   | <b>10.9</b> |
| Lox/Smoked                   | 6 oz     | <b>0.0</b>  | Freeze-Dried          | 1 oz       | <b>20.7</b> | Grapes                         |         |             |
| Sardines, canned             |          |             | Fuji                  | 1/2 med    | <b>12.6</b> | Green, seedless                | 1/2 C   | <b>13.0</b> |
| In Mustard Sauce             | 1 C      | <b>0.4</b>  | Gala                  | 1/2 med    | <b>9.8</b>  | Purple, Concord                | 1/2 C   | <b>7.5</b>  |
| In Tomato Sauce              | 1 C      | <b>0.8</b>  | Golden Delicious      | 1/2 med    | <b>9.5</b>  | Red, seedless                  | 1/2 C   | <b>13.0</b> |
| In Oil                       | 6 oz     | <b>0.0</b>  | Granny Smith          | 1/2 med    | <b>9.0</b>  | Guava                          |         |             |
| Shark, Blue & Mako           | 6 oz     | <b>0.0</b>  | Honeycrisp            | 1/2 med    | <b>10.3</b> | Fresh, pieces                  | 1/2 C   | <b>7.4</b>  |
| Snapper/Red Snapper          | 6 oz     | <b>0.0</b>  | Red Delicious         | 1/2 med    | <b>12.5</b> | Paste                          | 2 T     | <b>27.2</b> |
| Sole                         | 6 oz     | <b>0.0</b>  | Sauce, sweetened      | 1/2 C      | <b>20.4</b> | Huckleberries                  | 1/2 C   | <b>8.7</b>  |
| Swordfish                    | 6 oz     | <b>0.0</b>  | Sauce                 | 1/2 C      | <b>12.4</b> | Kiwi Fruit                     | 1 ea    | <b>7.6</b>  |
| Tilapia                      | 6 oz     | <b>0.0</b>  | Apricots              |            |             | Kumquat                        | 4 ea    | <b>7.2</b>  |
| Tile Fish                    | 6 oz     | <b>0.0</b>  | Canned                |            |             | Lemon Juice                    | 2 T     | <b>2.0</b>  |
| Trout, all varieties         | 6 oz     | <b>0.0</b>  | In Heavy Syrup        | 1/2 C      | <b>25.6</b> | Lime Juice                     | 2 T     | <b>1.9</b>  |
| Tuna, canned                 | 6 oz     | <b>0.0</b>  | In Juice              | 1/2 C 13.1 |             | Loganberries                   |         |             |
| Tuna, Deli Salad             | 1/4 C    | <b>4.8</b>  | Dried                 | 6 halves   | <b>11.6</b> | Fresh                          | 1/2 C   | <b>5.8</b>  |
| Tuna, fresh                  | 6 oz     | <b>0.0</b>  | Fresh                 | 3 med      | <b>9.6</b>  | Frozen                         | 1/2 C   | <b>5.7</b>  |
| Turbot                       | 6 oz     | <b>0.0</b>  | Avocado (see page 15) |            |             | Loquats                        |         |             |
| Whitefish                    |          |             | Bananas               |            |             | Fresh                          | 10 med  | <b>16.7</b> |
| Fresh                        | 6 oz     | <b>0.0</b>  | Chips                 | 1 oz       | <b>15.0</b> | Fresh, cubed                   | 1/2 C   | <b>7.7</b>  |
| Smoked                       | 6 oz     | <b>0.0</b>  | Freeze-Dried          | 1 oz       | <b>23.0</b> | Lychees                        |         |             |
| <b>Shellfish</b>             |          |             | Fresh                 | 1 sm       | <b>20.4</b> | Fresh, whole                   | 10 ea   | <b>14.6</b> |
| Clams                        |          |             | Blackberries          |            |             | Canned in water                | 1/3 C   | <b>11.0</b> |
| Canned, drained              | 2 oz     | <b>3.4</b>  | Canned in Heavy Syrup | 1/2 C      | <b>25.2</b> | Mango                          |         |             |
| Deep-Fried                   | 2 lg     | <b>1.7</b>  | Fresh                 | 1/2 C      | <b>3.3</b>  | Dried                          | 1/2 C   | <b>29.7</b> |
| Fresh, cooked                | 2 lg     | <b>1.7</b>  | Frozen                | 1/2 C      | <b>8.1</b>  | Freeze-Dried                   | 1/2 C   | <b>10.6</b> |
| Raw                          | 2 oz     | <b>2.0</b>  | Blueberries           |            |             | Fresh, pieces                  | 1/2 C   | <b>11.1</b> |
| Stuffed                      | 2 oz     | <b>6.8</b>  | Canned in Heavy Syrup | 1/2 C      | <b>26.2</b> | Frozen                         | 1/2 C   | <b>14.7</b> |
| Crab                         |          |             | Dried                 | 2 T        | <b>11.0</b> | Melon                          |         |             |
| Cake                         | 6 oz     | <b>4.1</b>  | Fresh                 | 1/2 C      | <b>9.0</b>  | Cantaloupe Cubes               | 1/2 C   | <b>5.9</b>  |
| Cooked                       | 6 oz     | <b>0.0</b>  | Frozen                | 1/2 C      | <b>7.3</b>  | Cantaloupe Slice               | 1/8 med | <b>5.1</b>  |
| Crabmeat, Canned, drained    | 6 oz     | <b>0.0</b>  | Frozen, sweetened     | 4 oz       | <b>22.4</b> | Crenshaw Balls                 | 1/2 C   | <b>4.8</b>  |
| Soft Shell, fried            | 1 ea     | <b>0.1</b>  | Boysenberries         |            |             |                                |         |             |
| Surimi ("Sea Legs")          | 6 oz     | <b>11.7</b> | Canned in Heavy Syrup | 1/2 C      | <b>25.2</b> |                                |         |             |

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

|                          | Amount        | Net Carbs   |
|--------------------------|---------------|-------------|
| Rhubarb                  |               |             |
| Fresh                    | 1/2 C         | <b>1.7</b>  |
| Frozen, sweetened        | 1/2 C         | <b>35.0</b> |
| Frozen                   | 1/2 C         | <b>2.3</b>  |
| Strawberries             |               |             |
| Dried                    | 1/4 C         | <b>15.5</b> |
| Fresh, whole             | 5 extra large | <b>7.7</b>  |
| Fresh, sliced            | 1/2 C         | <b>4.7</b>  |
| Freeze-Dried             | 1 oz          | <b>32.4</b> |
| Frozen, whole, sweetened | 1/2 C         | <b>24.4</b> |
| Frozen, unsweetened      | 1/2 C         | <b>5.2</b>  |
| Tangerine                | 1 small       | <b>8.8</b>  |
| Tangelo                  | 1 med         | <b>9.5</b>  |
| Ugli Fruit               | 1 half        | <b>10.0</b> |

### Grains, Noodles & Pasta

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

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

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

This nutrition information is accurate to the best of our knowledge as of March, 2023. <https://fdc.nal.usda.gov/index.html>



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

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

| <b>Snacks</b>           | Amount | Net Carbs  |
|-------------------------|--------|------------|
| <b>Savory Snacks</b>    |        |            |
| Chips, Crisps & Dippers |        |            |
| Popcorn                 |        |            |
| Homemade from Kernels   | 1 C    | <b>6.4</b> |
| Pork Rinds              | 20 ea  | <b>0.0</b> |

| <b>Soups</b>             | Amount | Net Carbs  |
|--------------------------|--------|------------|
| <b>Broth/Consommé</b>    |        |            |
| Beef Broth, canned       | 1 C    | <b>0.1</b> |
| Beef Broth, cube         | 1 ea   | <b>0.6</b> |
| Beef Consommé, canned    | 1 C    | <b>0.1</b> |
| Chicken Broth, canned    | 1 C    | <b>1.1</b> |
| Chicken Broth, cube      | 1 ea   | <b>1.1</b> |
| Chicken Consommé, canned | 1 C    | <b>1.1</b> |
| Vegetable Broth, canned  | 1 C    | <b>2.2</b> |
| Vegetable Broth, cube    | 1 ea   | <b>2.0</b> |

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

| <b>Vegetables</b>                    | Amount | Net Carbs   |
|--------------------------------------|--------|-------------|
| <b>Foundation Vegetables</b>         |        |             |
| Alfalfa Sprouts (see Sprouts, below) |        |             |
| Artichoke                            |        |             |
| Hearts, canned                       | 1 ea   | <b>1.8</b>  |
| Hearts, frozen                       | 12 ea  | <b>2.3</b>  |
| Hearts, marinated                    | 4 ea   | <b>4.2</b>  |
| Medium, steamed                      | 1 ea   | <b>7.5</b>  |
| Arugula, raw                         | 1 C    | <b>0.4</b>  |
| Asparagus                            |        |             |
| Canned                               | 1/2 C  | <b>1.2</b>  |
| Fresh, steamed                       | 1/2 C  | <b>1.8</b>  |
| Frozen, steamed                      | 1/2 C  | <b>0.3</b>  |
| White, raw                           | 1/2 C  | <b>2.0</b>  |
| Avocado                              |        |             |
| Florida                              | 1/2 ea | <b>3.6</b>  |
| Hass                                 | 1/2 ea | <b>1.8</b>  |
| Bamboo Shoots, sliced, canned        | 1/2 C  | <b>1.2</b>  |
| Beans                                |        |             |
| Fava, steamed                        | 1/2 C  | <b>11.6</b> |
| Green, raw                           | 1/2 C  | <b>2.1</b>  |
| Green, steamed                       | 10 ea  | <b>2.8</b>  |
| Haricots Verts, frozen               | 1/2 C  | <b>2.5</b>  |
| Yellow Wax, canned                   | 1/2 C  | <b>1.7</b>  |
| Yellow Wax, raw                      | 1/2 C  | <b>1.9</b>  |
| Beet Greens, steamed                 | 1/2 C  | <b>1.8</b>  |
| Bok Choy (Pak Choy)                  |        |             |
| Raw                                  | 1/2 C  | <b>0.4</b>  |
| Steamed, sliced                      | 1/2 C  | <b>1.1</b>  |

|                                  | Amount   | Net Carbs  |
|----------------------------------|----------|------------|
| Broccoli                         |          |            |
| Florets, fresh, steamed          | 1/2 C    | <b>3.3</b> |
| Florets, raw                     | 1/2 C    | <b>4.6</b> |
| Frozen, chopped, steamed         | 1/2 C    | <b>1.1</b> |
| Broccoli Rabe                    |          |            |
| Raw, chopped                     | 1/2 C    | <b>0.1</b> |
| Steamed                          | 5 oz     | <b>0.8</b> |
| Broccoflower, steamed            | 1/2 C    | <b>1.4</b> |
| Broccolini, fresh, steamed       | 3 ea     | <b>0.4</b> |
| Brussels Sprouts, steamed        | 1/2 C    | <b>4.2</b> |
| Cabbage                          |          |            |
| Chinese, raw, shredded           | 1/2 C    | <b>0.4</b> |
| Chinese, steamed, shredded       | 1/2 C    | <b>1.1</b> |
| Green/White, raw, shredded       | 1/2 C    | <b>1.2</b> |
| Green/White, steamed             | 1/2 C    | <b>2.6</b> |
| Napa, raw                        | 1/2 C    | <b>0.4</b> |
| Napa, steamed                    | 1/2 C    | <b>1.2</b> |
| Red, raw, shredded               | 1/2 C    | <b>1.8</b> |
| Red, steamed, shredded           | 1/2 C    | <b>3.3</b> |
| Savoy, raw, shredded             | 1/2 C    | <b>1.1</b> |
| Savoy, steamed, shredded         | 1/2 C    | <b>1.9</b> |
| Cardoon, steamed                 | 1/2 C    | <b>2.1</b> |
| Cauliflower                      |          |            |
| Florets, frozen                  | 1/2 C    | <b>1.6</b> |
| Florets, raw                     | 7 ea     | <b>2.9</b> |
| Steamed, chopped                 | 1/2 C    | <b>2.1</b> |
| Celery                           |          |            |
| Raw                              | 1 stalk  | <b>0.9</b> |
| Steamed, diced                   | 1/2 C    | <b>1.8</b> |
| Celery Root (Celeriac)           |          |            |
| Raw, grated                      | 1/2 C    | <b>5.8</b> |
| Steamed, diced                   | 1/2 C    | <b>6.0</b> |
| Chard, Swiss, steamed            | 1/2 C    | <b>1.8</b> |
| Chayote, steamed                 | 1/2 C    | <b>1.8</b> |
| Chicory Greens, Raw              | 1/2 C    | <b>0.1</b> |
| Collard Greens, steamed          | 1 C      | <b>2.9</b> |
| Coleslaw w/ Dressing, deli style | 1/2 C    | <b>8.9</b> |
| Cucumber, medium, raw            | 1/2 ea   | <b>3.2</b> |
| Cucumber, raw, sliced            | 1/2 C    | <b>1.6</b> |
| Daikon (see Radishes, below)     |          |            |
| Dandelion Greens, steamed        | 1/2 C    | <b>1.8</b> |
| Eggplant                         |          |            |
| Chinese, fresh                   | 1/2 ea   | <b>7.5</b> |
| Italian, broiled                 | 1/2 C    | <b>3.4</b> |
| Japanese, fresh                  | 1/2 ea   | <b>7.5</b> |
| Endive, raw                      | 1/2 C    | <b>0.1</b> |
| Endive, braised                  | 1/2 C    | <b>0.2</b> |
| Escarole                         |          |            |
| Raw, chopped                     | 1/2 C    | <b>0.1</b> |
| Steamed                          | 1/2 C    | <b>0.2</b> |
| Fennel                           |          |            |
| Raw                              | 1/2 C    | <b>1.8</b> |
| Cooked                           | 1/2 bulb | <b>5.3</b> |
| Garlic                           |          |            |
| Minced                           | 2 T      | <b>5.3</b> |
| Raw                              | 1 clove  | <b>0.9</b> |
| Roasted                          | 1 t      | <b>0.9</b> |
| Jicama                           |          |            |
| Cooked, sliced                   | 2 oz     | <b>5.0</b> |
| Raw, chopped                     | 1/2 C    | <b>2.6</b> |
| Kale                             |          |            |
| Raw, chopped                     | 1/2 C    | <b>0.4</b> |
| Steamed                          | 1/2 C    | <b>0.5</b> |
| Kohlrabi, steamed                | 1/2 C    | <b>4.6</b> |
| Leeks                            |          |            |
| Cooked, chopped                  | 1/2 C    | <b>3.4</b> |
| Raw, chopped                     | 1/2 C    | <b>5.5</b> |

*This nutrition information is accurate to the best of our knowledge as of March, 2023. <https://fdc.nal.usda.gov/index.html>*

| <b>Vegetables</b><br><i>continued</i> |        |             | Amount | Net Carbs                       |          |             |  | Amount                     | Net Carbs |             |  |                                    | Amount  | Net Carbs   |
|---------------------------------------|--------|-------------|--------|---------------------------------|----------|-------------|--|----------------------------|-----------|-------------|--|------------------------------------|---------|-------------|
| Lettuce                               |        |             |        |                                 |          |             |  |                            |           |             |  |                                    |         |             |
| Boston or Bibb, raw, chopped          | 1 C    | <b>0.6</b>  |        | Spaghetti Squash, baked         | 1/4 C    | <b>2.0</b>  |  | Hash Brown Toaster Patties | 1 ea      | <b>16.0</b> |  | Mashed from Flakes, prepared       | 1/2 C   | <b>14.0</b> |
| Iceberg, raw, shredded                | 1 C    | <b>1.3</b>  |        | Spinach                         |          |             |  | Scalloped, from mix        | 1/2 C     | <b>10.9</b> |  | Steamed, diced                     | 1/2 C   | <b>14.2</b> |
| Mesclun (Mixed Salad Greens), raw     | 1 C    | <b>1.0</b>  |        | Baby                            | 1/2 C    | <b>0.3</b>  |  | Steamed, mashed            | 1/2 C     | <b>22.7</b> |  | Rutabaga                           |         |             |
| Romaine, raw, shredded                | 1 C    | <b>0.6</b>  |        | Creamed, frozen                 | 1/2 C    | <b>1.1</b>  |  | Cooked, cubed              | 1/2 C     | <b>4.3</b>  |  | Cooked, mashed                     | 1/2 C   | <b>6.1</b>  |
| Romaine Hearts, raw                   | 1/2 ea | <b>0.2</b>  |        | Fresh, steamed, chopped         | 1/2 C    | <b>1.6</b>  |  | Winter Squash              |           |             |  | Acorn, baked, cubed                | 1/2 C   | <b>10.4</b> |
| Mung Beans (see Sprouts, below)       |        |             |        | Frozen, steamed                 | 1/2 C    | <b>1.0</b>  |  | Acorn, baked, mashed       | 1/2 C     | <b>7.6</b>  |  | Butternut, baked, cubed            | 1/2 C   | <b>6.2</b>  |
| Mushrooms                             |        |             |        | Raw, chopped                    | 1 C      | <b>0.4</b>  |  | Hubbard, steamed, mashed   | 1/2 C     | <b>4.2</b>  |  | Turban, raw                        | 1/2 C   | <b>6.5</b>  |
| Button, cooked                        | 1/4 C  | <b>1.1</b>  |        | Sprouts                         |          |             |  | Sweet Potato               |           |             |  | Baked                              | 1/2 med | <b>9.9</b>  |
| Button, raw, sliced                   | 1/2 C  | <b>0.8</b>  |        | Alfalfa, raw                    | 1/2 C    | <b>0.0</b>  |  | Candied                    | 1/2 C     | <b>35.0</b> |  | Steamed                            | 1/2 C   | <b>15.2</b> |
| Chanterelle, fresh                    | 5 ea   | <b>0.8</b>  |        | Mung Bean, raw                  | 1/2 C    | <b>2.2</b>  |  | Steamed, mashed            | 1/2 C     | <b>25.0</b> |  | Taro, cooked, sliced               | 1/2 C   | <b>19.5</b> |
| Cremini, Brown                        | 1/2 C  | <b>1.6</b>  |        | Sunflower Seed, raw             | 1/4 C    | <b>4.0</b>  |  | Yams, canned, mashed       | 1/2 C     | <b>21.0</b> |  | Yautia (Arracache), sliced, cooked | 1/2 C   | <b>22.1</b> |
| Enoki (Straw), fresh                  | 1/2 C  | <b>1.7</b>  |        | Summer Squash                   |          |             |  |                            |           |             |  |                                    |         |             |
| Portobello, cooked                    | 1/2 C  | <b>1.4</b>  |        | Patty Pan, raw                  | 1/2 C    | <b>1.5</b>  |  |                            |           |             |  |                                    |         |             |
| Shiitake, cooked, sliced              | 1/4 C  | <b>4.5</b>  |        | Yellow, raw, sliced             | 1/2 C    | <b>1.6</b>  |  |                            |           |             |  |                                    |         |             |
| Mustard Greens, steamed               | 1/2 C  | <b>1.2</b>  |        | Yellow, steamed, sliced         | 1/2 C    | <b>2.7</b>  |  |                            |           |             |  |                                    |         |             |
| Nopales (Cactus Pads), cooked         | 1/2 C  | <b>1.0</b>  |        | Zucchini, raw, chopped          | 1/2 C    | <b>1.4</b>  |  |                            |           |             |  |                                    |         |             |
| Okra                                  |        |             |        | Zucchini, steamed, sliced       | 1/2 C    | <b>2.7</b>  |  |                            |           |             |  |                                    |         |             |
| Cooked                                | 5 ea   | <b>2.4</b>  |        | Taro Leaves, steamed            | 1/2 C    | <b>1.5</b>  |  |                            |           |             |  |                                    |         |             |
| Pickled                               | 1 oz   | <b>2.4</b>  |        | Tomatillo, fresh, chopped       | 1/2 C    | <b>2.6</b>  |  |                            |           |             |  |                                    |         |             |
| Olives                                |        |             |        | Tomatoes                        |          |             |  |                            |           |             |  |                                    |         |             |
| Black, canned                         | 5 ea   | <b>0.8</b>  |        | Cherry/Grape                    | 10 ea    | <b>4.6</b>  |  |                            |           |             |  |                                    |         |             |
| Black, oil cured                      | 5 ea   | <b>3.8</b>  |        | Cooked                          | 1/4 C    | <b>1.9</b>  |  |                            |           |             |  |                                    |         |             |
| Black, salt cured                     | 5 ea   | <b>1.7</b>  |        | Green (unripe), chopped         | 1/2 C    | <b>3.6</b>  |  |                            |           |             |  |                                    |         |             |
| Green, almond stuffed                 | 5 ea   | <b>2.5</b>  |        | Plum or Roma                    | 1 ea     | <b>1.7</b>  |  |                            |           |             |  |                                    |         |             |
| Green, canned                         | 5 ea   | <b>0.1</b>  |        | Slice                           | 1/4" sl  | <b>0.5</b>  |  |                            |           |             |  |                                    |         |             |
| Green, garlic stuffed                 | 5 ea   | <b>5.0</b>  |        | Small                           | 1 ea     | <b>2.5</b>  |  |                            |           |             |  |                                    |         |             |
| Green, pimento stuffed                | 5 ea   | <b>0.5</b>  |        | Sun-Dried, in oil               | 5 pieces | <b>4.4</b>  |  |                            |           |             |  |                                    |         |             |
| Onions                                |        |             |        | Yellow                          | 1 ea     | <b>4.8</b>  |  |                            |           |             |  |                                    |         |             |
| Cooked, chopped                       | 1/4 C  | <b>4.7</b>  |        | Tomato Products                 |          |             |  |                            |           |             |  |                                    |         |             |
| Pearl, cooked, chopped                | 1/2 C  | <b>9.2</b>  |        | (also see Sauces & Marinades)   |          |             |  |                            |           |             |  |                                    |         |             |
| Pearl, frozen                         | 2/3 C  | <b>6.2</b>  |        | Canned, diced, in juice         | 1/4 C    | <b>2.0</b>  |  |                            |           |             |  |                                    |         |             |
| Red, raw, chopped                     | 2 T    | <b>1.5</b>  |        | Canned, whole, in juice         | 1/2 C    | <b>2.4</b>  |  |                            |           |             |  |                                    |         |             |
| White, raw, chopped                   | 2 T    | <b>1.5</b>  |        | Paste, canned                   | 2 T      | <b>4.7</b>  |  |                            |           |             |  |                                    |         |             |
| White, raw, chopped                   | 1/2 C  | <b>6.1</b>  |        | Purée, canned                   | 2 T      | <b>2.2</b>  |  |                            |           |             |  |                                    |         |             |
| Vidalia, raw, chopped                 | 1/2 C  | <b>6.1</b>  |        | Stewed, canned                  | 1/2 C    | <b>6.6</b>  |  |                            |           |             |  |                                    |         |             |
| Palm, Hearts of, canned               | 1 ea   | <b>2.0</b>  |        | Turnips                         |          |             |  |                            |           |             |  |                                    |         |             |
| Parsley (see Condiments & Seasonings) |        |             |        | White, steamed, cubed           | 1/2 C    | <b>2.4</b>  |  |                            |           |             |  |                                    |         |             |
| Snow/Snap Peas in Pod                 |        |             |        | White, steamed, mashed          | 1/2 C    | <b>3.5</b>  |  |                            |           |             |  |                                    |         |             |
| Cooked                                | 1/2 C  | <b>4.3</b>  |        | Turnip Greens                   |          |             |  |                            |           |             |  |                                    |         |             |
| Fresh, chopped                        | 1/2 C  | <b>1.6</b>  |        | Frozen, cooked                  | 1/2 C    | <b>1.3</b>  |  |                            |           |             |  |                                    |         |             |
| Peppers, Bell                         |        |             |        | Fresh, steamed                  | 1/2 C    | <b>0.6</b>  |  |                            |           |             |  |                                    |         |             |
| Green, chopped, cooked                | 1 oz   | <b>0.9</b>  |        | Water Chestnuts, canned, sliced | 1/4 C    | <b>3.4</b>  |  |                            |           |             |  |                                    |         |             |
| Green, chopped, raw                   | 1/2 C  | <b>2.2</b>  |        | Watercress, raw, chopped        | 1/2 C    | <b>0.1</b>  |  |                            |           |             |  |                                    |         |             |
| Red, chopped, cooked                  | 1 oz   | <b>1.2</b>  |        |                                 |          |             |  |                            |           |             |  |                                    |         |             |
| Red, chopped, raw                     | 1/2 C  | <b>3.0</b>  |        | <b>Starchy Vegetables</b>       |          |             |  |                            |           |             |  |                                    |         |             |
| Peppers, Chile                        |        |             |        | Beets                           |          |             |  |                            |           |             |  |                                    |         |             |
| (also see Condiments & Seasonings)    |        |             |        | Steamed, sliced                 | 1/2 C    | <b>6.0</b>  |  |                            |           |             |  |                                    |         |             |
| Banana, fresh                         | 1 sm   | <b>0.6</b>  |        | Canned, drained                 | 1/2 C    | <b>4.4</b>  |  |                            |           |             |  |                                    |         |             |
| Jalapeño, fresh                       | 1 ea   | <b>0.6</b>  |        | Burdock Root, steamed           | 1/2 C    | <b>9.5</b>  |  |                            |           |             |  |                                    |         |             |
| Pumpkin                               |        |             |        | Carrots                         |          |             |  |                            |           |             |  |                                    |         |             |
| Canned, mashed                        | 1/2 C  | <b>6.4</b>  |        | Fresh, steamed, sliced          | 1/2 C    | <b>5.5</b>  |  |                            |           |             |  |                                    |         |             |
| Canned Pumpkin Pie Mix                | 1/3 C  | <b>16.3</b> |        | Frozen, sliced                  | 1/2 C    | <b>3.0</b>  |  |                            |           |             |  |                                    |         |             |
| Cooked, mashed                        | 1/2 C  | <b>4.7</b>  |        | Raw                             | 1 med    | <b>4.1</b>  |  |                            |           |             |  |                                    |         |             |
| Radicchio, raw                        | 1/2 C  | <b>0.7</b>  |        | Raw, shredded                   | 1/2 C    | <b>3.7</b>  |  |                            |           |             |  |                                    |         |             |
| Radish                                |        |             |        | Cassava (Yuca), Cooked, mashed  | 1/2 C    | <b>30.2</b> |  |                            |           |             |  |                                    |         |             |
| Black                                 | 10g    | <b>0.2</b>  |        | Corn                            |          |             |  |                            |           |             |  |                                    |         |             |
| Daikon, raw, 7-in 1/4 ea              |        | <b>2.1</b>  |        | Canned                          | 1/2 C    | <b>8.0</b>  |  |                            |           |             |  |                                    |         |             |
| Daikon, sliced                        | 1/2 C  | <b>1.5</b>  |        | Canned, cream style             | 1/2 C    | <b>12.0</b> |  |                            |           |             |  |                                    |         |             |
| Daikon, sliced, cooked                | 1/2 C  | <b>1.4</b>  |        | Kernels Cut from Cob            | 1/2 C    | <b>12.1</b> |  |                            |           |             |  |                                    |         |             |
| Red/White, raw                        | 10 ea  | <b>1.7</b>  |        | On the Cob                      | 1 med    | <b>17.0</b> |  |                            |           |             |  |                                    |         |             |
| Rhubarb (see Fruit)                   |        |             |        | Jerusalem Artichoke, raw        | 1/2 C    | <b>11.9</b> |  |                            |           |             |  |                                    |         |             |
| Sauerkraut, drained                   | 1/2 C  | <b>1.2</b>  |        | Parsnips, steamed               | 1/2 C    | <b>10.5</b> |  |                            |           |             |  |                                    |         |             |
| Scallions, raw                        | 1/2 C  | <b>2.4</b>  |        | Peas                            |          |             |  |                            |           |             |  |                                    |         |             |
| Scallions, cooked                     | 1/2 C  | <b>6.0</b>  |        | Fresh, shelled                  | 1/2 C    | <b>6.3</b>  |  |                            |           |             |  |                                    |         |             |
| Shallots, raw, chopped                | 2 T    | <b>2.7</b>  |        | Frozen                          | 1/2 C    | <b>6.0</b>  |  |                            |           |             |  |                                    |         |             |
| Sorrel Greens, steamed                | 1/2 C  | <b>0.2</b>  |        | Potato                          |          |             |  |                            |           |             |  |                                    |         |             |
|                                       |        |             |        | Baked w/ Skin                   | 1/2 sm   | <b>22.9</b> |  |                            |           |             |  |                                    |         |             |
|                                       |        |             |        | Ore-Ida French Fries, frozen    | 10 ea    | <b>13.6</b> |  |                            |           |             |  |                                    |         |             |
|                                       |        |             |        | Hash Browns, frozen             | 1/2 C    | <b>17.1</b> |  |                            |           |             |  |                                    |         |             |

*This nutrition information is accurate to the best of our knowledge as of March, 2023. <https://fdc.nal.usda.gov/index.html>*



# 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 fowl, including:

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

### All shellfish, including:

- Clams
- Crabmeat
- Lobster
- Mussels\*
- 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

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## **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
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