



# CARB COUNTER





## CARB COUNTER

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## HOW TO USE THE ATKINS® CARB COUNTER

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

Knowing that number is going to make it possible for you to do Atkins the right way, the effective way, and the way that works for you, no matter what Atkins Diet™ plan (Atkins 20® or Atkins 40®) you’re on.

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 less bad. 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”.

To learn more about net carbs  
visit [atkins.com](http://atkins.com)

TOTAL CARBS (16g) - FIBER (5g) - GLYCERIN (9g) =

**2g** **ATKINS**  
**NET CARBS**

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—we don’t tell you that an Atkins bar is “two servings” and then give you the net carbs per “serving”.

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 the Atkins Diet. 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 the Atkins Diet, and probably shouldn't be 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.

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

### What to Avoid

For example, manufactured trans fats, which are hydrogenated or partially hydrogenated oils, have absolutely no place in a healthy diet. 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. 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 1 to 1. That's why we recommend you not cook with certain oils or eat products that contain them. Specifically, steer clear of soybean, regular safflower—the high-oleic type is fine—corn and peanut oil, as well as “vegetable” oil, which can contain any of the above.

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 problematic ingredients discussed above aren't included.

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 & OTHER LOW-CARB SPECIALTY FOODS

Please check [atkins.com](https://atkins.com) for the most recent nutritional information on Atkins products and new additions.

	Amount	Net Carbs
<b>Atkins Meal Bars</b>		
Blueberry Greek Yogurt	1 bar	5.0
Chocolate Chip Cookie Dough	1 bar	3.0
Chocolate Chip Granola	1 bar	3.0
Chocolate Peanut Butter	1 bar	3.0
Chocolate Peanut Butter Pretzel	1 bar	4.0
Cookies & Crème	1 bar	4.0
Peanut Butter Granola	1 bar	4.0
Peanut Fudge Granola	1 bar	4.0
Vanilla Pecan Crisp	1 bar	4.0
Chocolate Almond Caramel	1 bar	3.0
Birthday Cake	1 bar	4.0
S'Mores	1 bar	4.0

### Atkins Snack Bars

Caramel Chocolate		
Peanut Nougat	1 bar	3.0
Caramel Double		
Chocolate Crunch	1 bar	4.0
Caramel Chocolate Nut Roll	1 bar	3.0
Chocolate Chip Crisp	1 bar	4.0
Cranberry Almond	1 bar	3.0
Lemon	1 bar	3.0
Peanut Butter Fudge Crisp	1 bar	3.0
Triple Chocolate	1 bar	4.0
White Chocolate Macadamia	1 bar	4.0
Lemon Vanilla Protein		
Wafer Crisps	1 bar	4.0

	Amount	Net Carbs
<b>Peanut Butter Protein</b>		
Wafer Crisps	1 bar	4.0
<b>Honey Almond</b>		
Vanilla Crunch Bites	13 bites	3.0
<b>Dark Chocolate Sea Salt</b>		
Caramel Crunch Bites	13 bites	4.0
Snickerdoodle	1 bar	3.0
Honey Almond Greek Yogurt	1 bar	3.0

### Atkins Ready-to-Drink Shakes

Café Caramel	1 shake	3.0
Dark Chocolate Royale	1 shake	2.0
French Vanilla	1 shake	2.0
Milk Chocolate Delight	1 shake	2.0
Mocha Latte	1 shake	4.0
Strawberry	1 shake	2.0
Chocolate Banana	1 shake	4.0
Creamy Chocolate (meal)	1 shake	4.0
Vanilla Cream (meal)	1 shake	3.0

### Atkins PLUS Shakes

PLUS Creamy Milk Chocolate	1 shake	2.0
PLUS Creamy Vanilla	1 shake	1.0

The following nutrition information is accurate to the best of our knowledge as of January 2020. (<https://ndb.nal.usda.gov/ndb/>)

**ATKINS & OTHER LOW-CARB  
SPECIALTY FOODS continued**

	Amount	Net Carbs
<b>Atkins Indulge® Treats</b>		
Caramel Nut Chew	1 bar	2.0
Chocolate Candies	1 pack	1.0
Chocolate Caramel Mousse	1 bar	2.0
Chocolate Coconut	1 bar	2.0
Chocolate Covered Almonds	1 pack	2.0
Chocolate Peanut Candies	1 pack	1.0
Dark Chocolate Covered Peppermint Patties	1 piece	2.0
Milk Chocolate Caramel Squares	3 pieces	2.0
Nutty Fudge Brownie	1 bar	2.0
Peanut Butter Cups	2 pieces	2.0
Peanut Caramel Cluster	1 bar	3.0
Pecan Caramel Clusters	2 packs	2.0
<b>Atkins Breakfast Frozen Meals</b>		
Ham and Cheese Omelet	1 omelet	4.0
Farmhouse-Style Sausage Scramble	1 bowl	5.0
Bacon Scramble	1 bowl	5.0
<b>Atkins Entrée Frozen Meals</b>		
Beef Merlot	1 tray	6.0
Beef Teriyaki Stir-Fry	1 tray	6.0
Beef Stew	1 bowl	8.0
Chicken & Broccoli Alfredo	1 tray	5.0
Chicken Margherita	1 tray	6.0
Chicken Marsala	1 tray	8.0

	Amount	Net Carbs
Crustless Chicken Pot Pie	1 tray	6.0
Meat Lasagna	1 tray	11.0
Meatloaf w/ Portobello Mushroom Gravy	1 tray	8.0
Mexican-Style Chicken and Vegetables	1 tray	6.0
Mongolian-Style Beef Cauliflower Bowl	1 bowl	7.0
Pork Verde	1 tray	8.0
Roasted Turkey with Garlic Mashed Cauliflower	1 tray	6.0
Shrimp Scampi	1 tray	9.0
Three Meat Pizza	1 pizza	11.0
Pepperoni Pizza	1 pizza	11.0
<b>Atkins Frozen Snacks</b>		
Bacon Cheddar Cauliflower Bites	6 bites	4.0
Parmesan Garlic Cauliflower Bites	6 bites	4.0
<b>Other Low Carb Products</b>		
<b>Baking &amp; Cooking Products</b>		
<b>Better Bowls Sugar Free</b>		
Gelatin Mix, all flavors, prepared	1/2 C	0
Pudding Mix, Chocolate, prepared w/ whole milk	1/2 C	11.0
Pudding Mix, Vanilla, prepared w/ whole milk	1/2 C	11.0
Brownie Mix, baked	1 ea	8.0

**ATKINS & OTHER LOW-CARB  
SPECIALTY FOODS continued**

	Amount	Net Carbs
<b>Chocolate Chip Cookie Mix, prepared</b>		
	1 ea	7.0
<b>Bob's Red Mill Low Carb Bread Mix, prepared</b>		
	1 sl	5.0
<b>LC Foods Low Carb Pizza and Calzone Mix</b>		
		1.0
<b>Dixie Diners' Carb Counters</b>		
Angel Food Cake Mix, prepared	5.2 oz	1.0
Brownie Mix, prepared	2" sq	1.0
Instant Mashers, Cheddar & Bacon, prepared	1/2 C	5.0
Muffin Mix, Apple Cinnamon, prepared	1 ea	2.0
Snackin' Cake Mix, Cinnamon Swirl, prepared	2.3" sq	2.0
Thick It Up Thickener	1 t	0.0
<b>LC Foods Low Carb Mixes</b>		
Banana Bread, prepared	1 sl	1.0
Frosting, Chocolate or Vanilla, prepared	1 T	1.0
Muffin Mix, prepared	1 ea	1.0
<b>Breakfast Cereals</b>		
<b>Dixie Diners' Carb Counters</b>		
Apple Cinnamon	1 pkt	3.0
<b>All Natural Carb-Controlled Granola Maple Oat</b>		
	1/2 C	4.0

	Amount	Net Carbs
Smaps Sweet Maple, dry	1/2 C	2.0
Kay's Naturals Protein Apple Cinnamon, dry	1.2 oz	15.0
Nutlettes, dry	1/2 C	6.0
<b>Nutritious Living Hi-Lo, Original, dry</b>		
	1/2 C	7.0
<b>Sensato High Fiber</b>		
Butter Pecan, prepared	1/2 C	2.0
Nut & Flax Granola, Cinnamon, dry	1/2 C	2.0
<b>Prepared Soups</b>		
<b>Dixie Diners' Carb Counters</b>		
Skinni Spaghetti	1 C	4.0
Chicken Noodle Soup Mix	1	2.0
Broccoli & Cheese Soup Mix	1	1.0
Cream of Mushroom Soup Mix	1	2.0

## BAKING INGREDIENTS

	Amount	Net Carbs
Almond Meal/Flour	1/2 C	<b>6.0</b>
Arrowroot	1 T	<b>6.8</b>
Baking Soda	1/2 t	<b>0.0</b>
Baking Chocolate, Unsweetened	1 oz	<b>4.0</b>
Baking Powder	1/2 t	<b>0.0</b>
Chocolate Chips, Semisweet	2 T	<b>16.5</b>
Cinnamon, ground	1 t	<b>0.7</b>
Cocoa Powder, Unsweetened	2 T	<b>2.7</b>
Coconut, Shredded Unsweetened	1/4 C	<b>1.3</b>
Sweetened	1/4 C	<b>10.0</b>
Coconut Flour	1/4 C	<b>6.0</b>
Coconut Milk, Canned, Regular	1/2 C	<b>2.0</b>
Cornmeal	2 T	<b>9.7</b>
Cream of Tartar	1 t	<b>1.8</b>
Dried Egg Whites	2 T	<b>0.8</b>
Egg Replacement	1 oz	<b>0.5</b>
Erythritol	1 T	<b>0.0</b>
Flaxseed Meal	1/4 C	<b>0.0</b>
Flour, White, All Purpose	1/4 C	<b>23.0</b>
Flour, Whole Wheat All Purpose	1/4 C	<b>18.0</b>
Pastry	1/4 C	<b>19.0</b>

	Amount	Net Carbs
Gelatin, Unflavored 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>12.0</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>5.4</b>
Stevia (pure powder)	1 t	<b>0.0</b>
Sucralose-Brown Sugar Blend for Baking	1/4 C	<b>48.0</b>
Sucralose-Sugar Blend for Baking	1/4 C	<b>48.0</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>16.0</b>
Truvia Baker's Bag	1/4 C	<b>12.0</b>
Pure Vanilla & Other Extracts	1 t	<b>0.0</b>
Xylitol	1 T	<b>0.0</b>

## BEEF, LAMB, PORK & OTHER MEATS

	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>0.0</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, Calf	6 oz	<b>8.8</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>
<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>

	Amount	Net Carbs
<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>0.5</b>
Canadian Bacon	3 sl	<b>1.4</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>3.7</b>
Hebrew National Pork	1 frank	<b>1.0</b>
	1 frank	<b>0.1</b>
<b>Sausages</b>		
Andouille, Pork	1 link	<b>0.5</b>
Beef	2 oz	<b>0.2</b>
Beef & Pork	1 link	<b>1.1</b>

## BEEF, LAMB, PORK & OTHER MEATS continued

	Amount	Net Carbs
Bratwurst	1 link	2.4
Breakfast, Pork	1 link	0.0
Bulk, Pork	3 oz	0.0
Cheddarwurst	1 link	5.0
Cheese Dog	1 link	3.8
Chicken w/ Apple	2 oz	1.3
Chicken w/ Dried Tomato	2 oz	1.3
Chicken & Turkey w/ Gruyère	2 oz	0.0
Chorizo	2 oz	1.1
Italian, Hot	2 oz	0.7
Italian, Sweet	2 oz	1.2
Kielbasa, Beef	2 oz	1.6
Kielbasa, Beef & Pork	2 oz	1.6
Kielbasa, Pork & Turkey	2 oz	2.2
Knockwurst	1 link	2.3
Linguica	2 oz	1.0
Smoked, Beef	4 oz	2.7
Smoked, Hot	4 oz	1.3

## Deli, Luncheon and Cured Meats

Bologna		
Beef	3 sl	2.1
Beef & Pork	3 sl	2.2
Ham, Deli Style		
Baked, sliced	6 oz	3.2
Boiled, sliced	6 oz	3.0
Deviled	4 oz	1.9
Honey Cured, sliced	6 oz	3.8
Liverwurst	4 sl	5.8
Mortadella	6 oz	5.2
Olive Loaf	3 sl	5.9
Pancetta	3 oz	0.0
Pastrami, Beef	1 sl	0.6
Pepperoni	6 oz	0.0

	Amount	Net Carbs
Pork Roll	5 sl	0.6
Prosciutto	6 oz	0.0
Roast Beef, Sliced	1 oz	3.0
Salami		
Beef	3 sl	1.5
Beef & Pork	3 sl	1.0
Pork	3 sl	0.5
Sopressata (dry salami)	1 oz	1.0

## Frozen Heat & Eat Meals

(Also see *Atkins & Other Low-Carb*)

### Specialty Foods)

Banquet Salisbury Steak	1 serv	11.0
Lean Cuisine		
Steak Portabella	1 serv	8.0
Steak Umm Sliced Steaks	1 ea	0.0
Stouffer's Dinners		
Italian-style meatballs & zesty marinara	1 serv	4.0
Creamed Chipped Beef	1 serv	11.0
Green Peppers Stuffed w/ Beef & Tomato Sauce	1 serv	20.0
Lasagna w/ Meat & Sauce	1 serv	35.0
Kentucky Bourban		
Glazed Chicken	1 serv	30.0
Cheese Manicotti	1 serv	28.0
Salisbury Steak	1 serv	20.0
Skillet Pork Carnitas	1 serv	36.0
Chicken and Broccoli		
Pasta Bake	1 pkg	23.0
Yankee Pot Roast	1 serv	27.0

## BEVERAGES & ALCOHOLIC BEVERAGES

	Amount	Net Carbs
<b>Chocolate Drinks</b>		
Canfield's Diet Chocolate		
Fudge Soda	12 oz	0.0
Hot Cocoa	1 pkt	22.4
Hot Cocoa		
w/ Marshmallows	1 pkt	14.3
Nestlé Carb Select		
Hot Cocoa Mix	1 serv	3.3
No-Mu Hot Chocolate		
Powder	6 g	2.0
Swiss Miss, Light,		
Hot Cocoa Mix	1 pkt	3.0
Swiss Miss Hot Cocoa,		
No Sugar Added	1 pkt	10.0
<b>Coffee &amp; Coffee Drinks</b>		
Cappuccino		
Instant Powder	1 t	2.8
Instant Powder, Decaf	1 t	2.8
Sugar-Free Mix	3 T	3.0
Sugar-Free Mix, Decaf	3 T	3.0
Coffee		
Black, Brewed	1 C	0.0
Black, Decaf, Brewed	1 C	0.0
Decaf, Instant	1 C	0.8
With 1 T Cream	1 C	0.4
With 1 T Whole Milk	1 C	0.4
Iced, w/ 1 T Whole Milk	12 oz	0.7

	Amount	Net Carbs
Starbucks		
Caffè Americano	12 oz	2.0
Caffè Latte		
w/ Whole Milk	12 oz	14.0
Cappuccino		
w/ Whole Milk	12 oz	9.0
Espresso, Black	1.5 oz	2.0
Espresso w/ Whole Milk	12 oz	9.0
Frappuccino, Bottled	1 serv	53.0
Latte, Iced,		
w/ Whole Milk	12 oz	10.0
Mocha w/ Whole Milk	12 oz	30.0
Mocha Frappuccino	12 oz	39.8
<b>Carbonated Beverages, Soda, Mixers</b>		
Cherry Cola	12 oz	39.0
Cherry Cola, Diet	12 oz	0.0
Club Soda	12 oz	0.0
Cola	12 oz	35.2
Cola, Diet	12 oz	0.0
Diet Sodas, all flavors	12 oz	0.0
Fruit Refreshers,		
Sugar Free, all flavors	12 oz	0.0
Ginger Ale	12 oz	32.1
Grape Soda	12 oz	41.7
Lemon/Lime Soda	12 oz	38.0
Root Beer/Birch Beer	12 oz	42.0
Seltzer	12 oz	0.0
Seltzer, Essence Flavored	12 oz	0.0
Tonic Water	12 oz	32.2
Tonic Water, Sugar Free	12 oz	0.0

**BEVERAGES &  
ALCOHOLIC BEVERAGES continued**

	Amount	Net Carbs
<b>Energy Sports Drinks</b>		
Rockstar Energy	8 oz	<b>31.5</b>
Rockstar Energy, Sugar Free	8 oz	<b>0.0</b>
Coconut Water, Fresh	8 oz	<b>6.3</b>
Gatorade	8 oz	<b>15.7</b>
Monster	8 oz	<b>27.0</b>
Monster, Sugar Free	8 oz	<b>1.0</b>
Red Bull	8.4 oz	<b>28.0</b>
Red Bull, Sugar Free	8.4 oz	<b>3.0</b>
<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, Light	4 oz	<b>5.5</b>
Cranberry Juice Cocktail	4 oz	<b>17.1</b>
Fruitables Mixed Fruit & Vegetable	4 oz	<b>16-18</b>
Fruit Punch	4 oz	<b>15.0</b>
Grape, unsweetened	4 oz	<b>18.4</b>
Grapefruit, sweetened	4 oz	<b>13.8</b>
Grapefruit, unsweetened	4 oz	<b>10.9</b>
Guava Nectar	4 oz	<b>17.4</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>12.0</b>
Orange-Peach-Mango	4 oz	<b>14.0</b>

	Amount	Net Carbs
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>
Kool-Aid, Sugar-Free Mix, all flavors	1 pkt	<b>0.0</b>
<b>Lemonade / Limeade</b>		
Canned, No Added Sugar	8 oz	<b>0.0</b>
Crystal Light	8 oz	<b>0.0</b>
Bottled, Diet	8 oz	<b>1.3</b>
Bottled, sweetened	8 oz	<b>29.0</b>
Minute Maid Light, bottled	8 oz	<b>2.0</b>
Prepared from concentrate	8 oz	<b>25.8</b>
Prepared from powder	8 oz	<b>17.6</b>
True Lemon Mix	1 pkt	<b>0.0</b>
True Lime Mix	1 pkt	<b>0.0</b>
True Grapefruit Mix	1 pkt	<b>0.0</b>
True Orange Mix	1 pkt	<b>0.0</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>0.0</b>
With 1 T Milk	8 oz	<b>0.7</b>

**BEVERAGES &  
ALCOHOLIC BEVERAGES continued**

	Amount	Net Carbs
With 1 T Cream		
Chamomille	8 oz	<b>0.5</b>
Peppermint	8 oz	<b>0.0</b>
Iced Tea		
Diet	8 oz	<b>0.0</b>
Lipton Pureleaf, Unsweetened	8 oz	<b>0.0</b>
Sweetened	8 oz	<b>21.0</b>
True Lemon Mix	1/8 pkt	<b>1.0</b>
Unsweetened, from instant	8 oz	<b>0.4</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>14.0</b>
Tomato	4 oz	<b>4.0</b>
Vegetable Juice Cocktail	4 oz	<b>4.5</b>
<b>Vitamin Water</b>		
Glaceau	20 oz	<b>33.0</b>
Glaceau Zero, Sugar Free	20 oz	<b>4.0</b>
<b>Water</b>		
Bottled	8 oz	<b>0.0</b>
La Croix, all flavors	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>

	Amount	Net Carbs
<b>Alcoholic Beverages</b>		
Beer		
"Lite"	12 oz	<b>5.6</b>
Low Carb	12 oz	<b>2.5</b>
Near (>0.5% alcohol)	12 oz	<b>13.7</b>
Nonalcoholic	12 oz	<b>14.1</b>
Bourbon	1 oz	<b>0.0</b>
Champagne	1 oz	<b>2-3</b>
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>2.6</b>
Wine, Rosé	3.5 oz	<b>2.4</b>
Wine, White, Sauvignon	3.5 oz	<b>2.0</b>
<b>Cocktail Mixes</b>		
Bloody Mary	3.5 oz	<b>3.3</b>
Margarita	3.5 oz	<b>13.8</b>
Margarita, Baja Bob's		
Low Carb	4 oz	<b>3.0</b>
Margarita,		
Master of Mixes, Lite	4 oz	<b>2.0</b>
Mojito, Baja Bob's		
Low Carb	4 oz	<b>3.0</b>
Piña Colada	3.5 oz	<b>22.2</b>
Screwdriver	3.5 oz	<b>8.5</b>
Strawberry Daiquiri,		
Master of Mixes, Lite	4 oz	<b>2.0</b>
Sweet 'N Sour,		
Master of Mixes, Lite	4 oz	<b>2.0</b>

## BREADS, CRACKERS, TORTILLAS & WRAPS

	Amount	Net Carbs
<b>Breads</b>		
Bran	1 sl	10.6
Ezekiel	1 sl	12.0
French	1 sl	15.3
Italian	1 sl	13.4
Oatmeal	1 sl	12.0
Pumpernickel	1 sl	11.6
Pumpernickel, 100% Rye Meal	1 sl	16.5
Pumpernickel, Thin Sliced	1 sl	8.2
Raisin	1 sl	12.5
Rye	1 sl	12.1
Rye, 100%	1 sl	17.0
Sourdough	1 sl	34.6
Sprouted Whole Wheat	1 sl	18.0
Sunflower Seed	1 sl	17.0
White	1 sl	12.1
Whole Grain	1 sl	9.3
100% Whole Grain	1 sl	9.0
Whole Wheat	1 sl	9.8
100% Whole Wheat	1 sl	10.0
<b>Crackers</b>		
Delallo Thin		
100% Whole Wheat	1 oz	20.0
Alessi Thin Breadsticks	1 serv	21.0
Mary's Gone Crackers		
Original	6 ea	4.5
Blue Diamond		
Almond Nut Thins	17 ea	23.0
Carr's Whole Wheat	2 ea	11.0
Cheeze-It	1 oz	17.0
Mrs. Cubbinson's Baked Cheddar Cheese Crisps	1 oz	1.0

	Amount	Net Carbs
Simple Mills Fine Ground sea salt almond flour crackers	17 ea	15.0
JJ Flats	6 ea	12.0
Matzoh, Plain	1 oz	23.0
Matzoh, Whole Wheat	1 oz	18.0
Melba Toast	1 ea	3.5
Melba Toast, Rye	1 ea	4.0
Melba Toast, Whole Wheat	1 ea	3.5
San-J Brown Rice w/ Sesame Seeds	3 ea	9.6
Snyders braided twists, ancient grains	1 serv	21.0
Stone-Ground Wheat	5 ea	10.3
Whisps Cheddar Cheese Crisps	23 ea	1.0
Townhouse Flatbread Crisps	8 ea	11.0
Triscuit	3 ea	8.5
Wheat Thins	8 ea	8.0
<b>Crispbreads</b>		
Ak-Mak	5 ea	16.0
Finn Crisp		
Caraway	2 sl	8.0
Multigrain	2 sl	8.0
Original	2 sl	8.0
GG Scandinavian Bran Crispbread Original	1 ea	2.0
Ryvita		
Original	2 sl	10.0
Fruit & Oats	2 sl	12.0
Light Rye	2 sl	10.0
Rye & Oat Bran	2 sl	9.0
Sesame Rye	2 sl	8.0
Wasa		
Fiber	1 sl	4.5
Hearty Rye	1 sl	10.0

## BREADS, CRACKERS, TORTILLAS & WRAPS continued

	Amount	Net Carbs
Light Rye	1 sl	6.0
Multigrain	1 sl	9.0
Sesame	1 sl	8.0
Sourdough	1 sl	7.0
100% Whole Grain	1 sl	8.0
Gluten Free Original	1 sl	8.0
<b>Flatbreads &amp; Wraps</b>		
<b>FlatOuts</b>		
FoldIt 5-Grain Flax	1 ea	10.0
Gluten Free	1 ea	22.0
Hungry Girl 100% Whole Wheat	1 ea	8.0
Light Original	1 ea	6.0
Protein Up Carb Down Core 12	1 ea	8.0
Traditional	1 ea	21.0
Joseph's Lavash		
Flax, Oat Bran & Whole Wheat	1/2 ea	4.0
Whole Wheat Square Lavash Roll-Ups	1/2 ea	17.0
Sandwich Size Square Lavash Roll-Ups	1/2 ea	13.5
Boghosian Garlic & Herb Lavash Roll-Ups	1/2 ea	8.5
Pita		
White	6.5"	32.1
Whole Wheat	6.5"	30.5
Tumaro's Gourmet Low Carb		
Garden-Vegetable	8"	5.0
9-Grain with chia	8"	5.0
Multigrain	8"	4.0
Whole wheat	8"	6.0

	Amount	Net Carbs
<b>Tortillas</b>		
Siete Almond Flour Tortillas	1 ea	6.0
Corn	6"	10.8
Flour	6"	14.5
Whole Wheat	8"	19.0
<b>La Tortilla Factory</b>		
Flour Tortilla Soft Taco	1 ea	12.5
Traditional Soft Taco	1 ea	26.0
Low Carb, Whole Wheat Fajita Size	1 ea	3.0
Low Carb, Flour Fajita Size	1 ea	4.0
Mama Lupe Three-Net Impact Carb	1 ea	3.0
<b>Mission Carb Balance</b>		
Whole Wheat Fajita	1 ea	4.0
Whole Wheat Soft Taco	1 ea	5.0
<b>Muffins</b>		
Food for Life Sprouted Whole Grain English Muffins	1 ea	12.0



## CANDY & CHEWING GUM

	Amount	Net Carbs
<b>Caramels</b>		
Asher's Sugar Free		
Pecan Caramel Patties	1 serv	1.0
Almond Butter Toffee	1 serv	0.0
Judy's Sugar Free		
Almond Caramel Clusters	1 serv	1.0
Vanilla Pecan Caramels	1 serv	0.5
Peanut Brittle	1 serv	2.0
<b>Chewing Gum</b>		
Eclipse Sugar Free, all flavors		
	2 ea	0.0
Orbit, all flavors	1 ea	0.0
<b>Chocolate</b>		
Asher's Sugar Free		
Dark Chocolate		
Raspberry Jellies	3 ea	1.0
Mint Patties	2 ea	2.0
Pretzel Bites	10 ea	9.0
Hershey's Sugar Free	5 ea	1.0
Hershey's Sugar Free		
Special Dark	5 ea	3.0
Reese's Peanut Butter Cups		
Miniatures, Sugar Free	3 ea	1.0
Kopper Dark Chocolate Covered		
Espresso Beans, Sugar Free	32 ea	2.0

	Amount	Net Carbs
Lily's Sweets		
No Sugar Added		
Dark Chocolate Bar	1 serv	3.0
No Sugar Added Dark Chocolate		
Almond Bar	1 serv	4.0
<b>Hard Candy</b>		
Jolly Rancher, Sugar Free		
	4 ea	0.0
Lifesavers	4 ea	1.0
Lifesavers, Sugar Free	4 ea	0.0
Nestlé Sugar-Free Nips		
Caramel	2 ea	0.0
Coffee	2 ea	0.0
Jelly Belly, Sugar Free		
Gummie Bears	25 ea	1.0
Jelly Beans	35 ea	5.0
Jordan Almonds, Sugar Free	13 ea	2.0
<b>Marshmallows</b>		
La Nouba, Sugar-Free	1 ea	0.0
<b>Mints</b>		
Altoids Smalls, Sugar Free		
all flavors	1 ea	0.0
Eclipse, all flavors	3 ea	0.0
Pep-O-Mints	4 ea	15.0
Pep-O-Mints, Sugar Free	4 ea	0.0
Winto-O-Green	4 ea	15.0
Winto-O-Green, Sugar Free	4 ea	0.0

## CEREALS

	Amount	Net Carbs
<b>Hot</b>		
Bob's Red Mill Hot Cereal		
w/Flax Meal, dry	1/3 C	17.0
Cream of Rice, dry	1/4 C	36.0
Cream of Wheat		
Instant, Maple Brown Sugar	1 pkt	27.0
Instant, Original	1 pkt	26.0
Instant, Bananas & Cream	1 pkt	27.0
Healthy Grains,		
Instant, in bowl	1.5 oz	24.0
Whole Grain, 2-Minute	3 T	23.0
Farina, Enriched, dry	3 T	26.5
Grits, Instant, dry	1 oz	21.0
Heartland Oat Bran		
Hot Cereal, dry	1/3 C	16.0
Mother's Whole Wheat		
Hot Cereal, dry	1/2 C	19.0
Oats/Oatmeal		
Homestat Farm Quick Steel		
Cut Oats & Chia w/Flax & Rye Flakes, dry	1/4 C	20.0
Instant, Brown Sugar & Cinnamon	1 pkt	33.0
Instant, Plain, dry	1/3 C	27.0
Malt-o-Meal		
Quick Oats, dry	1/2 C	23.0
Quick Cooking, dry	1/2 C	23.0
Bob's Red Mill		
Rolled Oats, dry	1/2 C	30.0
Rolled Oats, cooked	1/2 C	9.5

	Amount	Net Carbs
Steel Cut		
Scottish/Irish, dry	1/4 C	13.0
Whole Grain (oat groats)	1/4 C	13.0
Maltex		
Hot Wheat Cereal, dry	1/3 C	32.0
Pocono		
Cream of Buckwheat, dry	1/4 C	35.0
Hodgson Mill Bulgur Wheat		
w/ Soy Grits, dry	1/4 C	25.0
Wheatena		
Toasted Wheat, dry	1/3 C	27.0
<b>Ready-to-Eat</b>		
Alpen Muesli		
No Sugar Added	2/3 C	34.0
Barbara's Organic		
Multigrain Spoonfuls	3/4 C	20.0
Barbara's Puffins		
Original	3/4 C	18.0
Barbara's Protein Puffins		
Berry Burst	1 C	27.0
Cascadian Farm		
Organic Ancient Grains	3/4 C	37.0
Cascadian Farm Purely O's 1 -1/4 C		22.0
Cheerios, Multigrain	1 C	21.0
Corn Chex	1 C	24.0
Corn Flakes	1 C	23.0
Crispix Corn & Rice	1 C	24.0
Eden Kamut Flakes	1/2 C	30.0
Fiber One		
Honey Clusters	1 C	34.0
Original	1/2 C	11.0

## CEREALS continued

	Amount	Net Carbs
Flax Plus Multibrn Flakes	1 C	<b>24.0</b>
Food for Life Ezekiel	1/2 C	<b>36.0</b>
<b>Grape-Nuts</b>		
Flakes	3/4 C	<b>21.0</b>
Original	1/2 C	<b>40.0</b>
<b>Kashi</b>		
Go Lean Crunch!	3/4 C	<b>30.0</b>
7 Wholegrain Honey Puffs	1-1/3 C	<b>31.0</b>
7 Wholegrain Puffs	1-1/2 C	<b>28.0</b>
<b>Kellogg's All-Bran</b>		
Buds	1/3 C	<b>11.0</b>
Original	1/2 C	<b>13.0</b>
Oat Bran, raw	1/3 C	<b>19.0</b>
Puffed Brown Rice	1 C	<b>13.0</b>
Puffed Corn	1 C	<b>11.0</b>
Puffed Kamut	1 C	<b>9.0</b>
Puffed Millet	1 C	<b>10.0</b>
Puffed Rice	1 C	<b>12.0</b>
Puffed Wheat	1 C	<b>10.0</b>
<b>Shredded Wheat</b>		
Large Biscuit	1 serv	<b>31.0</b>
Spoon Size, w/ Bran	1-1/4 C	<b>39.0</b>
Spoon Size, Whole Grain	1 C	<b>34.0</b>
<b>Smart Bran</b>	3/4 C	<b>15.0</b>
<b>Special K</b>		
Original	1-1/4 C	<b>29.0</b>
Protein	1-1/3 C	<b>34.0</b>
<b>Spelt Flakes</b>	1 C	<b>20.0</b>
<b>Total Whole Grain</b>	3/4 C	<b>22.0</b>
Wheat Bran, raw	2 T	<b>1.6</b>
Wheat Germ, toasted	2 T	<b>4.9</b>

	Amount	Net Carbs
Wheaties Toasted		
Whole Wheat Flakes	3/4 C	<b>19.0</b>

## CONDIMENTS & SEASONINGS

	Amount	Net Carbs
Allspice, ground	1 t	<b>1.0</b>
Anchovy Paste	1 T	<b>0.0</b>
Bacon Pieces,		
Jarred/canned	1/2 oz	<b>0.0</b>
Bacon Bits, Imitation	1/2 oz	<b>2.6</b>
Basil, fresh, chopped	1 T	<b>0.0</b>
Basil, dried	1 T	<b>0.2</b>
Bay Leaves, dried	1 ea	<b>0.1</b>
Bragg's Liquid Aminos	1 T	<b>0.0</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, Roasted,		
Canned, whole	1 ea	<b>5.0</b>
Chipotle en Adobe	9 sl	<b>1.0</b>
Hot Cherry, fresh, whole	1 ea	<b>2.0</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>0.0</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	1 C	<b>6.4</b>
Coconut Milk, Light, canned	1 C	<b>4.0</b>

	Amount	Net Carbs
Coriander, ground	1 t	<b>0.0</b>
Crab/Shrimp Boil Mix	1 T	<b>0.0</b>
Creole Seasoning	1 T	<b>0.0</b>
Cumin Seed, ground	1 t	<b>0.1</b>
Curry Powder	1 T	<b>0.0</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>1.6</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>
Horseradish, prepared	1 t	<b>0.4</b>
Italian Seasoning	1 T	<b>0.0</b>
Lawry's Seasoned Salt	1 t	<b>0.0</b>
Lemon Peel, fresh, grated	1 T	<b>0.3</b>
Lemon-Pepper Seasoning	1 t	<b>0.0</b>
Liquid Smoke	1 T	<b>0.0</b>
Marmite Yeast Extract	1 T	<b>0.8</b>
Miso Paste		
Mellow Brown	1 T	<b>3.0</b>
Mellow Red	1 T	<b>3.0</b>
Mellow White	1 T	<b>3.0</b>
Mrs. Dash	1 t	<b>0.0</b>
Mustard		
Chinese	1 t	<b>0.2</b>
Dijon	1 t	<b>1.0</b>
Honey	1 t	<b>1.0</b>
Powder	1 t	<b>0.4</b>
Spicy Brown	1 t	<b>0.0</b>
Yellow	1 t	<b>0.1</b>
Nutmeg, ground	1/2 t	<b>0.3</b>

## CONDIMENTS & SEASONINGS *continued*

	Amount	Net Carbs
Onion, minced, dried	1 T	3.7
Orange Peel, grated, fresh	1/2 t	0.4
Oregano, dried	1 T	0.8
Paprika	1 T	1.3
Parsley, fresh, chopped	1 T	0.1
Pepper, black, ground	1 t	0.9
Pepper, red, crushed	1 t	0.5
Pickle Spear, Dill or Kosher	1 ea	0.5
Pickle, Dill, whole, 4-inch	1 ea	2.0
Pickle Relish	1 T	3.3
Pickle, Sweet, Midget	1 ea	1.2
Pimento (Roasted Red Pepper)	1 oz	0.9
Poultry Seasoning	1 t	0.8
Pumpkin Pie Spice Mix	1 t	0.9
Rosemary, dried	1 T	0.8
Sage, ground	1 t	0.1
Salt	1 t	0.0
Spike Seasoning, Original	1 t	0.0
Tahini (Sesame Paste)	2 T	5.0
Thai Chile Paste	1 T	0.0
Thyme, dried	1 T	0.8
Wasabi Paste	1 t	2.0
Wasabi, powdered	1 t	1.5

## DAIRY, EGGS & DAIRY SUBSTITUTES

	Amount	Net Carbs
<b>Butter &amp; Margarine</b>		
Ghee	1 t	0.0
Stick Butter	1 C	0.1
Stick Butter	1 T	0.0
Stick Margarine	1 T	0.1
Whipped Butter	1 C	0.1
Whipped Butter	1 T	0.0
Whipped Margarine	1 T	0.0
<b>Cheese</b>		
American	1 sl	1.5
Asiago	1 oz	0.5
Appenzeller	1 oz	0.0
Blue Cheese, crumbled	2 T	0.4
Boursin, Garden Herb	2 T	1.0
Brie	1 oz	0.1
Camembert	1 oz	0.1
Cheddar	1 oz	0.4
Cheez Whiz	2 T	5.6
Colby	1 oz	0.7
Cottage Cheese		
Curds, 2% fat	1/2 C	4.1
Creamed, 4% fat	1/2 C	6.0
Low-Fat, Chive	1/2 C	5.0
Cream Cheese, Brick		
Fat Free	2 T	2.2
Neufchatel	2 T	1.0
Original	2 T	1.2
Cream Cheese, Soft		
Blueberry	2 T	4.4
Chive & Onion	2 T	2.0
Garden Vegetable	2 T	2.1
Regular	2 T	2.0

	Amount	Net Carbs
Strawberry	2 T	4.4
Sundried Tomato & Basil	2 T	2.0
Cream Cheese, Whipped		
Chive & Onion	2 T	1.8
Original	2 T	0.8
Edam	1 oz	0.4
Emmentaler	1 oz	0.0
Feta	1 oz	1.2
Fontina	1 oz	0.4
Goat, Aged	1 oz	0.6
Goat, Soft (Chèvre)	1 oz	0.3
Gorgonzola	1 oz	1.1
Gouda	1 oz	0.6
Gruyère	1 oz	0.1
Havarti	1 oz	0.0
Jarlsberg	1 oz	1.2
Laughing Cow	1 wedge	1.0
Limburger	1 oz	0.1
Manchego	1 oz	0.0
Mascarpone	1 oz	0.0
Maytag Blue	1 oz	0.6
Monterey Jack	1 oz	0.2
Mozzarella		
Fresh Balls	1 oz	0.0
Part Skim	1 oz	0.8
Smoked	1 oz	0.0
Whole Milk	1 oz	0.6
Muenster	1 oz	0.3
Paneer	1 oz	1.0
Parmesan, chunk	1 oz	0.9
Parmesan, grated	1 T	0.2
Parmigiano-Reggiano, grated	1 T	0.0
Port Wine Spread	2 T	3.0
Provolone	1 oz	0.6
Queso Blanco	1 oz	0.0
Queso Fresco	1 oz	1.5

	Amount	Net Carbs
Raclette	1 oz	0.0
Ricotta, Part Skim	1/4 C	3.2
Ricotta, Whole Milk	1/4 C	1.9
Roquefort	1 oz	0.6
Romano, chunk	1 oz	1.0
Romano, grated	1 T	0.0
Stilton	1 oz	0.0
String	1 oz	1.0
Swiss	1 oz	1.5
Velveeta	1 oz	2.8
<b>Cream &amp; Creamers</b>		
<b>Coffee-mate</b>		
Original, powder	1 t	1.0
Original, liquid	1 T	2.0
Fat-Free Hazelnut, liquid	1 T	5.0
Natural Bliss Vanilla, liquid	1 T	5.0
Sugar-Free French Vanilla, liquid	1 T	2.0
Condensed Milk, Sweetened, canned	1 T	20.8
<b>Cream</b>		
Heavy, liquid	1 T	0.4
Heavy, whipped	1 T	0.2
Light	1 T	0.6
Half-and-Half	1 T	0.3
<b>International Delight</b>		
Amaretto, Low Fat	1 T	7.0
French Vanilla	1 T	6.0
<b>Califia Farms</b>		
Unsweetened Almond Milk Creamer	1 T	0.0
Hazelnut Almond Milk Creamer	2 T	2.0
Silk Soymilk "Creamer," Original, Unsweetened	1 T	1.0

**DAIRY, EGGS  
& DAIRY SUBSTITUTES continued**

	Amount	Net Carbs
So Delicious Coconut Milk "Creamer," Original, Unsweetened	1 T	1.0
Sour cream		
Light	1 C	17.6
Regular	2 T	0.7
Regular	1 C	5.5
<b>Eggs</b>		
Raw	1 ea	0.4
Raw, White only	1 ea	0.2
Fried	1 ea	0.4
Poached/Boiled	1 ea	0.4
Scrambled, w/ Milk	1 ea	1.0
Scrambled Egg Substitute (from frozen)	1/4 C	2.0
<b>Milk</b>		
Buttermilk		
Cultured from 1% Fat (Skim) Milk	1 C	13.0
Cultured from Reduced Fat Milk	1 C	13.0
Chocolate Flavored, 2%	1 C	28.6
Evaporated, 2% Nonfat	2 T	3.0
Evaporated, Whole	2 T	3.2
Nonfat/Skim	1 C	12.2
Reduced Fat 2%	1 C	11.7
Strawberry Flavored, 2%	1 C	31.0
Whole	1 C	11.7

	Amount	Net Carbs
<b>Milk Substitutes</b>		
Almond Milk		
Chocolate Flavored	1 C	17.8
Plain	1 C	7.3
Plain, Unsweetened	1 C	1.0
Vanilla, Unsweetened	1 C	1.0
Coconut Milk Beverage		
Chocolate Flavored	1 C	11.0
Plain	1 C	7.0
Plain, Unsweetened	1 C	1.0
Rice Milk,		
Plain	1 C	25.0
Vanilla	1 C	28.0
Soy Milk		
Chocolate Flavored	1 C	21.7
Plain	1 C	10.0
Plain, Unsweetened	1 C	2.0
<b>Yogurt &amp; Kefir</b>		
Chobani Greek Yogurt		
Nonfat Plain	5.3 oz	6.0
Nonfat Lemon & Cream	5.3 oz	17.0
Nonfat Vanilla	5.3 oz	15.0
Fage Total Classic		
Whole Milk Greek Yogurt, Plain, Unsweetened	7 oz	6.0
Lifeway Kefir		
Original, Plain	1 C	12.0
Lowfat Strawberry	1 C	20.0
Oikos Whole Milk Greek Yogurt		
Plain, Unsweetened	1 C	9.0
So Delicious Coconut Original Yogurt Alternative, Plain	1 C	22.0
Yogurt, Whole Milk, Plain, Unsweetened	1 C	11.5

**DESSERTS**

	Amount	Net Carbs
<b>Cheesecake</b>		
Cheesecake Factory		
Low Carb	1/2 piece	15.5
Junior's Sugar Free		
Low-Carb, Plain	1 serv	3.2
<b>Gelatin</b>		
Gelatin Mix, Sugar Free, all flavors	1 serv	0.0
Jell-O Snacks, Sugar Free, all flavors	1 ea	0.0
Knox MixChief		
Unflavored Gelatin	1.8 g	0.0
Ready to Eat Gelatin, Sugar Free	1 ea	0.0
SmartGels Sugar Free, all flavors	1 ea	1.0
Snack Pack Sugar Free Juicy Gels, all flavors	1 ea	0.5
<b>Ice Cream</b>		
Breyer's Carb Smart		
Chocolate	1/2 C	7.0
French Vanilla	1/2 C	7.0
Breyer's, No Sugar Added		
Butter Pecan	1/2 C	7.0
French Vanilla	1/2 C	7.0
Vanilla, Chocolate, & Strawberry	1/2 C	7.0
Caramel Swirl	1/2 C	8.0

	Amount	Net Carbs
Dreyer's/Edy's Slow Churned, No Sugar Added		
Butter Pecan	1/2 C	11.0
Neapolitan	1/2 C	9.0
Triple Chocolate	1/2 C	12.0
Vanilla Bean	1/2 C	8.0
Fudge Tracks	1/2 C	9.0
<b>Frozen Treats</b>		
Breyer's Carb Smart		
Fudge Bar	1 ea	5.5
Almond Ice Cream Bar	1 ea	8.5
Vanilla Ice Cream Bar, Chocolate Coated	1 ea	9.0
Creamsicle No Sugar Added		
Cream Pops	1 ea	1.5
Fudgsicle, No Sugar Added		
Fudge Pops	1 ea	4.5
Klondike No Sugar Added		
Vanilla Bar	1 ea	16.0
Outshine Snacks, No Sugar Added, all flavors	1 ea	4.5
Popsicle Sugar Free, all flavors	1 ea	2.0
Sherbet, No Sugar Added, Lemon, Lime or Orange	1/2 C	18.0

**DESSERTS continued**

	Amount	Net Carbs
<b>Nondairy Frozen Treats</b>		
So Delicious Coconut Milk		
"Ice Cream" No Sugar Added		
Chocolate	1/2 C	4.0
Vanilla Bean	1/2 C	4.0
Mini Fudge Bar	1 ea	2.0
Mini Vanilla Bar	1 ea	6.0
Tofutti No Sugar Added		
Fudge Treats	1 ea	2.0
Hooray Hooray Bars	1 ea	1.0
<b>Puddings and Pies</b>		
Fifty50 Graham Cracker		
Crust, sugar free	1/8 crust	12.0
Jell-O Sugar-Free Pudding		
Singles, Mix, all flavors	1 ea	6.0
Snacks, Chocolate	3.8 oz	6.0
<b>Syrups and Toppings</b>		
Da Vinci Gourmet Sugar		
Free, all flavors	2 T	0.0
Hershey Sugar Free		
Chocolate	2 T	0.0
Strawberry	2 T	0.0
Smucker's Sugar Free		
Caramel	2 T	0.0
Chocolate	2 T	0.0
Torani Sugar Free,		
All flavors	2 T	0.0
U-Bet Sugar Free		
Chocolate Syrup	2 T	4.0

	Amount	Net Carbs
Walden Farms Sugar Free		
Marshmallow Dip	2 T	0.0
Caramel Syrup	2 T	0.0
Chocolate Syrup	2 T	0.0
<b>Whipped Toppings</b>		
Cool Whip, Sugar Free	2 T	3.0
Cool Whip Lite	2 T	3.0
Cool Whip Regular	2 T	2.0
Hood Sugar Free		
Light Whipped Cream	2 T	1.0
Reddi-wip Real Cream		
Chocolate	2 T	1.0
Original	2 T	1.0

**FISH & SHELLFISH**

	Amount	Net Carbs
<b>Fish</b>		
Anchovies		
Canned in Oil	6 oz	0.0
Fresh	6 oz	0.0
Bass, all varieties	6 oz	0.0
Blackfish (Taurog)	6 oz	0.0
Bluefish	6 oz	0.0
Butterfish	6 oz	0.0
Carp	6 oz	0.0
Catfish	6 oz	0.0
Cod, fresh	6 oz	0.0
Cod, dried, salted	3 oz	0.0
Eel	6 oz	0.0
Flounder	6 oz	0.0
Fish Sticks	6 pieces	33.2
Gefilte Fish	1 piece	2.0
Grouper	6 oz	0.0
Haddock (Scrod)		
Fresh	6 oz	0.0
Smoked/Finnan Haddie	6 oz	0.0
Halibut	6 oz	0.0
Herring		
Cured	2 oz	0.0
Fresh	6 oz	0.0
In Sour Cream	1/4 C	5.0
Pickled	1/4 C	3.4
John Dory (St. Peter's Fish)	6 oz	0.0
Kingfish (King Mackerel)	6 oz	0.0
Mackerel	6 oz	0.0

	Amount	Net Carbs
Mahi-mahi	6 oz	0.0
Monk Fish	6 oz	0.0
Orange Roughy	6 oz	0.0
Perch	6 oz	0.0
Pike, Wall-Eyed & Yellow	6 oz	0.0
Sablefish (Black Cod)	6 oz	0.0
Salmon		
Canned	6 oz	0.0
Fresh	6 oz	0.0
Lox/Smoked	6 oz	0.0
Sardines, Canned		
In Mustard Sauce	6 oz	0.0
In Tomato Sauce	6 oz	0.8
In Oil	6 oz	0.0
Shark, Blue & Mako	6 oz	0.0
Snapper/Red Snapper	6 oz	0.0
Sole	6 oz	0.0
Swordfish	6 oz	0.0
Tilapia	6 oz	0.0
Tile Fish	6 oz	0.0
Trout, all varieties	6 oz	0.0
Tuna, canned	6 oz	0.0
Tuna, Deli Salad	6 oz	16.0
Tuna, fresh	6 oz	0.0
Turbot	6 oz	0.0
Whitefish		
Fresh	6 oz	0.0
Smoked	6 oz	0.0
Salad	4 T	3.0

**FISH & SHELLFISH continued**

	Amount	Net Carbs
<b>Shellfish</b>		
<b>Clams</b>		
Canned, drained	2 oz	<b>3.3</b>
Deep-Fried	2 oz	<b>5.9</b>
Fresh, cooked	2 oz	<b>2.9</b>
Raw	2 oz	<b>2.0</b>
Stuffed	2 lg	<b>12.0</b>
<b>Crab</b>		
Cake	6 oz	<b>0.8</b>
Cooked	6 oz	<b>0.0</b>
Crabmeat,		
Canned, drained	6 oz	<b>0.0</b>
Soft Shell, fried	1 med	<b>10.5</b>
Surimi ("Sea Legs")	6 oz	<b>24.7</b>
Crawfish	6 oz	<b>0.0</b>
<b>Lobster</b>		
Broiled, unstuffed	1 ea	<b>1.5</b>
Canned	6 oz	<b>2.2</b>
Steamed	6 oz	<b>1.5</b>
Tail, frozen	8 oz	<b>1.3</b>
<b>Mussels</b>		
Canned	2 oz	<b>4.0</b>
Canned, in Tomato Sauce	2 oz	<b>4.8</b>
Smoked, Canned in Oil	2 oz	<b>2.5</b>
Stewed/Steamed	2 oz	<b>4.2</b>
<b>Octopus (Calamari)</b>		
Baked or Broiled	4 oz	<b>4.3</b>
Deep-Fried	4 oz	<b>9.9</b>
Pan-Fried	4 oz	<b>3.3</b>

**FRUIT**

	Amount	Net Carbs
<b>FRUIT</b>		
Acerola	1/2 C	<b>3.2</b>
<b>Apples</b>		
Cameo	1/2 med	<b>8.5</b>
Chips	1 oz	<b>18.1</b>
Dried Rings, Sulfured	5 ea	<b>18.3</b>
Freeze-Dried	1 oz	<b>23.0</b>
Fuji	1/2 med	<b>7.9</b>
Gala	1/2 med	<b>7.9</b>
Golden Delicious	1/2 med	<b>7.9</b>
Granny Smith	1/2 med	<b>7.9</b>
Honeycrisp	1/2 med	<b>7.9</b>
Red Delicious	1/2 med	<b>7.9</b>
Sauce, sweetened	1/2 C	<b>23.8</b>
Sauce	1/2 C	<b>12.4</b>
<b>Apricots</b>		
Canned		
In Heavy Syrup	3 halves	<b>23.8</b>
In Juice	3 halves	<b>11.6</b>
Dried	6 halves	<b>11.6</b>
Fresh	3 med	<b>9.6</b>
<b>Avocado (See page 47)</b>		
<b>Bananas</b>		
Chips	1 oz	<b>14.4</b>
Freeze-Dried	1 oz	<b>23.0</b>
Fresh	1 sm	<b>20.4</b>
<b>Blackberries</b>		
Canned in Heavy Syrup	1/2 C	<b>25.2</b>
Fresh	1/2 C	<b>3.3</b>
Frozen	1/2 C	<b>8.1</b>
Frozen, sweetened	1/2 C	<b>10.3</b>
<b>Blueberries</b>		
Canned in Light Syrup	1/2 C	<b>24.5</b>
Dried	2 T	<b>14.5</b>
Fresh	1/2 C	<b>9.0</b>
Frozen	1/2 C	<b>7.3</b>
Frozen, sweetened	4 oz	<b>22.4</b>
<b>Boysenberries</b>		
Canned in Heavy Syrup	1/2 C	<b>25.2</b>
Fresh	1/2 C	<b>3.1</b>
Frozen	1/2 C	<b>4.6</b>
<b>Carambola (Star Fruit), sliced</b>		
(Star Fruit), sliced	1/2 C	<b>2.1</b>
<b>Cherimoya</b>		
Cherimoya	1/2 C	<b>11.8</b>
<b>Cherries, Sour</b>		
Canned in water	1/2 C	<b>9.6</b>
Fresh	1/2 C	<b>8.2</b>
<b>Cherries, Sweet</b>		
Canned in water	1/2 C	<b>12.7</b>
Dried	2 T	<b>11.5</b>
Fresh	1/2 C	<b>10.7</b>
Frozen	1/2 C	<b>7.3</b>
<b>Clementine</b>		
Clementine	1 med	<b>7.6</b>
<b>Coconut, fresh, shredded</b>		
Coconut, fresh, shredded	1/2 C	<b>2.5</b>
<b>Cranberries</b>		
Dried	2 T	<b>5.8</b>
Freeze-Dried	1/2 oz	<b>12.1</b>
Fresh	1/2 C	<b>3.8</b>
Sauce, Jellied	2 T	<b>13.1</b>
Sauce, Whole Berries	2 T	<b>12.5</b>
<b>Currants</b>		
Dried	2 T	<b>12.1</b>
Fresh	1/2 C	<b>5.3</b>

**FRUIT continued**

	Amount	Net Carbs
Dates		
Dried	1 oz	<b>20.9</b>
Fresh	3 ea	<b>15.8</b>
Figs		
Canned in water	1 sm	<b>3.2</b>
Dried	1 sm	<b>4.5</b>
Fresh	1 sm	<b>6.5</b>
Fruit Cocktail		
Canned in light syrup	1/2 C	<b>16.9</b>
Canned in water	1/2 C	<b>8.9</b>
Mixed Fruits, frozen	4 oz	<b>10.5</b>
Gooseberries	1/2 C	<b>7.8</b>
Grapefruit		
Fresh, Red/White Sections,	1/2 med	<b>8.9</b>
Canned in juice	1/2 C	<b>10.7</b>
Grapes		
Green, Seedless	1/2 C	<b>13.0</b>
Purple, Concord	1/2 C	<b>7.5</b>
Red, Seedless	1/2 C	<b>13.0</b>
Guava		
Fresh, pieces	1/2 C	<b>7.4</b>
Paste	2 T	<b>12.9</b>
Huckleberries	4 oz	<b>9.9</b>
Kiwi Fruit	1 ea	<b>8.1</b>
Kumquat	4 ea	<b>7.1</b>
Lemon Juice	2 T	<b>2.0</b>
Lime Juice	2 T	<b>2.4</b>
Loganberries		
Fresh	1/2 C	<b>5.8</b>
Frozen	1/2 C	<b>5.7</b>
Loquats		
Fresh	10 med	<b>16.7</b>
Fresh, cubed	1/2 C	<b>7.8</b>
Lychees		
Fresh, whole	10 ea	<b>14.5</b>
Canned in water	10 ea	<b>14.6</b>
Mango		
Dried	1 piece	<b>9.5</b>
Freeze-Dried	1 piece	<b>21.0</b>
Fresh, pieces	1/2 C	<b>11.1</b>
Frozen	1/2 C	<b>14.0</b>
Melon		
Cantaloupe Cubes	1/2 C	<b>5.9</b>
Cantaloupe Slice	1/8 med	<b>5.1</b>
Crenshaw Balls	1/2 C	<b>4.6</b>
Honeydew Balls	1/2 C	<b>7.3</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>22.0</b>
Oranges		
Blood	1 med	<b>13.0</b>
Florida	1 med	<b>12.9</b>
Mandarin,		
Canned in juice	1/2 C	<b>11.0</b>
Navel	1 ea	<b>14.5</b>
Valencia	1 med	<b>11.4</b>
Papaya		
Canned in syrup	1/2 C	<b>12.1</b>

**FRUIT continued**

	Amount	Net Carbs
Dried	1 strip	<b>12.2</b>
Fresh	1/2 small	<b>7.2</b>
Fresh, pieces	1/2 C	<b>6.6</b>
Frozen, pieces	1/2 C	<b>4.4</b>
Passion Fruit (Maracuya),		
Pieces	1/4 C	<b>7.7</b>
Peaches		
Dried	2 halves	<b>13.8</b>
Fresh	1 sm	<b>10.5</b>
Frozen, sliced	1/2 C	<b>6.0</b>
Halves, canned		
in light syrup	1 half	<b>13.0</b>
Halves, canned		
in water	1 half	<b>4.7</b>
Pears		
Anjou	1 med	<b>21.0</b>
Asian	1 med	<b>8.6</b>
Bartlett	1 med	<b>20.6</b>
Bosc	1 med	<b>21.0</b>
Dried	1 half	<b>11.2</b>
Halves, canned		
in light syrup	1 half	<b>10.3</b>
Halves,		
Canned in water	1 half	<b>4.7</b>
Japanese, fresh	1 ea	<b>20.0</b>
Persimmon	1/2 small	<b>4.1</b>
Pineapple, canned		
In water, chunks	1/2 C	<b>9.2</b>
In water, sliced	2 sl	<b>7.1</b>
In light syrup, chunks	1/2 C	<b>15.9</b>
In light syrup, sliced	2 sl	<b>12.1</b>
Pineapple		
Dried	1/4 C	<b>25.0</b>
Fresh, chunks	1/2 C	<b>9.7</b>
Plantains		
Chips	1 oz	<b>14.4</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	1/4 C	<b>6.4</b>
Prickly Pear (Cactus Pear),		
fresh	1 ea	<b>6.2</b>
Quince	1 quarter	<b>3.1</b>
Raisins		
Golden	1 T	<b>6.8</b>
Seedless	1 T	<b>6.8</b>
Raspberries		
Black, fresh	1/2 C	<b>3.7</b>
Black, frozen	2 oz	<b>8.5</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>4.4</b>
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>

**FRUIT continued**

	Amount	Net Carbs
Strawberries		
Dried	1/4 C	15.5
Fresh, whole	5 large	5.1
Fresh, sliced	1/2 C	4.7
Freeze-Dried	1 oz	21.3
Frozen, whole, sweetened	1/2 C	24.4
Frozen, sliced	1/2 C	5.2
Tangerine	1 small	8.8
Tangelo	1 med	12.0
Ugli Fruit	1 half	9.0

**GRAINS, NOODLES & PASTA**

	Amount	Net Carbs
<b>Grains</b>		
Barley		
Hulled, dry	1/4 C	25.8
Pearl, cooked	1/2 C	19.2
Buckwheat Groats (Kasha), cooked	1/2 C	14.5
Corn		
Grits, prepared w/ water	1/2 C	15.2
Hominy, canned	1/2 C	9.7
Masa, dry	2 T	10.0
Meal, Yellow, dry	2 T	10.6
Polenta, dry	2 T	12.5
Couscous		
Cooked	1/2 C	17.1
Dry	1/4 C	31.3
Whole Wheat, dry	1/4 C	31.0
Millet, cooked	1/2 C	19.5
Quinoa, cooked	1/4 C	8.6
Rice		
Basmati, cooked	1/2 C	24.0
Basmati, dry	1/4 C	35.0
Basmati, Brown, dry	1/4 C	21.2
Black Japonica, dry	1/4 C	34.4
Brown, Medium Grain, cooked	1/2 C	21.2
Instant, Long Grain		
White, dry	1/4 C	19.1
Jasmine, dry	1/4 C	36.0

	Amount	Net Carbs
Parboiled (Converted),		
White, Long Grain, dry	1/4 C	37.0
Red, Long Grain, dry	1/4 C	34.0
Short Grain/Arborio/Risotto, dry	1/4 C	42.5
Sushi, dry	1/4 C	36.5
Texmati, dry	1/4 C	29.0
White, Long Grain, cooked	1/2 C	21.9
Wild, cooked	1/2 C	16.0
Rye Berries, dry	1/4 C	27.6
Teff, cooked	1/2 C	21.5
Wheat		
Berries, dry	1/4 C	27.0
Bulgur, cooked	1/2 C	12.8
Cracked, dry	1/4 C	24.0

**Noodles & Pasta**

	Amount	Net Carbs
<b>Noodles</b>		
Buckwheat, dry	1 oz	16.5
Egg, cooked	1/2 C	19.2
Rice (Maifun), dry	1 oz	24.4
Soba, dry	1 oz	17.9
Somen, cooked	1/2 C	23.4
Thai Rice, dry	1 oz	22.3
Udon, dry	1 oz	18.0
Udon, Spelt, dry	1 oz	19.1
<b>Pasta</b>		
Macaroni, Protein		
Enriched, cooked	1/2 C	20.3

	Amount	Net Carbs
Macaroni, Protein		
Enriched, dry	1/4 C	15.2
Quinoa, dry	1 oz	16.2
Rice, cooked	1/2 C	21.0
Semolina, Fettuccini, dry	1 oz	21.3
Semolina,		
Rigatoni, cooked	1/2 C	20.2
Semolina, Rigatoni, dry	1 oz	19.7
Spelt, Whole Grain, Elbows, dry	1 oz	17.4
Spinach,		
Spaghetti, cooked	1/2 C	15.5
Whole Wheat,		
Macaroni, cooked	1/2 C	16.6
Whole Wheat,		
Spaghetti, cooked	1/2 C	15.4

**Rice & Grain Dishes**

Casbah Couscous Roasted		
Garlic & Olive Oil, dry	1/4 C	30.0
Casbah Rice Pilaf, dry	1/4 C	31.0
Casbah Spanish Pilaf, dry	1/4 C	30.0
Knorr Rice Sides		
Rice Pilaf, cooked	1 C	46.0
Cheddar Broccoli, cooked	1 C	43.0
Fiesta Rice, cooked	1 C	45.0
Near East Mediterranean Gourmet		
Quinoa Blend, Mediterranean		
Medley, dry	2 oz	43.0
Taboule Mix, dry	1 oz	16.0



## LEGUMES

	Amount	Net Carbs
<b>Adzuki Beans</b>		
Canned/cooked	1/4 C	<b>10.1</b>
Dry	1/4 C	<b>21.0</b>
<b>Baked Beans</b>		
Vegetarian	1/2 C	<b>21.6</b>
With Pork	1/2 C	<b>18.3</b>
<b>Bean Dips (see Snacks)</b>		
Canned w/ Pork & Tomato Sauce	1/2 C	<b>18.1</b>
<b>Black/Turtle Beans</b>		
Cooked/canned	1/4 C	<b>6.5</b>
Dry	1/4 C	<b>8.0</b>
Refried	1/4 C	<b>7.0</b>
<b>Black-Eyed Peas</b>		
Cooked/canned	1/4 C	<b>6.2</b>
Dry	1/4 C	<b>13.0</b>
Frozen	1/4 C	<b>8.1</b>
<b>Butter Beans</b>		
Canned	1/4 C	<b>6.5</b>
Dry	1/4 C	<b>10.0</b>
<b>Cannellini Beans</b>		
Cooked/canned	1/4 C	<b>7.0</b>
Dry	1/4 C	<b>19.0</b>
<b>Chickpeas/Garbanzos</b>		
Cooked/canned	1/4 C	<b>10.9</b>
Dry	1/4 C	<b>15.0</b>
Falafel Patty	2 oz	<b>18.1</b>
Hummus (see Snacks)		
<b>Cranberry/Roman</b>		
Cooked/canned	1/4 C	<b>5.7</b>
Dry	1/4 C	<b>11.0</b>

	Amount	Net Carbs
<b>Fava Beans</b>		
Cooked/canned	1/4 C	<b>5.6</b>
Dry	1/4 C	<b>13.0</b>
<b>Great Northern</b>		
Cooked/canned	1/4 C	<b>10.6</b>
Dry	1/4 C	<b>11.0</b>
<b>Kidney Beans</b>		
Cooked/canned	1/4 C	<b>5.9</b>
Dry	1/4 C	<b>8.0</b>
<b>Lentils</b>		
Black, cooked/canned	1/4 C	<b>4.0</b>
Brown, cooked/canned	1/4 C	<b>4.0</b>
Green, dry	1/4 C	<b>18.0</b>
Red, dry	1/4 C	<b>20.0</b>
<b>Lima Beans</b>		
Canned, Seasoned w/ Pork	1/2 C	<b>17.0</b>
Large, cooked/canned	1/4 C	<b>6.1</b>
Large, dry	1/4 C	<b>19.5</b>
Small, dry	1/4 C	<b>8.0</b>
Small, cooked/canned	1/4 C	<b>6.1</b>
<b>Navy Beans</b>		
Cooked/canned	1/4 C	<b>10.1</b>
Dry	1/4 C	<b>18.9</b>
<b>Peas, Split</b>		
Green, cooked/canned	1/4 C	<b>6.3</b>
Green, dry	1/4 C	<b>17.2</b>
Red, cooked/canned	1/4 C	<b>5.1</b>
Yellow, dry	1/4 C	<b>15.0</b>
<b>Pigeon</b>		
Cooked/canned	1/4 C	<b>7.0</b>
Dry	1/4 C	<b>24.5</b>

	Amount	Net Carbs
<b>Pink</b>		
Cooked/canned	1/4 C	<b>9.6</b>
Dry	1/4 C	<b>8.0</b>
<b>Pinto</b>		
Cooked/canned	1/4 C	<b>6.4</b>
Dry	1/4 C	<b>22.5</b>
Refried	1/4 C	<b>6.1</b>
<b>Soybeans (also see Nuts &amp; Seeds)</b>		
Black, canned	1/2 C	<b>1.0</b>
Green (Edamame), shelled	1/2 C	<b>3.0</b>
White, canned	1/4 C	<b>4.0</b>
White, dry	1/4 C	<b>7.0</b>
<b>Prepared Dishes</b>		
Amy's Soups, Curried Lentil	1 C	<b>19.0</b>
Tasty Bite, Madras Lentils	1/2 pkg	<b>12.0</b>
Chana Masala	1/2 pkg	<b>18.0</b>

## NUTS & SEEDS

	Amount	Net Carbs
<b>Almonds</b>		
Butter	2 T	<b>2.7</b>
Meal/Flour	1/2 C	<b>6.0</b>
Paste	1 oz	<b>12.2</b>
Slivered, blanched	2 T	<b>1.3</b>
Whole, raw	24	<b>2.7</b>
Whole, roasted	24	<b>2.2</b>
<b>Brazil Nuts</b>		
Raw	6 ea	<b>1.4</b>
Roasted	6 ea	<b>1.4</b>
<b>Cashews</b>		
Butter	2 T	<b>8.2</b>
Whole, raw	2 T	<b>7.6</b>
Whole, roasted	2 T	<b>5.1</b>
<b>Chestnuts</b>		
Peeled, dried	1 oz	<b>22.2</b>
Raw	1 oz	<b>10.6</b>
Steamed or roasted	6 ea	<b>24.1</b>
<b>Chia Seeds</b>	2 T	<b>1.3</b>
<b>Coconut</b>		
Baker's Moist-Packed, Angel Flaked	2 T	<b>6.0</b>
Dried, grated	2 T	<b>0.7</b>
Dried, grated, sweetened	2 T	<b>4.5</b>
Fresh, grated	2 T	<b>0.6</b>
Meal/Flour	1/4 C	<b>6.0</b>
<b>Flaxseeds</b>		
Meal	1/2 C	<b>0.9</b>
Whole	2 T	<b>0.3</b>

## NUTS & SEEDS continued

	Amount	Net Carbs		Amount	Net Carbs
Hazelnuts (Filberts)			Raw	2 T	1.4
Butter	2 T	2.0	Pecans		
Meal/Flour	1/4 C	2.0	Butter	1 oz	1.1
Nutella	2 T	21.0	Raw	10 ea	0.6
Raw	12 ea	1.2	Roasted	1 oz	1.2
Roasted	2 T	2.3	Pine Nuts (Pignoli/Pignon)		
Hemp Seeds			Raw	2 T	1.6
Butter	2 T	6.0	Roasted	2 T	1.3
Meal/Flour	2 T	0.0	Pistachios		
Seeds	2 T	3.3	Butter	2 T	6.0
Macadamia Nuts			Hulled, raw	2 T	3.0
Butter	2 T	2.0	Hulled, roasted, salted	2 T	3.0
Raw or roasted	10 ea	1.4	Pumpkin Seeds (Pepitas)		
Mixed Nuts			Butter	2 T	3.0
Dry roasted	2 T	2.8	Hulled, raw	2 T	0.8
Oil roasted	2 T	2.0	Hulled, roasted	2 T	1.2
Peanut Butter			Sesame Seeds		
Adams Natural			Black, roasted	2 T	2.0
Creamy or Crunchy	2 T	4.0	Butter/Tahini	2 T	5.0
Jif			Halvah	1.5 oz	14.0
Creamy or Crunchy	2 T	6.0	Meal	4 oz	29.5
Simply Peanut Butter,			White, raw	2 T	2.1
Creamy	2 T	4.0	Soy "Nuts"		
Peter Pan			Butter	2 T	1.0
Creamy or Crunchy	2 T	4.0	Roasted	2 T	3.0
Honey	2 T	8.0	Sunflower Seeds		
Smucker's Natural,			Butter	2 T	5.6
Chunky or Creamy	2 T	4.0	Hulled, raw	2 T	2.0
Peanuts			Hulled, roasted	2 T	1.5
Dry roasted	2 T	3.8	Walnuts		
Meal/Flour	1/2 C	4.6	Butter	2 T	2.0
Oil roasted	2 T	1.1	Halves, raw or roasted	12 ea	1.7
			Meal	1/2 C	2.8

## OILS, FATS, VINEGAR & SALAD DRESSINGS

	Amount	Net Carbs		Amount	Net Carbs
			Spectrum		
			Organic Olive Oil Mayo	1 T	1.0
			Canola Oil	1 T	0.0
<b>Fats</b>			<b>Oils</b>		
Butter, Stick or Whipped	1 T	0.0	Canola	1 T	0.0
Butter/Margarine Blend	1 T	0.0	Coconut	1 T	0.0
Ghee	1 T	0.0	Corn	1 T	0.0
Lard	1 T	0.0	Flaxseed	1 T	0.0
Margarine, Stick	1 T	0.1	Grape Seed	1 T	0.0
Margarine, Whipped	1 T	0.2	Hemp Seed	1 T	0.0
Suet	1 T	0.0	Macadamia	1 T	0.0
Vegetable Shortening			Olive	1 T	0.0
Crisco	1 T	0.0	Peanut	1 T	0.0
Hulled, raw	1 T	0.0	Safflower, High Oleic	1 T	0.0
Spectrum	1 T	0.0	Sesame, Light	1 T	0.0
Wesson	1 T	0.0	Sesame, Toasted/Dark	1 T	0.0
			Smart Balance	1 T	0.0
<b>Mayonnaise &amp; Spreads</b>			Sunflower	1 T	0.0
Bestfoods/Hellman's			Vegetable	1 T	0.0
Canola Oil	1 T	0.0	Walnut	1 T	0.0
Light	1 T	1.0	<b>Oil Cooking Spray</b>		
Original	1 T	0.0	Canola Oil		0.0
With Olive Oil	1 T	0.0	Coconut Oil		0.0
Kraft			Olive Oil		0.0
Original	1 T	0.0	Pam		0.0
Light	1 T	1.3	<b>Salad Dressings</b>		
Reduced Fat w/Olive Oil	1 T	1.0	Annie's Naturals		
Miracle Whip			Balsamic Vinaigrette	2 T	2.0
Original	1 T	2.0	Cowgirl Ranch	2 T	4.0
Light	1 T	2.3			
Smart Balance, Omega Plus	1 T	2.0			

## OILS, FATS, VINEGAR & SALAD DRESSINGS *continued*

	Amount	Net Carbs
Caesar	2 T	2.0
Green Goodness	2 T	1.0
Tuscany Italian	2 T	2.0
<b>Bolthouse Farms Yogurt Dressings</b>		
Cilantro Avocado	2 T	1.0
Creamy Caesar	2 T	4.0
Honey Mustard	2 T	6.0
<b>Drew's All Natural</b>		
Greek Olive	2 T	0.0
Tahini Goddess	1 T	1.0
Roasted Garlic & Peppercorn	1 T	0.5
Shiitake Ginger	1 T	0.0
<b>Kraft</b>		
Creamy Italian	2 T	2.0
Peppercorn Ranch	2 T	2.0
Thousand Island	2 T	4.0
Tuscan House Italian	2 T	3.0
<b>Maple Grove Farms Sugar Free</b>		
Balsamic Vinaigrette	2 T	1.0
Italian White Balsamic	2 T	<1.0
Raspberry Vinaigrette	2 T	1.0
<b>Marie's</b>		
All Natural Caesar	2 T	1.0
Blue Cheese w/ Bacon	2 T	1.0
Creamy Italian Garlic	2 T	1.0
Jalapeño Ranch	2 T	1.0
<b>Newman's Own</b>		
Creamy Caesar	2 T	1.0

	Amount	Net Carbs
Parmesan Roasted Garlic	2 T	2.0
<b>Walden Farms Sugar Free</b>		
Creamy Bacon	2 T	0.0
Italian	2 T	0.0
Ranch	2 T	0.0
Thousand Island	2 T	0.0
<b>Wish-Bone</b>		
Deluxe French	2 T	5.0
Thousand Island	2 T	5.0
<b>Vinegar</b>		
Balsamic	1 T	2.7
Champagne	1 T	1.0
Cider	1 T	0.0
Red Wine	1 T	0.0
Rice, Seasoned	1 T	6.0
Rice, Unsweetened	1 T	0.0
Sherry	1 T	0.9
Ume Plum	1 t	0.0
White	1 T	0.0
White Wine	1 T	1.5

## POULTRY

	Amount	Net Carbs
<b>Chicken</b>		
Breast	6 oz	0.0
Capon, Roast	6 oz	0.0
Drumstick	6 oz	0.0
Ground	6 oz	0.0
Leg	6 oz	0.0
Liver, Pan Fried	4 oz	1.3
Roast	6 oz	0.0
Rock Cornish Hen	8 oz	0.0
Thighs	6 oz	0.0
Wings	6 oz	0.0
<b>Deli &amp; Lunch Meats</b>		
"Bologna," sliced	2 sl	0.0
Breast, Roasted, sliced	2 sl	0.0
Salad	1 oz	5.0
<b>Precooked Products</b>		
Breaded Strips	6 oz	19.0
Buffalo Wings	3 ea	4.0
Burgers	1 ea	0.0
Carved Breast		
Grilled	1/2 C	1.0
Grilled, Italian Style	1/2 C	4.0
Meatballs	5 ea	0.8
Roasted	1/2 C	0.0
Roasted Garlic w/ White Wine	1/2 C	3.0
Roasted, Seasoned	6 oz	2.0
Popcorn Chicken	3 oz	13.0
<b>Sausages</b>		
"Hot Dog"	1 ea	0.0
Spicy Jalapeño	1 ea	0.0

	Amount	Net Carbs
Sweet Italian	1 link	1.0
With Apple	1 ea	2.0
With Roasted Garlic	1 ea	3.0
With Spinach & Feta	1 ea	1.0
With Sun-Dried Tomato	1 ea	2.0
<b>Duck</b>		
Breast	6 oz	0.0
Leg	6 oz	0.0
Roasted	6 oz	0.0
<b>Other Poultry</b>		
Goose, Roasted, unstuffed	6 oz	0.0
Ostrich Top Loin "Steak"	6 oz	0.0
Pheasant, Roasted, unstuffed	6 oz	0.0
<b>Turkey</b>		
"Bacon"	2 oz	1.8
"Bacon" Bits	1 T	0.0
Breast	6 oz	0.0
Drumsticks	6 oz	0.0
Ground	6 oz	0.0
"Hot Dog"	1 ea	0.0
Wings	6 oz	0.0
<b>Sausages</b>		
Breakfast Links	2 oz	0.9
Brown 'N Serve	3 ea	2.0
Kielbasa	3 oz	3.0
Patties	2 ea	1.0
Smoked	3 oz	2.7
Smoked, Hot	3 oz	3.2
Smoked, Italian	3 oz	3.2

**POULTRY continued**

	Amount	Net Carbs
<b>Deli &amp; Lunch Meats</b>		
"Bologna," sliced	2 sl	<b>0.0</b>
Breast		
Honey Roasted, sliced	4 oz	<b>4.0</b>
Roasted, sliced	3 sl	<b>0.8</b>
Smoked, sliced	3 sl	<b>0.8</b>
"Ham"	6 oz	<b>5.0</b>
"Pastrami"	6 oz	<b>3.0</b>
"Pepperoni"	6 oz	<b>6.4</b>
<b>Precooked Products</b>		
Burgers	1 ea	<b>0.0</b>
Carved Breast	1/2 C	<b>4.0</b>
Meatballs, Italian Style	4 ea	<b>5.0</b>

**SAUCES & MARINADES**

	Amount	Net Carbs
<b>Sauces</b>		
Alfredo Sauce		
Bertolli Reduced Fat	1/4 C	<b>2.0</b>
Prego	1/4 C	<b>3.0</b>
Newman's Own	1/4 C	<b>3.0</b>
Ragu Classic	1/4 C	<b>3.0</b>
Walden Farms	1/4 C	<b>0.0</b>
Barbecue Sauce		
Guy's Sugar Free	2 T	<b>2.0</b>
Simple Girl		
Carolina Kick	2 T	<b>1.0</b>
Southern Blend	2 T	<b>1.0</b>
Country Sweet	2 T	<b>2.0</b>
Trinity Hill		
Barbecue	2 T	<b>5.0</b>
Sweet Chili Sauce	2 T	<b>2.0</b>
Walden Farms		
Hickory Smoked	2 T	<b>0.0</b>
Thick & Spicy	2 T	<b>0.0</b>
Black Bean Sauce (Ka-Me)	1 T	<b>3.0</b>
Buffalo Chicken		
Sandwich Sauce (Beano's)	1 t	<b>0.0</b>
Chutney		
Bombay Coriander	1 T	<b>0.0</b>
Major Grey Mango	1 T	<b>12.0</b>
Silver Palate Mango	2 T	<b>15.0</b>
Cocktail/Seafood Sauce		
Heinz	1 T	<b>4.5</b>
Trinity Hill	1 T	<b>3.0</b>
Walden Farms	1 T	<b>0.0</b>

	Amount	Net Carbs
Cranberry Sauce ( <i>see Fruit</i> )		
Enchilada Sauce		
Frontera, Red Chili	2 T	<b>1.5</b>
Las Palmas,		
Hot or Medium	1/4 C	<b>2.5</b>
Ortega, Mild	1/4 C	<b>3.0</b>
Fish Sauce		
Ka-Me	1 t	<b>0.0</b>
Thai Kitchen	1 t	<b>0.0</b>
Garlic Sauce		
Pepper Plant Chunky	1 t	<b>0.0</b>
Roland Garlic Chili	1 T	<b>3.0</b>
Hoisin Sauce		
Dynasty	1 T	<b>5.0</b>
Ka-Me	1 T	<b>6.0</b>
Hollandaise	2 T	<b>1.6</b>
Horseradish Sauce		
Prepared	1 T	<b>0.0</b>
Cream Style	1 T	<b>3.0</b>
Red (w/ Beets)	1 T	<b>0.0</b>
Hot Sauce		
La Victoria	1 t	<b>0.4</b>
Frank's Red Hot Original	1 t	<b>0.0</b>
Tabasco	1 t	<b>0.1</b>
Ketchup (Catsup)		
Heinz No Sugar Added	1 T	<b>1.0</b>
Walden Farms	1 T	<b>0.0</b>
Primal Kitchen	1 T	<b>2.0</b>
Trinity Hill	1 T	<b>2.0</b>
Peanut Sauce		
Annie Chun's Dipping	2 T	<b>7.0</b>
Thai Kitchen Peanut Satay	2 T	<b>7.5</b>
Pesto Sauce	1 T	<b>0.6</b>

	Amount	Net Carbs
Piccaililli	1 T	<b>1.0</b>
Pickapeppa	1 t	<b>1.0</b>
Pasta/Pizza Sauce		
Contadina Four Cheese	1/4 C	<b>5.0</b>
Newman's Own		
Five Cheese	1/2 C	<b>8.0</b>
Patsy's Marinara	1/2 C	<b>5.0</b>
Prego Marinara	1/2 C	<b>8.0</b>
Prego Traditional	1/2 C	<b>11.0</b>
Ragu Old World Style		
Traditional	1/2 C	<b>11.0</b>
Rao's Marinara	1/2 C	<b>4.0</b>
Walden Farms		
Garlic & Herb	1/4 C	<b>0.0</b>
Tomato & Basil	1/4 C	<b>0.0</b>
Dynasty Plum Sauce	2 T	<b>15.0</b>
Salsa ( <i>see Snacks</i> )		
Simmer Sauces		
Chef Shakh Curry, Mild	1/4 C	<b>4.0</b>
Patak's Butter Chicken	1/4 C	<b>7.5</b>
Saffron Road		
Korean Stirfry	2 T	<b>4.5</b>
Lemongrass Basil	2 T	<b>2.0</b>
Red Thai Curry	2 T	<b>2.5</b>
Spicy Nothings Spinach		
Curry, Medium	1/4 C	<b>2.0</b>
Sofrito	1 t	<b>1.0</b>
Soy Sauce/Tamari		
Soy Sauce	1 T	<b>1.2</b>
San-J Tamari	1	<b>0.5</b>
Teriyaki Sauce		
Kikkoman	1 T	<b>2.0</b>
Seal Sama Chef's	1 T	<b>1.0</b>

## SAUCES & MARINADES continued

	Amount	Net Carbs
<b>Marinades</b>		
A1 Steak House Classic	1 T	4.0
Badia Mojo	1 T	1.0
Dichicko's Lemon-Herb		
Peri-Peri	1 t	0.0
Ginger People Ginger Juice	1 T	3.0
<b>Lawry's Marinades</b>		
Baja Chipotle	1 T	2.0
Mojo Criollo	1 T	2.0
Caribbean Jerk	1 T	7.0
Primal Kitchen Balsamic	2 T	3.0
Lawry's Mesquite with Lime	1 T	2.0
Wicker's Marinade & Baste	2 T	1.0
Soy Vay Veri Veri	1 T	8.0
Trinity Hill	1 T	2.0
Steak Sauce		
A1	1 T	3.0
Lea & Perrins	1 T	5.0
Trinity Hill	1 T	2.0
Sweet 'N Sour Sauce		
Kikkoman	2 T	9.0
La Choy	1 T	4.0
Taco Sauce		
Green	1 T	0.6
Ortega, Mild	1 T	2.0
Pico Pica, Medium	1 t	0.0
Red		
La Victoria, Medium	1 T	1.0
Old El Paso, Medium	1 T	1.0
Ortega Thick & Smooth, Hot	1 T	2.0
Tartar Sauce, Kraft	2 T	4.0
Tomato Sauce, Canned		
Del Monte	1/4 C	2.0
Muir Glen	1/4 C	4.0
Red Pack	1/4 C	3.0
Worcestershire Sauce	1 t	1.0

## SNACKS

	Amount	Net Carbs
<b>Savory Snacks</b>		
<b>Chips, Crisps &amp; Dippers</b>		
<b>Dr. Krackers Classic 3-Seed Snackers</b>		
Klassic 3-Seed	8 ea	12.0
Pumpkin Seed Cheddar	8 ea	10.0
Seedlander	8 ea	14.0
<b>Fiber Gourmet Crackers</b>		
Cheddar	1 pkt	6.0
Wheat	1 pkt	7.0
Cinnamon	1 pkt	9.0
<b>Flackers Flax Seed Crackers</b>		
Dill	3 ea	1.0
Rosemary	3 ea	2.0
Savory	3 ea	1.0
Tomato & Basil	3 ea	1.0
<b>Just the Cheese Cheese Snacks</b>		
Mini Rounds	1 serv	<1.0
Snack Bars	1 serv	<1.0
Kale Chips, Bombay Ranch, various flavors	1 oz	8.0
<b>Kitchen Table Bakers All Cheese Crisps</b>		
Aged Parmesan	3 ea	0.0
<b>RC Garcia 3-Seed Crackers</b>		
Harvest	1 oz	15.0
Sweet Beet	1 oz	14.0
Kale	1 oz	14.0
<b>RW Garcia Pulse Tortilla Chips</b>		
Black Bean & Garlic	1 oz	13.0
Lentil & Turmeric	1 oz	14.0
<b>Terra Chips</b>		
Sweet Potato	1 oz	12.0
Taro	1 oz	15.0
Vegetable Original	1 oz	13.0
<b>Popcorn</b>		
Homemade from Kernels	1 C	5.3
Newman's Own Natural		
Flavor, Microwave	1 C	4.3
PopSecret	1 C	3.0
Pork Rinds	20 ea	0.0
<b>Pretzels</b>		
<b>Mary's Gone Crackers Pretzel Sticks</b>		
Everything	15 ea	20.0
Sea Salt	15 ea	17.0
<b>Rice Cakes</b>		
<b>Lundberg Whole Grain</b>		
Eco-Farmed Brown Rice	1 ea	13.0
Organic Caramel Corn	1 ea	16.0
Organic Wild Rice	1 ea	13.0
<b>Quaker Oats</b>		
Lightly Salted	1 ea	7.0
Butter Popcorn	1 ea	8.0
Tomato & Basil	1 ea	8.0
<b>Dips</b>		
<b>Bacon Dips</b>		
Heluva Good Dip, w/ Horseradish	2 T	2.0
Walden Farms Bacon	2 T	0.0
<b>Bean Dips</b>		
Arriba! Pinto Bean w/ Chipotle	2 T	4.0
Desert Pepper, White Bean, Medium Hot	2 T	3.0
Guiltless Gourmet Spicy Black Bean	2 T	5.0

## SNACKS continued

	Amount	Net Carbs
Tostitos Zesty Bean & Cheese	2 T	3.0
Cheese Dips		
El Viajero White Mexican	2 T	1.0
Heluva Good Dip, Jalapeño w/Cheddar	2 T	3.0
La Terra Fina Queso Cheese Dip	2 T	2.0
Spinach, Artichoke & Parmesan Dip	2 T	1.0
La Bandarita, Hot	1 T	1.0
Walden Farms Bleu Cheese	2 T	0.0
Eggplant Dips		
Joseph's Roasted Baba Ghannouj	2 T	4.0
Sabra Roasted	1 oz	1.0
Guacamole		
Sabra Classic	2 T	1.0
Wholly Guacamole Spicy Pico		
Over Guacamole	2 T	1.0
Hummus		
Cedar's		
Artichoke Spinach	2 T	4.0
Sundried Tomato & Basil	2 T	3.0
Sabra Roasted Garlic	2 T	4.0
Pita Pal Spicy Jalapeño	2 T	6.0
Onion Dips		
Kraft French Onion	2 T	3.0
Walden Farms French Onion	2 T	0.0
Ranch Dips		
Lay's Smooth Ranch	2 T	2.0
Walden Farms	2 T	0.0

	Amount	Net Carbs
Cibo Naturals		
Red Pepper Pesto	1/4 C	2.0
Joseph's Tzatziki Cucumber & Garlic Dip	2 T	1.0
<b>Jerky</b>		
Jack Link's Original	1 oz	6.0
Mission Meats Beef Stick	1 oz	1.0
Shelton's Turkey	1 oz	1.0
Louisville Vegan Jerky Co	1 oz	5.0
<b>Salsa</b>		
<b>Desert Pepper</b>		
2 Olive Roasted Garlic	2 T	1.0
Frontera Tomatillo	2 T	1.0
La Victoria Suprema Salsa, Mild	2 T	2.0
Newman's Own, Chunky Roasted Garlic	2 T	1.0
Old El Paso Thick 'N Chunky	2 T	2.0
Wholly Salsa Avocado Verde	2 T	1.0

## SNACKS continued

	Amount	Net Carbs
<b>Vegetable Spreads</b>		
Bruschetta		
DeLallo Diavolo Sun-Dried Tomato	2 T	8.0
Gia Russa Tomato	2 T	4.0
Elki Artichoke Tomato	2 T	2.0
Marco Polo Caponata	1 T	1.0
Tapenade		
Gaea Smoked Eggplant	2 T	2.0
<b>Meditalia</b>		
Black or Green Olive	2 T	1.0
Eggplant & Tomato	2 T	2.0
Roasted Red Pepper	2 T	1.0
<b>Sweet Snacks</b> (also see Atkins & Other Low-Carb Specialty Foods)		
<b>Cookies</b>		
<b>Dixie Diner</b>		
Powdered Sugar Not	3 ea	2.0
Chocolate Chip Pecan	2 ea	1.0
Peanut Butter	2 ea	2.0
Chocolate Glazed Scones	1 ea	3.0
<b>Fat Snax</b>		
Chocolate Chip Cookie	1 ea	2.0
Peanut Butter	1 ea	1.0
Lemony Lemon	1 ea	1.0
Ginger Turmeric	1 ea	2.0
<b>Voortman Sugar Free</b>		
Chocolate Chip	1 ea	7.0
Shortbread Swirl	1 ea	8.0
Oatmeal	1 ea	9.0

## SOUPS

	Amount	Net Carbs
<b>Broth/Consommé</b>		
Beef Broth, canned	1 C	0.0
Beef Broth, cube	1 ea	0.6
Beef Consommé, canned	1 C	1.8
Chicken Broth, canned	1 C	0.3
Chicken Broth, cube	1 ea	1.1
Chicken Consommé, canned	1 C	0.0
Vegetable Broth, canned	1 C	3.0
Vegetable Broth, cube	1 ea	1.1
<b>Clam Chowder</b>		
Manhattan Style		
Bar Harbor	1 C	9.0
Campbell's, condensed	1/2 C	11.0
Progresso	1 C	15.0
New England Style		
Bar Harbor, condensed	2/3 C	17.0
Campbell's Chunky, Healthy Request	1 C	18.0
Snow's	1 C	14.0
<b>Green/Split Pea</b>		
Amy's Organic	1 C	16.0
Campbell's Chunky, Healthy Request, w/ Ham	1 C	19.0
Health Valley Organic	1 C	18.0
Pacific Foods, with Ham	1 C	17.0
Progresso	1 C	25.0
Tabatchnick	1 pkt	21.0

## SOUPS continued

	Amount	Net Carbs
<b>Mushroom</b>		
Campbell's		
Golden Mushroom	1/2 C	10.0
Health Valley Organic		
Mushroom Barley	1 C	12.0
Imagine Organic		
Creamy Portobello	1 C	11.0
Tabatchnick		
Barley & Mushroom	1 pkt	14.0
<b>Seafood Bisque</b>		
Bar Harbor		
Crab	1/2 C	7.0
Lobster	1/2 C	8.0
Salmon	1/2 C	7.0
Baxter's Lobster Bisque	1 C	11.0
Fishpeople Seafood		
Wild Crab	1 pkt	12.0
Sea Fare Pacific		
Seafood Bisque	1 pkt	9.0
<b>Tomato Bisque</b>		
Amy's Organic Chunky	1 C	18.0
Campbell's Condensed	1/2 C	21.0
Imagine Organic		
Creamy Tomato Basil	1 C	14.0
Pacific Foods Hearty Tomato	1 C	17.0
Wolfgang Puk Tomato Basil	1 C	19.0
<b>Vegetable</b>		
Campbell's Chunky,		
Healthy Request, Savory	1 C	20.0
Dr. McDougall's	1 C	9.0

	Amount	Net Carbs
Health Valley Organic	1 C	15.0
Progresso Vegetable		
Classics	1 C	13.0
Tabatchnick	1 pkt	13.0
<b>Vegetable Beef</b>		
Campbell's		
Chunky Beef w/ Country		
Vegetables	1 C	13.0
Healthy Request, Vegetable		
Beef, Condensed	1/2 C	12.0
Healthy Choice		
Vegetable Beef	1 C	17.0
Progresso Traditional		
Beef & Vegetable	1 C	15.0
Beef Pot Roast & Vegetable	1 C	15.0
<b>Soup in a Cup</b>		
Campbell's Chunky Microwavable Bowl		
Beef with		
Country Vegetables	1 ea	24.0
Hearty Cheeseburger	1 ea	25.0
Campbell's Soup on the Go		
Cheesy Chicken Tortilla	1 ea	12.0
Creamy Broccoli	1 ea	10.0
Creamy Chicken	1 ea	8.0
Dr. McDougall's Soup Cups		
Vegan Minestrone	1 ea	16.0
Vegan Split Pea	1 ea	22.0
Lipton Soup in a Cup		
Chicken Noodle	1 env	8.0
Cream of Chicken	1 env	12.0
Spring Vegetable	1 env	7.0
<b>Nile Spice</b>		
Black Bean	1.9 oz	24.0
Chicken Vegetable	1.0 oz	19.0
Lentil	1.8 oz	23.0

## SWEETENERS, SPREADS & SYRUPS

	Amount	Net Carbs
<b>Sweeteners</b>		
<b>Sugar</b>		
Brown	1 t	4.5
Maple	1 t	2.7
Powdered, unsifted	1 t	2.5
White	1 t	4.2
<b>Other Sweeteners</b>		
Allulose	1 t	0.0
Buddha Fruit		
(pure monk fruit)	1/36 t	0.0
Equal (aspartame)	1 pkt	0.9
Equal (saccharin)	1 pkt	0.0
Erythritol	1 t	0.0
Fasweet (saccharin), liquid	1/8 t	0.0
Fructevia		
(fructose, inulin & stevia)	1 t	2.2
Lankanto		
(monk fruit & erythritol)	1 t	0.0
Lankanto Gold		
(monk fruit & erythritol)	1 t	0.0
Monk Fruit in the Raw	1 t	<0.5
NatraTaste Gold		
(sucralose)	1 t	<0.5
Pure Via (stevia)	1 pkt	<1.0
Splenda (sucralose)	1 pkt	<1.0
Splenda Granulated	1 t	<1.0
Splenda Sugar Blend	1 t	4.0
Stevia in the Raw	1 t	<0.5

	Amount	Net Carbs
Sugar Twin, Brown		
(saccharine)	1 pkt	<1.0
SweetLeaf (stevia powder)	1 pkt	0.0
SweetLeaf (stevia liquid) 5-8 drops		0.0
Sweet 'N Low (saccharin)	1 pkt	<1.0
Sweetmate (saccharin)	1 pkt	<1.0
Swerve	1 t	0.0
Swerve Confectioners	1 t	0.0
Truvia (erythritol & stevia)	1 t	0.0
Truvia Brown Sugar Blend		
(erythritol, brown sugar & stevia)		
	1 t	2.0
Xylitol	1 t	0.0
<b>Spreads</b>		
<b>Conventional Spreads</b>		
Apple Butter	1 T	7.0
Polaner All Fruit Preserves	1 T	9.0
Grape Jelly	1 T	13.0
<b>Low-Carb Spreads</b>		
Nature's Hollow Sugar Free		
Mountain Berry	1 T	2.0
Polaner Sugar Free w/ Fiber		
Apricot	1 T	1.0
Concord Grape	1 T	1.0
Grape	1 T	2.0
Peach	1 T	1.0
Seedless Blackberry	1 T	2.0
Seedless Raspberry	1 T	2.0
Strawberry	1 T	2.0
Smucker's Sugar-Free Jam		
Seedless Blackberry	1 T	3.0

## SWEETENERS, SPREADS & SYRUPS continued

	Amount	Net Carbs
<b>Smucker's Low Sugar Preserves</b>		
Grape	1 T	<b>6.0</b>
Strawberry	1 T	<b>6.0</b>
<b>Smucker's Sugar-Free Preserves</b>		
Apricot	1 T	<b>3.0</b>
Blueberry	1 T	<b>3.0</b>
Orange Marmalade	1 T	<b>3.0</b>
Peach	1 T	<b>3.0</b>
Red Raspberry	1 T	<b>2.0</b>
Strawberry	1 T	<b>2.0</b>
<b>Waldon Farms Fruit Spreads</b>		
Apricot	1 T	<b>0.0</b>
Apple Butter	1 T	<b>0.0</b>
Blueberry	1 T	<b>0.0</b>
Grape	1 T	<b>0.0</b>
Orange	1 T	<b>0.0</b>
Raspberry	1 T	<b>0.0</b>
Strawberry	1 T	<b>0.0</b>
<b>Syrups</b>		
<b>Drink Syrups/Liquid Sweeteners</b>		
Splenda Zero	1 squeeze	<b>0.0</b>
Torani		
Sugar-Free Syrups	2 T	<b>0.0</b>
Sweetleaf (stevia liquid) 5-8 drops		<b>0.0</b>
Truvia Nectar (honey, sugar & stevia)	1/2 t	<b>8.0</b>
Whole Earth Honey 50	1/2 t	<b>8.0</b>

	Amount	Net Carbs
<b>Other Syrups</b>		
Brown Rice Syrup	1 t	<b>3.0</b>
<b>Chocolate Syrups</b>		
Hershey's Sugar Free	1 T	<b>1.0</b>
Smucker's Sugar Free	2 T	<b>7.0</b>
Waldon Farms	2 T	<b>0.0</b>
Corn Syrup	1 T	<b>15.0</b>
Honey	1 T	<b>17.3</b>
Molasses	1 T	<b>16.0</b>
<b>Nature's Hollow Sugar-Free</b>		
Honey Substitute	1 T	<b>1.0</b>
Sukrin Fiber Syrup Gold	2 T	<b>3.0</b>
<b>Pancake Syrup</b>		
Fifty50 Reduced Calorie		
Maple	1/4 C	<b>18.0</b>
<b>Lankanto Maple Flavored</b>		
Sugar-Free Syrup	2 T	<b>1.0</b>
Maple	2 T	<b>26.5</b>
<b>Mrs. Butterworth's</b>		
Maple-Flavored	2 T	<b>26.0</b>
<b>Nature's Hollow Sugar-Free Maple</b>		
Flavored Syrup	1/4 C	<b>2.0</b>
<b>Nature's Hollow Sugar-Free</b>		
Raspberry	1/4 C	<b>2.0</b>

## VEGETABLES

	Amount	Net Carbs
<b>Foundation Vegetables</b>		
<i>Alfalfa Sprouts (see Sprouts, below)</i>		
<b>Artichoke</b>		
Hearts, canned	1 ea	<b>1.0</b>
Hearts, frozen	1/2 C	<b>2.7</b>
Hearts, marinated	4 ea	<b>4.0</b>
Medium, steamed	1 ea	<b>4.0</b>
<b>Arugula, raw</b>		
	1 C	<b>0.4</b>
<b>Asparagus</b>		
Canned	4 ea	<b>0.7</b>
Fresh, steamed	6 ea	<b>1.9</b>
Frozen, steamed	1/2 C	<b>0.3</b>
White, cooked	1/2 C	<b>1.5</b>
<b>Avocado</b>		
Florida	1/2 ea	<b>3.6</b>
Hass	1/2 ea	<b>1.3</b>
<b>Bamboo Shoots,</b>		
sliced, canned	3 oz	<b>1.0</b>
<b>Beans</b>		
Fava, steamed	1/2 C	<b>12.1</b>
Green, raw	1/2 C	<b>2.1</b>
Green, steamed	1/2 C	<b>2.9</b>
Haricots Verts, frozen	1/2 C	<b>1.5</b>
Yellow Wax, canned	1/2 C	<b>2.0</b>
Yellow Wax, raw	1/2 C	<b>1.3</b>
Beet Greens, steamed	1/2 C	<b>1.8</b>
<b>Bok Choy (Pak Choy)</b>		
Raw	1 oz	<b>0.3</b>
Steamed, sliced	1/2 C	<b>0.4</b>
<b>Broccoli</b>		
Florets, fresh, steamed	1/2 C	<b>1.8</b>
Florets, raw	1/2 C	<b>0.8</b>

	Amount	Net Carbs
<b>Frozen, chopped,</b>		
steamed	1/2 C	<b>2.2</b>
<b>Broccoli Rabe</b>		
Raw, chopped	1/2 C	<b>0.1</b>
Steamed	5 oz	<b>0.8</b>
Broccoflower, steamed	1/2 C	<b>1.0</b>
Broccolini, fresh, steamed	3 ea	<b>1.9</b>
Brussels Sprouts, steamed	1/2 C	<b>3.5</b>
<b>Cabbage</b>		
<b>Chinese, raw, shredded</b>		
	1/2 C	<b>0.4</b>
<b>Chinese, steamed,</b>		
shredded	1/2 C	<b>0.7</b>
<b>Green/White,</b>		
raw, shredded	1/2 C	<b>1.1</b>
Green/White, steamed	1/2 C	<b>2.7</b>
Napa, raw	1/2 C	<b>0.3</b>
Napa, steamed	1/2 C	<b>0.4</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>
<b>Savoy, steamed,</b>		
shredded	1/2 C	<b>1.9</b>
Cardoon, steamed	1/2 C	<b>2.1</b>
<b>Cauliflower</b>		
<b>Florets, frozen</b>		
	1/2 C	<b>1.6</b>
<b>Florets, raw</b>		
	1/2 C	<b>1.6</b>
Steamed, chopped	1/2 C	<b>1.7</b>
<b>Celery</b>		
<b>Raw</b>		
	1 stalk	<b>1.0</b>
Steamed, diced	1/2 C	<b>1.8</b>
<b>Celery Root (Celeriac)</b>		
<b>Raw, grated</b>		
	1/2 C	<b>5.8</b>
Steamed, diced	1/2 C	<b>3.6</b>



**VEGETABLES continued**

	Amount	Net Carbs
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>
Steamed	1/2 C	<b>0.1</b>
Collard Greens, steamed	1 C	<b>2.0</b>
Coleslaw w/ Dressing, deli style	1/2 C	<b>6.6</b>
Cucumber, medium, raw	1/2 ea	<b>4.7</b>
Cucumber, raw, sliced	1/2 C	<b>1.6</b>
Daikon ( <i>see Radishes, below</i> )		
Dandelion Greens, steamed	1/2 C	<b>1.8</b>
Eggplant		
Chinese, broiled	1/2 C	<b>2.3</b>
Italian, broiled	1/2 C	<b>2.3</b>
Japanese, cooked	1/2 C	<b>2.3</b>
Endive, raw	1/2 C	<b>0.1</b>
Endive, braised	1/2 C	<b>0.0</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>2.5</b>
Garlic		
Minced	2 T	<b>5.3</b>
Raw	1 clove	<b>0.9</b>
Roasted	1 clove	<b>0.9</b>
Jicama		
Cooked, sliced	2 oz	<b>5.0</b>
Raw, chopped	1/2 C	<b>2.6</b>

	Amount	Net Carbs
Kale		
Raw, chopped	1/2 C	<b>3.0</b>
Steamed	1/2 C	<b>2.4</b>
Kohlrabi, steamed	1/2 C	<b>4.6</b>
Leeks		
Cooked, chopped	4 oz	<b>7.5</b>
Raw, chopped	1/2 C	<b>5.5</b>
Lettuce		
Boston or Bibb, raw, chopped	1 C	<b>0.6</b>
Iceberg, raw, shredded	1 C	<b>1.3</b>
Mesclun (Mixed Salad Greens), raw	1 C	<b>2.0</b>
Romaine, raw, shredded	1 C	<b>0.6</b>
Romaine Hearts, raw	1 C	<b>1.0</b>
Mung Beans ( <i>see Sprouts, below</i> )		
Mushrooms		
Button, cooked	1/4 C	<b>2.4</b>
Button, raw, sliced	1/2 C	<b>0.8</b>
Chanterelle, fresh	1/2 C	<b>0.8</b>
Cremini, Brown	1/2 C	<b>1.6</b>
Enoki (Straw), fresh	1/2 C	<b>1.7</b>
Portobello, cooked	4 oz	<b>2.6</b>
Shiitake, cooked, sliced	1/4 C	<b>1.0</b>
Mustard Greens, steamed	1/2 C	<b>0.1</b>
Nopales (Cactus Pads), cooked	1/2 C	<b>1.0</b>
Okra		
Cooked	1/2 C	<b>1.8</b>
Pickled	2 ea	<b>1.0</b>
Olives		
Black, canned	5 ea	<b>0.7</b>
Black, oil cured	5 ea	<b>0.7</b>

**VEGETABLES continued**

	Amount	Net Carbs
Black, salt cured	5 ea	<b>0.7</b>
Green, almond stuffed	5 ea	<b>2.5</b>
Green, canned	5 ea	<b>0.1</b>
Green, garlic stuffed	5 ea	<b>5.0</b>
Green, pimento stuffed	5 ea	<b>0.1</b>
Onions		
Cooked, chopped	1/4 C	<b>4.3</b>
Pearl, cooked, chopped	1/2 C	<b>9.2</b>
Pearl, frozen	2/3 C	<b>5.0</b>
Red, raw, chopped	2 T	<b>1.5</b>
White, raw, chopped	2 T	<b>1.5</b>
White, raw, chopped	1/2 C	<b>6.1</b>
Vidalia, raw, chopped	1/2 C	<b>6.1</b>
Palm, Hearts of, canned	1 ea	<b>0.7</b>
Parsley ( <i>see Condiments &amp; Seasonings</i> )		
Snow/Snap Peas in Pod		
Cooked	4 oz	<b>2.7</b>
Fresh, chopped	1/2 C	<b>2.4</b>
Peppers, Bell		
Green, chopped, cooked	1/4 C	<b>1.6</b>
Green, chopped, raw	1/2 C	<b>2.2</b>
Red, chopped, cooked	1/4 C	<b>1.6</b>
Red, chopped, raw	1/2 C	<b>3.0</b>
Peppers, Chile ( <i>also see Condiments &amp; Seasonings</i> )		
Banana, fresh	2 oz	<b>1.1</b>
Jalapeño, fresh	1 ea	<b>0.5</b>
Pumpkin		
Canned, mashed	1/2 C	<b>6.4</b>
Canned Pumpkin Pie Mix	1/3 C	<b>17.0</b>

	Amount	Net Carbs
Cooked, mashed	1/2 C	<b>4.7</b>
Radicchio, raw	1/2 C	<b>0.7</b>
Radish		
Black	1/2 C	<b>1.3</b>
Daikon, raw, 7-in	1/4 ea	<b>2.1</b>
Daikon, grated	1/2 C	<b>1.4</b>
Daikon, sliced, cooked	1/2 C	<b>0.7</b>
Red/White, raw	10 ea	<b>1.6</b>
Rhubarb ( <i>see Fruit</i> )		
Sauerkraut, drained	1/2 C	<b>1.2</b>
Scallions, raw	1/2 C	<b>2.4</b>
Scallions, cooked	1/2 C	<b>5.5</b>
Shallots, raw, chopped	2 T	<b>3.4</b>
Sorrel Greens, steamed	1/2 C	<b>0.2</b>
Spaghetti Squash, baked	1/4 C	<b>2.0</b>
Spinach		
Baby	1/2 C	<b>0.7</b>
Creamed, frozen	1/2 C	<b>2.0</b>
Fresh, steamed, chopped	1/2 C	<b>1.2</b>
Frozen, steamed	1/2 C	<b>1.0</b>
Raw, chopped	1 C	<b>0.4</b>
Sprouts		
Alfalfa, raw	1/2 C	<b>0.0</b>
Mung Bean, raw	1/2 C	<b>2.2</b>
Sunflower Seed, raw	1 oz	<b>1.0</b>
Summer Squash		
Patty Pan, steamed	1/2 C	<b>1.5</b>
Yellow, raw, sliced	1/2 C	<b>1.3</b>
Yellow, steamed, sliced	1/2 C	<b>2.6</b>
Zucchini, raw, chopped	1/2 C	<b>1.4</b>
Zucchini, steamed, sliced	1/2 C	<b>1.5</b>
Taro Leaves, steamed	1/2 C	<b>1.5</b>
Tomatillo, fresh, chopped	1/2 C	<b>2.6</b>

**VEGETABLES continued**

	Amount	Net Carbs
Tomatoes		
Cherry/Grape	10 ea	<b>4.6</b>
Cooked	1/4 C	<b>4.3</b>
Green (unripe), chopped	1/2 C	<b>3.6</b>
Plum or Roma	1 ea	<b>1.7</b>
Slice	1/4" sl	<b>0.7</b>
Small	1 ea	<b>2.5</b>
Sun-Dried, in oil	5 pieces	<b>2.6</b>
Yellow	1 sm	<b>1.9</b>
Tomato Products ( <i>also see Sauces &amp; Marinades</i> )		
Canned, diced, in juice	1/4 C	<b>2.0</b>
Canned, whole, in juice	1/2 C	<b>3.6</b>
Paste, canned	2 T	<b>4.9</b>
Purée, canned	2 T	<b>2.2</b>
Stewed, canned	1/2 C	<b>6.6</b>
Turnips		
White, steamed, cubed	1/2 C	<b>2.4</b>
White, steamed, mashed	1/2 C	<b>3.5</b>
Turnip Greens		
Frozen, cooked	1/2 C	<b>1.3</b>
Fresh, steamed	1/2 C	<b>0.6</b>
Water Chestnuts, canned, sliced	1/4 C	<b>3.4</b>
Watercress, raw, chopped	1/2 C	<b>0.1</b>
<b>Starchy Vegetables</b>		
Beets		
Steamed, sliced	1/2 C	<b>6.8</b>
Canned, drained	1/2 C	<b>4.3</b>
Burdock Root, steamed	1/2 C	<b>12.1</b>

 Amount **Net Carbs**

Carrots		
Fresh, steamed, sliced	1/2 C	<b>4.1</b>
Frozen, sliced	1/2 C	<b>3.0</b>
Raw	1 med	<b>4.1</b>
Raw, shredded	1/2 C	<b>3.7</b>
Cassava (Yuca)		
Cooked, mashed	1/2 C	<b>37.4</b>
Corn		
Canned	1/2 C	<b>14.9</b>
Canned, Cream Style	1/2 C	<b>21.7</b>
Kernels Cut from Cob	1/2 C	<b>12.6</b>
On the Cob	1 med	<b>19.6</b>
Jerusalem Artichoke		
Cooked, diced	1/2 C	<b>13.8</b>
Raw	1/2 C	<b>11.9</b>
Parsnips, steamed, sliced	1/2 C	<b>10.2</b>
Peas		
Fresh, shelled	1/2 C	<b>6.8</b>
Frozen	1/2 C	<b>7.0</b>
Potato		
Baked w/ Skin	1/2 sm	<b>13.1</b>
French Fries, frozen	10 ea	<b>22.3</b>
Hash Browns, frozen	1/2 C	<b>10.2</b>
Hash Brown		
Toaster Patties	2 ea	<b>15.1</b>
Mashed from Flakes, prepared	1/2 C	<b>10.6</b>
Scalloped, from Mix	1/2 C	<b>10.9</b>
Steamed, diced	1/2 C	<b>14.2</b>
Steamed, mashed	1/2 C	<b>15.2</b>
Rutabaga		
Cooked, cubed	1/2 C	<b>5.9</b>
Cooked, mashed	1/2 C	<b>8.3</b>

**VEGETABLES continued**

	Amount	Net Carbs
Winter Squash		
Acorn, baked, cubed	1/2 C	<b>10.4</b>
Acorn, baked, mashed	1/2 C	<b>7.6</b>
Butternut, baked, cubed	1/2 C	<b>7.5</b>
Butternut, steamed, mashed	1/2 C	<b>8.5</b>
Hubbard, steamed, mashed	1/2 C	<b>4.2</b>
Turban, baked	1/2 C	<b>4.0</b>
Sweet Potato		
Baked	1/2 med	<b>9.9</b>
Candied	1/2 C	<b>28.9</b>
Steamed, cubed	1/2 C	<b>14.3</b>
Steamed, mashed	1/2 C	<b>17.4</b>
Taro, cooked, sliced	1/2 C	<b>19.5</b>
Yams, canned, mashed	1/2 C	<b>24.6</b>
Yautia (Arracache), sliced, cooked	1/2 C	<b>26.2</b>

**VEGETARIAN PRODUCTS**

	Amount	Net Carbs
<b>Dominex</b>		
Eggplant "Meatballs"	1 ea	<b>4.0</b>
Eggplant Burgers	1 ea	<b>6.0</b>
<b>Quorn</b>		
Meatless "Meatballs"	18 ea	<b>8.0</b>
Meatless Sweet Apple "Sausages"	75g	<b>10.0</b>
Meatless Grounds	110g	<b>3.0</b>
Meatless Roast	113.5g	<b>0.0</b>
Meatless		
Breakfast Patties	111g	<b>8.0</b>
Meatless Turkey-Style Deli Slices	64g	<b>3.0</b>
Vegan Fishless Sticks	100g	<b>24.0</b>
Meatless Sharp Cheese Cutlets	110g	<b>16.0</b>
<b>Seitan</b>		
Upton Naturals Crumbles		
Chorizo Style	2 oz	<b>7.0</b>
Classic Burger	91g	<b>7.0</b>
Italian Sausage Style	2 oz	<b>7.0</b>
Original, Ground	2 oz	<b>7.0</b>
WestSoy Organic		
Chicken Style	1 piece	<b>2.0</b>
Cubed	85g	<b>3.0</b>
Ground	85g	<b>2.0</b>
Strips	85g	<b>3.0</b>

**VEGETARIAN PRODUCTS continued**

	Amount	Net Carbs
<b>Shiritaki Noodles</b>		
Soy Noodles	113g	1.0
Pasta Zero	113g	1.0
Miracle Spaghetti Noodles	100g	1.0
<b>Tempeh</b>		
Lightlife Organic Flax	3 oz	2.0
Garden Veggie	3 oz	2.0
Soy	3 oz	3.0
Three Grain	3 oz	8.0
Westsoy Organic Five Grain	76g	10.0
Plain Soy	76g	6.0
<b>Tempeh &amp; Tofu "Bacon"</b>		
Lightlife Organic Fakin' Bacon Tempeh Strips	4 strips	5.0
Lightlife Smart Bacon	1 sl	<1.0
Morningstar Farms Strips	16g	1.0
Yves Meatless "Canadian Bacon"	3 sl	1.0
<b>Tofu</b>		
Extra Firm	79g	2.0
Firm	79g	2.0
Soft	79g	2.0
Silken Tofu	91g	1.0

	Amount	Net Carbs
<b>Tofu, Baked</b>		
WestSoy Organic		
Asian Teriyaki	57g	2.0
Italian Garlic Herb	57g	1.0
Mexican Jalapeño	57g	2.0
Roma Tomato Basil	57g	2.0
Thai Sesame Peanut	57g	1.0
Zesty Lemon Pepper	57g	2.0
White Wave		
Italian Style	1 piece	1.0
Thai Sesame Peanut	1 piece	1.0
Wild Wood Organics SprouTofu		
Indian Curry	3 oz	5.0
Royal Thai	3 oz	12.0
Savory	3 oz	2.0
Teriyaki	1 piece	5.0
<b>Tofu "Hot Dogs"</b>		
Lightlife Tofu Pups	1 ea	1.0
Morningstar Farms	1 ea	2.0
Yves Veggie Cuisine	1 ea	2.0
<b>Tofu "Sausage"</b>		
Lightlife Gimme Lean	2 oz	4.0
Smart Sausages Chorizo Style	85g	2.0
Italian Style	85g	6.0
Morningstar Farms®		
Original Breakfast Patties	38g	2.0
Hot & Spicy Breakfast Patties	38g	2.0

**VEGETARIAN PRODUCTS continued**

	Amount	Net Carbs
Tofurky		
Original Sausage "Beer Brats"	3.5 oz	8.0
Original Sausage "Kielbasa"	3.5 oz	7.0
Artisan Sausage Spinach Pesto	3.5 oz	8.0
<b>Veggie Burgers</b>		
Dr. Praeger's Pure Plant Protein		
Burger	1 burger	12.0
Gardenburger Original	1 patty	12.0
Lightlife Smart Patties Original Burger with Quinoa	1 burger	7.0
Lightlife Smart Patties Black Bean Burger	1 burger	7.0
Morningstar Farms		
Grillers Original	64g	4.0
Spicy Black Bean	67g	11.0
White Bean Chili Burger	67g	8.0
<b>Veggie "Cheese"</b>		
Galaxy Nutritional Foods		
Vegan Go Veggie "Cheddar" Shreds	1/4 C	6.0
Go Veggie "Cheddar" Slices	1 sl	<1.0
Vegan Go Veggie "Mozzarella" Shreds	1/4 C	6.0
Go Veggie		

	Amount	Net Carbs
"Swiss" Singles	1 sl	<1.0
Vegan Better-For-You Classic Plain "Cream Cheese"	2 T	1.0
<b>Veggie Crumbles</b>		
Lightlife Smart Ground		
Original	1/3 C	3.0
Tofurky Chorizo Style	1/3 C	2.0
Tofurky Ground Beef Style	1/3 C	4.0
<b>Veggie Luncheon "Meats"</b>		
Lightlife Smart Deli		
"Bologna"	4 sl	2.0
"Ham"	4 sl	3.0
"Pepperoni"	30 sl	2.0
"Turkey"	4 sl	2.0
Tofurky Deli Slices		
"Bologna"	3 sl	2.0
Oven Roasted	5 sl	4.0
Peppered	5 sl	4.0
"Roast Beef"	5 sl	2.0
Smoked "Ham"	5 sl	2.0
<b>Veggie "Meats"</b>		
Lightlife Smart Tenders		
Savory Chick'n	3 pc	2.0
<b>Veggie "Meatballs"</b>		
Amy's Meatless		
Veggie "Meatballs"	8 pc	21.0
Lightlife Smart Menu Veggie		
"Meatballs"	3 meatballs	5.0

## CHAIN RESTAURANTS

	Amount	Net Carbs
<b>FAST FOOD</b>		
<b>Arby's</b>		
Chopped Farmhouse		
Chicken Salad – Roast	1 serv	<b>8.0</b>
Chopped Side Salad	1 serv	<b>3.0</b>
Light Italian Dressing	1 serv	<b>3.0</b>
Roast Turkey		
Farmhouse Salad	1 serv	<b>6.0</b>
<b>Burger King</b>		
Cheeseburger	1 ea	<b>26.0</b>
Chicken Nuggets	6 piece	<b>15.0</b>
Club Salad w/ Grilled Chicken		
– no dressing	1 serv	<b>9.0</b>
Garden Chicken Salad w/ Grilled Chicken – no dressing	1 serv	<b>9.0</b>
Garden Side Salad		
– no dressing	1 serv	<b>2.0</b>
Hamburger	1 ea	<b>25.0</b>
Ken's Ranch Dressing	1 serv	<b>2.0</b>
Ken's		
Golden Italian Dressing	1 serv	<b>4.0</b>
Whopper – no bun	1 ea	<b>7.0</b>
<b>Carl's Jr.</b>		
Famous Star Burger – no bun	1 ea	<b>4.0</b>
Gluten Sensitive		
– The Low Carb Thickburger	1 ea	<b>8.0</b>
House Dressing	2 oz	<b>3.0</b>
Low-Carb It – Low Carb Charbroiled Chicken Club	1 serv	<b>7.0</b>

	Amount	Net Carbs
<b>Dairy Queen / Brazier</b>		
Chicken BLT Salad		
– Grilled Chicken	1 serv	<b>7.0</b>
Fat-Free Italian Dressing	1 serv	<b>4.0</b>
Original Cheeseburger	1 ea	<b>30.0</b>
Side Salad	1 serv	<b>3.0</b>
<b>Hardee's</b>		
Low-Carb It – 1/3 lb Low Carb Thickburger	1 ea	<b>8.0</b>
Low-Carb It – Charbroiled Chicken Club Sandwich	1 serv	<b>12.0</b>
<b>McDonald's</b>		
Artisan		
Grilled Chicken Fillet	1 ea	<b>0.0</b>
Bacon Ranch		
Grilled Chicken Salad	1 serv	<b>6.0</b>
Creamy Ranch Sauce	1 serv	<b>1.0</b>
Habanero Ranch Sauce	1 serv	<b>5.0</b>
Hamburger Patty	1 ea	<b>0.0</b>
Newman's Own Dressing		
Ranch	1 serv	<b>7.0</b>
Low Fat Family Recipe	1 serv	<b>7.0</b>
Creamy Southwest	1 serv	<b>11.0</b>
Low Fat Balsamic	1 serv	<b>4.0</b>
Side Salad	1 serv	<b>2.0</b>
Southwest		
Grilled Chicken Salad	1 serv	<b>21.0</b>
<b>Wendy's</b>		
Dave's Single Cheeseburger	1 ea	<b>39.0</b>
Grilled Asiago Ranch Club w/ Ultimate Chicken Grill	1 serv	<b>38.0</b>

## CHAIN RESTAURANTS continued

	Amount	Net Carbs
Grilled Chicken Sandwich	1 serv	<b>35.0</b>
<b>SANDWICH/OTHER CHAINS</b>		
<b>Applebee's</b>		
Buttermilk Ranch Dressing	1 serv	<b>3.0</b>
Classic Buffalo Sauce	1 serv	<b>3.0</b>
Double Crunch Bone-In Wings		
– without Sauce	1 serv	<b>10.0</b>
Fire-Grilled Veggies	1 serv	<b>6.0</b>
Green Goddess Wedge	1 serv	<b>9.0</b>
House Salad – no dressing	1 serv	<b>10.0</b>
Shrimp 'N' Parmesan Sirloin	1 serv	<b>3.0</b>
Topper of Grilled Onions	1 serv	<b>4.0</b>
Topper of Sautéed Garlic Mushrooms	1 serv	<b>5.0</b>
Topper of Shrimp & Parm	1 serv	<b>3.0</b>
USDA Select Sirloin	6 oz	<b>0.0</b>
<b>Blimpie</b>		
Blue Cheese Dressing	1.5 oz	<b>2.0</b>
Buffalo Chicken Salad	1 serv	<b>6.0</b>
Buttermilk Ranch Dressing	1.5 oz	<b>3.0</b>
Grilled Chicken Caesar Salad		
– no dressing	1 serv	<b>3.0</b>
Peppercorn Ranch Dressing	3/4 oz	<b>3.0</b>
<b>Chick-Fil-A</b>		
Chick-Fil-A Sauce	1 serv	<b>6.0</b>
Garlic & Herb Ranch Sauce	1 serv	<b>1.0</b>
Grilled Nuggets	1 serv	<b>2.0</b>

	Amount	Net Carbs
<b>Chili's</b>		
Black Bean Patty	1 ea	<b>14.0</b>
Caesar Salad (low carb)	1 serv	<b>6.0</b>
Classic Beef Patty	1 ea	<b>0.0</b>
Fajita – Peppers and Onions w/ Shrimp	1 serv	<b>3.0</b>
Fajita Toppings	1 serv	<b>6.0</b>
Fresco Salad (low carb)	1 serv	<b>6.0</b>
Grilled Chicken Dippers	1 serv	<b>2.0</b>
Ranch Dressing	1 serv	<b>2.0</b>
Southwestern Chicken		
Caesar Salad	1 serv	<b>16.0</b>
Turkey Patty	1 ea	<b>0.0</b>
<b>Chipotle</b>		
Salad – Chicken, Romaine Lettuce, Fajita Vegetables, Cheese, Fresh Tomato Salsa, Vinaigrette		
	1 serv	<b>26.0</b>
Burrito Bowl – Steak, Romaine Lettuce, Fajita Vegetables, Queso, Tomatillo-Green Chili Salsa, Guacamole	1 serv	<b>13.5</b>
<b>KFC</b>		
Buttermilk Ranch Dipping Sauce	cup	<b>2.0</b>
Coleslaw	1 serv	<b>10.0</b>
Extra Crispy		
Chicken Drumstick	1 ea	<b>5.0</b>
Green Beans	1 serv	<b>2.0</b>
Kentucky Grilled		
Chicken Breast	1 ea	<b>0.0</b>
Original Recipe		
Chicken Drumstick	1 ea	<b>4.0</b>

## CHAIN RESTAURANTS continued

	Amount	Net Carbs
<b>Outback Steakhouse</b>		
Bacon Bourbon Salmon	7 oz	3.0
Classic Wedge Blue Cheese Salad Entrée	1 serv	25.0
Grilled Asparagus	1 serv	2.0
<b>Panera</b>		
Greek Salad	1 serv	7.0
Green Goddess Cobb Salad with Chicken	1 serv	17.0
Seasonal Greens Salad	1 serv	16.0
<b>Subway</b>		
Black Forest Ham Salad	1 serv	9.0
Roast Beef Salad	1 serv	8.0
Rotisserie-Style Chicken Salad	1 serv	8.0
Steak & Cheese Salad	1 serv	12.0
Tuna Salad	1 serv	7.0
Turkey Breast Salad – no dressing	1 serv	9.0
Veggie Delight Salad – no dressing	1 serv	7.0
<b>TGI Friday's</b>		
Blue Cheese Dressing	1 serv	1.0
Frank's Redhot Buffalo Wings	1 serv	3.0
Green Style Bacon Cheeseburger – no side	1 serv	10.0
Million Dollar Cobb Salad w/ Chicken & Green Goddess	1 serv	10.0
Million Dollar Cobb Salad w/ Sirlain (6oz) & Green Goddess	1 serv	29.0

	Amount	Net Carbs
Strawberry Fields Salad w/ Chicken	1 serv	42.0

## Taco Bell

Crunchy Taco	1 ea	10.0
Fiesta Taco Salad – beef, cheese, lettuce, sour cream, tomatoes, fire roasted salsa		
– no taco salad shell	1 ea	9.0
Soft Taco	1 ea	15.0

## PIZZA CHAINS

### Dominos

Barbecue		
Chicken Wings	4 pieces	18.0
Classic Hand Tossed Cheese Pizza	1 piece of 12" pizza	26.0
Crunchy Thin Crust Cheese Pizza	1 piece of 12" pizza	26.0
Handmade Pan Cheese Pizza	1 piece of 12" pizza	29.0
Hot Chicken Wings	4 pieces	7.0

### Pizza Hut

Udi's Gluten-Free		
Cheese Pizza	1 slice	14.0
Personal Pan Pizza – classic		
– Marinara and Cheese	1 slice	16.0
Personal Pan Pizza Slice – Pepperoni Lovers	1 slice	16.0
Personal Pan Pizza Slice – Veggie Lovers	1 slice	16.0

## NOTES

