



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**

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

ATKINS & OTHER LOW-CARB SPECIALTY FOODS

Please check atkins.com for the most recent nutritional information on Atkins products and new additions.

	Amount	Net Carbs
Atkins Meal Bars		
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
Peanut Butter Protein		
Wafer Crisps	1 bar	4.0
Honey Almond		
Vanilla Crunch Bites	13 bites	3.0
Dark Chocolate Sea Salt		
Caramel Crunch Bites	11 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
Creamy 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

Atkins Iced Coffee Shakes

Café au Lait	1 shake	3.0
Vanilla Latte	1 shake	4.0

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
Atkins Endulge® Treats		
Caramel Nut Chew	1 bar	2.0
Chocolate Candies	1 pack	1.0
Chocolate Caramel Fudge		
Dessert Bar	1 bar	3.0
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
Lemon Tart Dessert Bar	1 bar	3.0
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
Strawberry Cheesecake		
Dessert Bar	1 bar	3.0
Atkins Breakfast Frozen Meals		
Bacon Scramble	1 bowl	5.0
Ham and Cheese Omelet	1 omelet	4.0
Farmhouse-Style		
Sausage Scramble	1 bowl	5.0

	Amount	Net Carbs
Atkins Entrée Frozen Meals		
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
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
Pepperoni Pizza	1 pizza	11.0
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
Atkins Frozen Snacks		
Bacon Cheddar Cauliflower Bites	6 bites	4.0
Parmesan Garlic Cauliflower Bites	6 bites	4.0

ATKINS & OTHER LOW-CARB SPECIALTY FOODS continued

	Amount	Net Carbs
Other Low Carb Products		
Baking & Cooking Products		
Better Bowls Sugar Free		
Gelatin Mix, all flavors, prepared	1/2 C	0.0
Pudding Mix, Chocolate, prepared w/ whole milk	1/2 C	11.0
Pudding Mix, Salted Caramel, prepared w/ whole milk	1/2 C	11.0
Pudding Mix, Vanilla, prepared w/ whole milk	1/2 C	11.0
Dixie Diners® Carb Counters		
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	4.0
Snackin' Cake Mix, Cinnamon Swirl, prepared	2.3" sq	2.0
Thick It Up Thickener	1 t	0.0
LC Foods Low Carb Mixes		
Banana Bread, prepared	1 sl	1.0
Chocolate Brownie Mix	13g	1.0
Chocolate Chip Cookie Mix	1/4 C	1.0
Frosting, Chocolate or		

	Amount	Net Carbs
Vanilla, prepared	1 T	0.0
Low Carb, Gluten Free		
White Bread Mix, prepared	1 sl	2.0
Muffin Mix, prepared	1 ea	1.0
Pizza and Calzone Mix		1.0
Breakfast Cereals		
All Natural Carb-Controlled Granola Maple Oat	1/2 C	4.0
Dixie Diners® Carb Counters		
Apple Cinnamon	1 pkt	3.0
Kay's Naturals Protein Apple Cinnamon, dry	1.2 oz	15.0
Nutlettes, dry	1/2 C	6.0
Nutritious Living Hi-Lo, StaySteady, Original, dry	1/2 C	7.0
Sensato High Fiber		
Apple Cinnamon Hot Cereal	1/2 C	2.0
Nut & Flax Granola, dry	1/2 C	2.0
Smaps Sweet Maple, dry	1/2 C	2.0
Prepared Soups		
Dixie Diners® Carb Counters		
Broccoli & Cheese Soup Mix	1	1.0
Skinni Spaghetti	1 C	4.0
NutriWise		
Cream of Mushroom Soup	1 pkt	5.0
ProtiDIET		
Chicken Noodle Soup	1 pouch	5.0

BAKING INGREDIENTS

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

	Amount	Net Carbs
Gelatin, Unflavored for Baking & Canning	1 env	0.0
Molasses	1 T	15.0
Nutmeg, ground	1 t	0.6
Oat Flour	1/4 C	12.0
Pure Vanilla & Other Extracts	1 t	0.0
Rice Flour, White	1/4 C	30.7
Rice Flour, Brown	1/4 C	28.4
Rye Flour, Medium	1/4 C	16.2
Soy Flour	1/4 C	5.4
Stevia (pure powder)	1 t	0.0
Sucralose-Brown Sugar Blend for Baking	1/4 C	48.0
Sucralose-Sugar Blend for Baking	1/4 C	48.0
Sugar, Brown, packed	1/4 C	54.2
Sugar, Confectioners	1/4 C	29.9
Sugar, White	1/4 C	50.4
Sugar & Stevia Blend	1/4 C	16.0
Truvia Baker's Bag	1/4 C	12.0
Xylitol	1 T	0.0

BEEF, LAMB, PORK & OTHER MEATS

	Amount	Net Carbs
Beef		
Brisket	6 oz	0.0
Corned Beef	6 oz	0.8
Chuck	6 oz	0.0
Chuck Eye Steak	6 oz	0.0
Corned Brisket	6 oz	0.0
Cubed Steak	6 oz	0.0
Eye Round	6 oz	0.0
Flank Steak	6 oz	0.0
Ground Chuck/Round	6 oz	0.0
Liver, Calf	6 oz	8.8
London Broil	6 oz	0.0
Prime Rib	6 oz	0.0
Rib Eye Roast/Steak	6 oz	0.0
Shell Steak	6 oz	0.0
Short Ribs	6 oz	0.0
Sirloin Steak	6 oz	0.0
Skirt Steak	6 oz	0.0
Tenderloin	6 oz	0.0
Top Loin	6 oz	0.0
Veal		
Breast	6 oz	0.0
Chop, Loin or Rib	6 oz	0.0
Cutlet	6 oz	0.0
Ground	6 oz	0.0
Round Steak	6 oz	0.0
Scallops	6 oz	0.0
Shank	6 oz	0.0
Shoulder	6 oz	0.0
Stew Meat	6 oz	0.0
Goat		
Roast	6 oz	0.0

	Amount	Net Carbs
Lamb		
Chop, Loin or Rib	6 oz	0.0
Ground	6 oz	0.0
Leg	6 oz	0.0
Roast	6 oz	0.0
Shoulder	6 oz	0.0
Stew Meat	6 oz	0.0
Pork		
Bacon, Slab, Sliced	3 sl	0.5
Canadian Bacon	3 sl	1.4
Chop, Center Cut	6 oz	0.0
Chop, Loin	6 oz	0.0
Ground	6 oz	0.0
Ham	6 oz	0.0
Loin Roast	6 oz	0.0
Scrapple	4 oz	15.6
Spam	2 oz	1.7
Spare Ribs	6 oz	0.0
Stew Meat	6 oz	0.0
Tenderloin	6 oz	0.0
Game Meats		
Beefalo	6 oz	0.0
Buffalo (Bison)	6 oz	0.0
Rabbit	6 oz	0.0
Venison	6 oz	0.0
Frankfurters		
Beef	1 frank	1.8
Beef & Pork	1 frank	3.7
Hebrew National Pork	1 frank	1.0
Sausages		
Andouille, Pork	1 link	0.5
Beef	2 oz	0.2
Beef & Pork	1 link	1.1

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	7.0
Lean Cuisine		
Steak Portabella	1 serv	8.0
Steak Umm Sliced Steaks	1 ea	0.0
Stouffer's Family Size Dinners		
Baked Chicken	1 serv	16.0
Cheese Manicotti	1 serv	28.0
Cheeseburger Bake	1 serv	30.0
Chicken and Broccoli		
Pasta Bake	1 serv	23.0
Creamed Chipped Beef	1 serv	8.0
Fried Chicken	1 serv	27.0
Green Peppers Stuffed w/		
Beef & Tomato Sauce	1 serv	18.0
Lasagna w/		
Meat & Sauce	1 serv	25.0
Meatloaf	1 serv	8.0
Salisbury Steak	1 patty	7.0

BEVERAGES & ALCOHOLIC BEVERAGES

	Amount	Net Carbs
Chocolate Drinks		
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 No Sugar Added		
Hot Cocoa Mix	1 serv	5.0
No-Mu Hot Chocolate		
Powder	6g	1.0
Swiss Miss Reduced Calorie		
Hot Cocoa Mix	1 pkt	4.0
Swiss Miss Hot Cocoa,		
No Sugar Added	1 pkt	13.0
Coffee & Coffee Drinks		
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
Carbonated Beverages, Soda, Mixers		
Cherry Cola	12 oz	39.0
Cherry Cola, Diet	12 oz	0.0
Club Soda	12 oz	0.0
Cola	12 oz	35.2
Cola, Diet	12 oz	0.0
Diet Sodas, all flavors	12 oz	0.0
Ginger Ale	12 oz	32.1
Grape Soda	12 oz	41.7
Lemon/Lime Soda	12 oz	38.0
Root Beer/Birch Beer	12 oz	42.0
Seltzer	12 oz	0.0
Seltzer, Essence Flavored	12 oz	0.0
Sweetleaf Stevia Water Drops		
all flavors	1ml	1.0
Tonic Water	12 oz	32.2
Tonic Water, Sugar Free	12 oz	0.0

BEVERAGES & ALCOHOLIC BEVERAGES continued

	Amount	Net Carbs
Energy Sports Drinks		
Coconut Water, Fresh	8 oz	6.3
Gatorade	8 oz	13.6
Gatorade, Lower Sugar	12 oz	8.0
Monster	8 oz	29.0
Monster, Absolutely Zero	8 oz	1.0
Red Bull	8.4 oz	28.0
Red Bull, Sugar Free	8.4 oz	3.0
Rockstar Energy	8 oz	32.0
Rockstar Energy, Sugar Free	8 oz	0.0
Fruit Juices		
Apple, unsweetened	4 oz	13.8
Apricot Nectar	4 oz	17.3
Cranberry Juice Cocktail, Frozen Concentrate	2 T	18.6
Cranberry Juice Cocktail, Light	4 oz	5.5
Cranberry Juice Cocktail	4 oz	17.1
Fruitables Mixed Fruit & Vegetable	4 oz	16-18
Fruit Punch	4 oz	15.0
Grape, unsweetened	4 oz	18.4
Grapefruit, sweetened	4 oz	13.8
Grapefruit, unsweetened	4 oz	10.9
Guava Nectar	4 oz	17.4
Kool-Aid, Sugar-Free Mix, all flavors	1 pkt	0.0
Lemon	2 T	2.0
Lime	2 T	2.4
Mango Nectar	4 oz	16.1

	Amount	Net Carbs
Orange, fresh	4 oz	12.7
Orange, from concentrate	4 oz	12.0
Orange-Peach-Mango	4 oz	14.0
Orange-Strawberry-Banana	4 oz	14.2
Passion Fruit, fresh	4 oz	16.6
Peach Nectar, canned	4 oz	16.6
Pear Nectar, canned	4 oz	19.0
Pineapple, unsweetened	4 oz	15.8
Prune	4 oz	21.1
Tangerine-Orange	4 oz	12.5

Lemonade / Limeade

Bottled, Diet	8 oz	1.3
Bottled, sweetened	8 oz	29.0
Canned, No Added Sugar	8 oz	0.0
Crystal Light	1/5 pkt	2.0
Minute Maid Light, bottled	8 oz	4.0
Prepared from concentrate	8 oz	25.8
Prepared from powder	8 oz	17.6
True Lemon Mix	1 pkt	0.5
True Lime Mix	1 pkt	0.5
True Grapefruit Mix	1 pkt	0.5
True Orange Mix	1 pkt	0.5

Tea & Tea Drinks

Bottled Iced Tea		
Green, unsweetened	8 oz	0.0
Lemon Flavored	8 oz	22.0
Lemon Flavored, Diet	8 oz	0.0
Raspberry, Diet	8 oz	1.0
Brewed Tea		
Black	8 oz	0.0
With 1 T Milk	8 oz	0.7

BEVERAGES & ALCOHOLIC BEVERAGES continued

	Amount	Net Carbs
With 1 T Cream	8 oz	0.4
Chamomile	8 oz	0.5
Peppermint	8 oz	0.0
Iced Tea		
Diet	8 oz	0.0
Lipton Pureleaf, Unsweetened	8 oz	0.0
Sweetened	8 oz	21.0
True Lemon Mix	1/8 pkt	1.0
Unsweetened, from instant	8 oz	0.4
With Stevia	8 oz	0.0

Vegetable Juices

Carrot	4 oz	10.0
Clam & Tomato	4 oz	14.0
Tomato	4 oz	4.0
Vegetable Juice Cocktail	4 oz	4.5

Vitamin Water

Glaceau	20 oz	33.0
Glaceau Zero, Sugar Free	20 oz	4.0

Water

Bottled	8 oz	0.0
La Croix, all flavors	8 oz	0.0
Sparkling Mineral	8 oz	0.0
Spring	8 oz	0.0
Tap	8 oz	0.0

Alcoholic Beverages

Beer		
"Lite"	12 oz	5.6
Low Carb	12 oz	2.5
Near (>0.5% alcohol)	12 oz	13.7
Nonalcoholic	12 oz	14.1
Bourbon	1 oz	0.0
Champagne	1 oz	2-3
Gin	1 oz	0.0
Rum	1 oz	0.0
Scotch	1 oz	0.0
Sherry, Dry	1 oz	4.7
Vodka	1 oz	0.0
Wine, Red	3.5 oz	2.6
Wine, Rosé	3.5 oz	2.4
Wine, White, Sauvignon	3.5 oz	2.0

Cocktail Mixes

Bloody Mary	3.5 oz	3.3
Margarita	3.5 oz	13.8
Margarita, Baja Bob's Low Carb	4 oz	3.0
Margarita, Master of Mixes, Lite	4 oz	3.0
Mojito, Baja Bob's Low Carb	4 oz	3.0
Piña Colada	3.5 oz	22.2
Screwdriver	3.5 oz	8.5
Strawberry Daiquiri, Master of Mixes, Lite	4 oz	5.0
Sweet 'N Sour, Master of Mixes, Lite	4 oz	6.0

BREADS, CRACKERS, TORTILLAS & WRAPS

	Amount	Net Carbs
Breads		
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
Pumpnickel	1 sl	11.6
Pumpnickel, 100% Rye Meal	1 sl	16.5
Pumpnickel, 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
Crackers		
Alessi Thin Breadsticks	5 ea	11.0
Blue Diamond		
Almond Nut Thins	19 ea	23.0
Carr's Whole Wheat	2 ea	10.0
Cheez-It	42g	24.0
Delallo Torinese		
Thin Breadsticks	9 ea	20.0
JJ Flats	6 ea	12.0
Mary's Gone Crackers		
Original	13 ea	18.0
Mrs. Cubbinson's Baked		
Cheddar Cheese Crisps	5 ea	0.0

	Amount	Net Carbs
Matzoh, Plain	1 oz	24.0
Matzoh, Whole Wheat	1 oz	19.0
Melba Toast	1 ea	4.7
Melba Toast, Rye	1 ea	4.7
Melba Toast, Whole Wheat	1 ea	4.0
San-J Tamari		
Brown Sesame	5 ea	16.0
Simple Mills Fine Ground sea salt almond flour crackers	4g	12.0
Snyders braided twists, multigrain	1 serv	21.0
Stone-Ground Wheat	5 ea	10.3
Townhouse Flatbread		
Crisps	8 ea	11.0
Triscuit	3 ea	8.5
Wheat Thins	8 ea	9.5
Whisps Cheddar Cheese Crisps	23 ea	1.0
Crispbreads		
Ak-Mak	5 ea	16.0
Finn Crisp		
Caraway	1 sl	2.5
Multigrain	1 sl	2.8
Original	1 sl	2.5
GG Scandinavian Bran Crispbread Original	1 ea	2.0
Ryvita		
Fruit & Oats	2 sl	11.6
Original	2 sl	10.0
Multigrain	2 sl	8.0
Pumpkin Seed & Oat	2 sl	9.4
Sesame Rye	2 sl	8.0
Wasa		
100% Whole Grain	1 sl	5.0
Flax Seed	1 sl	8.0
Gluten Free Original	1 sl	9.0

BREADS, CRACKERS, TORTILLAS & WRAPS continued

	Amount	Net Carbs
Light Rye	2 sl	7.0
Multigrain	1 sl	5.0
Pumpkin Seed & Oat	2 sl	9.4
Sourdough	1 sl	5.0
Thin Rye	1 sl	6.0
Flatbreads & Wraps		
FlatOuts		
Carb Down		
Olive Oil & Sea Salt	1 ea	7.0
Carb Down		
Spinach Flatbread	1 ea	7.0
Classic White	1 ea	26.0
FoldIt 5-Grain Flax	1 ea	10.0
Light Original	1 ea	12.0
Protein Up	1 ea	12.0
Joseph's Lavash		
Flax, Oat Bran & Whole Wheat	1/2 ea	6.0
Multigrain		
Lavash Roll-Ups	1/2 ea	5.5
Honey Wheat		
Lavash Roll-Ups	1/2 ea	6.5
Garlic & Herb		
Lavash Roll-Ups	1/2 ea	5.5
Pita		
White	6.5"	32.1
Whole Wheat	6.5"	30.5
Tumaro's Gourmet Low Carb		
9-Grain with chia	8"	5.0
Garden-Vegetable	8"	6.0
Multigrain	8"	3.0
Whole wheat	8"	6.0

	Amount	Net Carbs
Tortillas		
Corn	6"	10.8
Flour	6"	14.5
Whole Wheat	8"	19.0
La Tortilla Factory		
Flour Tortilla Soft Taco	1 ea	21.0
Whole Wheat Soft Taco	1 ea	18.0
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
Mission Carb Balance		
Whole Wheat Fajita	1 ea	2.0
Whole Wheat Soft Taco	1 ea	3.0
Whole Wheat		
Street Tacos	2 ea	3.0
Siete Almond Flour Tortillas	1 ea	8.0
Muffins		
Food for Life Sprouted Whole Grain English Muffins		
	1/2 ea	12.0

CANDY & CHEWING GUM

	Amount	Net Carbs
Caramels		
Asher's Sugar Free		
Pecan Caramel Patties	1 serv	1.0
Vanilla Caramels	2 ea	1.0
Tom & Jenny's		
Classic Soft Caramels	5 ea	0.0
Chocolate Caramels	5 ea	0.0
Coffee Caramels	5 ea	0.0
Chewing Gum		
Eclipse Sugar Free, all flavors	2 ea	0.0
Orbit, all flavors	1 ea	0.0
Chocolate		
Asher's Sugar Free		
Dark Chocolate Bar	1 bar	3.0
Dark Chocolate		
Raspberry Jellies	3 ea	1.0
Mint Patties	2 ea	2.0
Hershey's Sugar Free	5 ea	1.0
Hershey's Sugar Free		
Special Dark	5 ea	2.0
Kopper Dark Chocolate Covered		
Espresso Beans, Sugar Free	32 ea	2.0
Lily's Sweets		
No Sugar Added		
Dark Chocolate Bar	1 serv	2.0

	Amount	Net Carbs
No Sugar Added Dark Chocolate		
Almond Bar	1 serv	3.0
Reese's Peanut Butter Cups		
Miniatures, Sugar Free	3 ea	1.0
Hard Candy		
Jolly Rancher, Sugar Free	4 ea	0.0
Lifesavers	4 ea	15.0
Lifesavers, Sugar Free	4 ea	1.0
Nestlé Sugar-Free Nips		
Caramel	2 ea	0.0
Jelly Belly, Sugar Free		
Gummie Bears	25 ea	1.0
Jelly Beans	35 ea	3.0
Jordan Almonds, Sugar Free	13 ea	2.0
Werther's Original		
Sugar-Free Caramels	5 ea	0.0
Marshmallows		
La Noubia, Sugar-Free	1 ea	0.0
Mints		
Altoids Smalls, Sugar Free		
all flavors	1 ea	0.0
Eclipse, all flavors	3 ea	0.0
Pep-O-Mints	4 ea	12.0
Pep-O-Mints, Sugar Free	4 ea	0.0
Winto-O-Green	4 ea	12.0
Winto-O-Green, Sugar Free	4 ea	0.0

CEREALS

	Amount	Net Carbs
Hot		
Bob's Red Mill 7 Grain Hot Cereal		
w/Flax Meal, dry	1/4 C	22.0
Cream of Rice, dry	1/4 C	36.0
Cream of Wheat		
Instant, Maple Brown Sugar	1 pkt	27.0
Instant, Original	1 pkt	19.0
Instant, Bananas & Cream	1 pkt	27.0
Healthy Grains,		
Instant, in bowl	1 pkt	26.0
Whole Grain, 2-Minute	3 T	21.0
Farina, Enriched, dry	3 T	26.5
Grits, Instant, dry	1 oz	21.0
Hodgson Mill Bulgur Wheat		
w/Soy Grits, dry	1/4 C	23.0
Maltes		
Hot Wheat Cereal, dry	1/3 C	33.0
Mother's Oat Bran		
Hot Cereal, dry	1/2 C	19.0
Oats/Oatmeal		
Better Oats		
Quick Oats, dry	1/2 C	23.0
Steel Cut, dry	1/4 C	23.0
Bob's Red Mill		
Rolled Oats, dry	1/2 C	32.0
Rolled Oats, cooked	1/2 C	9.5
Maypo		
Instant Vermont-Style		
Maple Oatmeal, dry	1/3 C	30.0
Instant Maple		
Oatmeal with Quinoa	1/2 C	27.0

	Amount	Net Carbs
Instant Maple Flavored		
Oatmeal	44g	29.0
Pocono		
Cream of Buckwheat, dry	1/4 C	35.0
Steel Cut		
Scottish/Irish, dry	1/4 C	13.0
Whole Grain (oat groats)	1/4 C	13.0
Wheatena		
Toasted Wheat, dry	1/3 C	27.0
Wolff's		
Cream of Buckwheat	41g	35.0
Ready-to-Eat		
Alpen Muesli		
No Sugar Added	2/3 C	36.0
Barbara's Organic		
Multigrain Spoonfuls	3/4 C	19.5
Barbara's Puffins		
Original	3/4 C	19.5
Barbara's Protein Puffins		
Berry Burst	1 C	27.0
Cascadian Farm		
Organic Ancient Grains	3/4 C	38.0
Cascadian Farm Purely O's	1 - 1/2 C	25.0
Cheerios, Multigrain	1 C	21.0
Corn Chex	1 - 1/4 C	31.0
Corn Flakes	1 C	23.0
Crispix Corn & Rice	1 C	25.0
Eden Kamut Flakes	1/2 C	30.0
Fiber One		
Honey Clusters	1 C	33.0
Original	2/3 C	16.0

CEREALS continued

	Amount	Net Carbs
Flax Plus Multigrain Flakes	1 C	24.0
Food for Life Ezekiel	1/2 C	34.0
Grape-Nuts		
Flakes	3/4 C	21.0
Original	2/3 C	40.0
Kashi		
7 Wholegrain Puffs	1-1/2 C	28.0
Go Crunch!	3/4 C	29.0
Warm Cinnamon Oat	1 C	28.0
Kellogg's All-Bran		
Buds	1/3 C	13.0
Original	1/2 C	24.0
Oat Bran, raw	1/3 C	19.0
Puffed Brown Rice	1 C	13.0
Puffed Corn	1 C	11.0
Puffed Kamut	1 C	9.0
Puffed Millet	1 C	10.0
Puffed Rice	1 C	12.0
Puffed Wheat	1 C	10.0
Shredded Wheat		
Large Biscuit	51g	34.0
Spoon Size, w/ Bran	1-1/3 C	41.0
Spoon Size,		
Whole Grain	1-1/3 C	41.0
Smart Bran	3/4 C	15.0
Special K		
Original	1-1/4 C	29.0
Protein	1-1/3 C	34.0
Spelt Flakes	1 C	20.0
Total Whole Grain	3/4 C	22.0
Wheat Bran, raw	2 T	1.6

	Amount	Net Carbs
Wheat Germ, toasted	2 T	4.9
Wheaties Toasted		
Whole Wheat Flakes	3/4 C	20.0

CONDIMENTS & SEASONINGS

	Amount	Net Carbs
Allspice, ground	1 t	1.0
Anchovy Paste	1 T	0.0
Bacon Pieces,		
Jarred/canned	1/2 oz	0.0
Bacon Bits, Imitation	1/2 oz	2.6
Basil, fresh, chopped	1 T	0.0
Basil, dried	1 T	0.2
Bay Leaves, dried	1 ea	0.1
Bragg's Liquid Aminos	1 T	0.0
Capers, drained	1 T	0.2
Celery Salt	1 t	0.0
Chile Peppers		
Ancho, dried	1 ea	5.1
Cayenne, Roasted,		
Canned, whole	1 ea	5.0
Chipotle en Adobe	9 sl	1.0
Hot Cherry, fresh, whole	1 ea	2.0
Hot Cherry, canned, whole	1 oz	2.0
Jalapeño, fresh, sliced	1/2 C	1.7
Jalapeño, pickled, sliced	1 oz	0.5
Pasilla, dried, whole	1 ea	1.7
Serrano, chopped	1/2 C	1.8
Chile Powder	1 T	0.0
Chinese 5-Spice Powder	1 t	0.0
Chives, fresh, chopped	1 T	0.1
Chives, dehydrated, chopped	1 T	0.1
Cilantro, fresh, chopped	1 T	0.0
Cinnamon, ground	1 t	0.7
Clam Juice	8 oz	0.2
Cloves, ground	1 t	0.6
Coconut Milk, canned	1 C	6.4
Coconut Milk, Light, canned	1 C	4.0

	Amount	Net Carbs
Coriander, ground	1 t	0.0
Crab/Shrimp Boil Mix	1 T	0.0
Creole Seasoning	1 T	0.0
Cumin Seed, ground	1 t	0.1
Curry Powder	1 T	0.0
Dill Weed, dried	1 T	1.3
Dill Weed, fresh, chopped	1 T	0.0
Garlic		
Clove	1 ea	0.9
Minced, fresh or jarred	1 T	2.6
Minced, dried	1 T	4.7
Powder	1 t	1.6
Salt	1 t	0.0
Ginger, ground	1 T	3.1
Ginger Root, fresh, grated	1 T	1.0
Horseradish, prepared	1 t	0.4
Italian Seasoning	1 T	0.0
Lawry's Seasoned Salt	1 t	0.0
Lemon Peel, fresh, grated	1 T	0.3
Lemon-Pepper Seasoning	1 t	0.0
Liquid Smoke	1 T	0.0
Marmite Yeast Extract	1 T	0.8
Miso Paste		
Mellow Brown	1 T	3.0
Mellow Red	1 T	3.0
Mellow White	1 T	3.0
Mrs. Dash	1 t	0.0
Mustard		
Chinese	1 t	0.2
Dijon	1 t	1.0
Honey	1 t	1.0
Powder	1 t	0.4
Spicy Brown	1 t	0.0
Yellow	1 t	0.1
Nutmeg, ground	1/2 t	0.3

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
Butter & Margarine		
Ghee	1 t	0.0
Stick Butter	1 C	0.1
Stick Butter	1 T	0.0
Stick Margarine	1 T	0.1
Whipped Butter	1 C	0.1
Whipped Butter	1 T	0.0
Whipped Margarine	1 T	0.0
Cheese		
American	1 sl	1.5
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
Velveta	1 oz	2.8
Cream & Creamers		
Coffee-mate		
Original, powder	1 t	1.0
Original, liquid	1 t	3.0
Fat-Free Hazelnut, liquid	1 T	5.0
Natural Bliss Vanilla, liquid	1 T	5.0
Sugar-Free French		
Vanilla, liquid	1 T	0.5
Condensed Milk,		
Sweetened, canned	1 T	20.8
Cream		
Heavy, liquid	1 T	0.4
Heavy, whipped	1 T	0.2
Light	1 T	0.6
Half-and-Half	1 T	0.3
International Delight		
Amaretto, Low Fat	1 T	5.0
French Vanilla	1 T	5.0
Califia Farms		
Unsweetened Almond		
Milk Creamer	1 T	0.0
Hazelnut Almond		
Milk Creamer	2 T	2.0
Silk Soymilk "Creamer,"		
Original	1 T	2.0

DAIRY, EGGS & DAIRY SUBSTITUTES continued

	Amount	Net Carbs
So Delicious Coconut Milk "Creamer," Original, Unsweetened	1 T	0.0
Sour cream		
Light	1 C	17.6
Regular	2 T	0.7
Regular	1 C	5.5
Eggs		
Raw	1 ea	0.4
Raw, White only	1 ea	0.2
Fried	1 ea	0.4
Poached/Boiled	1 ea	0.4
Scrambled, w/ Milk	1 ea	1.0
Scrambled Egg Substitute (from frozen)	1/4 C	2.0

Milk

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
Milk Substitutes		
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
Yogurt & Kefir		
Chobani		
Fino Lemon	5.3 oz	11.0
Vanilla & Cinnamon	5.3 oz	11.0
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 Greek Yogurt		
Plain, Unsweetened	5.3 oz	6.0
Triple Zero, Vanilla	5.3 oz	7.0
So Delicious Coconut Original		
Yogurt Alternative,		
Unsweetened, Plain	3/4 C	7.0
Yogurt, Whole Milk,		
Plain, Unsweetened	1 C	11.5

DESSERTS

	Amount	Net Carbs
Cheesecake		
Cheesecake Factory		
Low Carb	1 piece	32.0
Junior's Sugar Free		
Low-Carb, Plain	1 serv	3.2
Gelatin		
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	1.8g	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
Ice Cream		
Breyer's Carb Smart		
Chocolate	2/3 C	5.0
French Vanilla	2/3 C	4.0
Breyer's, No Sugar Added		
Butter Pecan	2/3 C	9.0
French Vanilla	2/3 C	9.0
Vanilla, Chocolate, & Strawberry	2/3 C	9.0
Caramel Swirl	2/3 C	9.0

	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	8.0
Vanilla Bean	1/2 C	8.0
Fudge Tracks	1/2 C	9.0
Frozen Treats		
Breyer's Carb Smart		
Fudge Bar	1 ea	3.0
Almond Ice Cream Bar	1 ea	5.0
Vanilla Ice Cream Bar, Chocolate Coated	1 ea	5.0
Creamsicle No Sugar Added		
Cream Pops	1 ea	1.5
Fudgsicle, No Sugar Added		
Fudge Pops	1 ea	7.0
Klondike No Sugar Added		
Vanilla Bar	1 ea	16.0
Outshine Snacks, No Sugar Added, all flavors	1 ea	4.0
Popsicle Sugar Free, all flavors	1 ea	4.0
Sherbet, No Sugar Added, Lemon, Lime or Orange	1/2 C	18.0

DESSERTS continued

	Amount	Net Carbs
Nondairy Frozen Treats		
So Delicious Coconut Milk		
"Ice Cream" No Sugar Added		
Chocolate	2/3 C	10.0
Vanilla Bean	2/3 C	10.0
Fudge Bar	1 ea	3.0
Vanilla Bar	1 ea	4.0
Tofutti No Sugar Added		
Fudge Treats	1 ea	2.0
Hooray Hooray Bars	1 ea	1.0
Puddings and Pies		
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	3.6 oz	7.0
Syrups and Toppings		
Da Vinci Gourmet Sugar		
Free, all flavors	2 T	0.0
Hershey Sugar Free		
Chocolate	1 T	1.0
Smucker's Sugar Free		
Caramel	2 T	11.0
Chocolate Syrup	2 T	7.0
Torani Sugar Free,		
All flavors	2 T	0.0
U-Bet Sugar Free		
Chocolate Syrup	2 T	4.0
Walden Farms Sugar Free		

	Amount	Net Carbs
Marshmallow Dip	2 T	0.0
Caramel Syrup	2 T	0.0
Chocolate Syrup	2 T	0.0
Whipped Toppings		
Cool Whip, Sugar Free	2 T	3.0
Cool Whip Lite	2 T	3.0
Cool Whip Regular	2 T	3.0
Hood		
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
Fish		
Anchovies		
Canned in Oil	6 oz	0.0
Fresh	6 oz	0.0
Bass, all varieties	6 oz	0.0
Blackfish (Taurog)	6 oz	0.0
Bluefish	6 oz	0.0
Butterfish	6 oz	0.0
Carp	6 oz	0.0
Catfish	6 oz	0.0
Cod, fresh	6 oz	0.0
Cod, dried, salted	3 oz	0.0
Eel	6 oz	0.0
Flounder	6 oz	0.0
Fish Sticks	6 pieces	33.2
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
Shellfish		
Clams		
Canned, drained	2 oz	3.3
Deep-Fried	2 oz	5.9
Fresh, cooked	2 oz	2.9
Raw	2 oz	2.0
Stuffed	2 lg	12.0
Crab		
Cake	6 oz	0.8
Cooked	6 oz	0.0
Crabmeat,		
Canned, drained	6 oz	0.0
Soft Shell, fried	1 med	10.5
Surimi ("Sea Legs")	6 oz	24.7
Crawfish	6 oz	0.0
Lobster		
Broiled, unstuffed	1 ea	1.5
Canned	6 oz	2.2
Steamed	6 oz	1.5
Tail, frozen	8 oz	1.3
Mussels		
Canned	2 oz	4.0
Canned, in Tomato Sauce	2 oz	4.8
Smoked, Canned in Oil	2 oz	2.5
Stewed/Steamed	2 oz	4.2
Octopus (Calamari)		
Baked or Broiled	4 oz	4.3
Deep-Fried	4 oz	9.9
Pan-Fried	4 oz	3.3
Oysters		
Canned	2 oz	4.5
Eastern, Shelled	2 oz	6.2
Pacific, Shelled	2 oz	11.2
Smoked	2 oz	6.0
Scallops		
Bay	10 ea	3.6
Deep-Fried or Breaded	6 oz	17.2
Sea	4 ea	4.0
Shrimp/Prawns		
Cooked, Peeled	6 oz	2.6
Deep-Fried	6 med	34.3
Squid		
Deep-Fried	6 oz	13.3
Broiled or Steamed	6 oz	6.4

FRUIT

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

FRUIT continued

	Amount	Net Carbs
Dates		
Dried	1 oz	20.9
Fresh	3 ea	15.8
Figs		
Canned in water	1 sm	3.2
Dried	1 sm	4.5
Fresh	1 sm	6.5
Fruit Cocktail		
Canned in light syrup	1/2 C	16.9
Canned in water	1/2 C	8.9
Mixed Fruits, frozen	4 oz	10.5
Gooseberries	1/2 C	7.8
Grapefruit		
Fresh, Red/White Sections,	1/2 med	8.9
Canned in juice	1/2 C	10.7
Grapes		
Green, Seedless	1/2 C	13.0
Purple, Concord	1/2 C	7.5
Red, Seedless	1/2 C	13.0
Guava		
Fresh, pieces	1/2 C	7.4
Paste	2 T	12.9
Huckleberries	4 oz	9.9
Kiwi Fruit	1 ea	8.1
Kumquat	4 ea	7.1
Lemon Juice	2 T	2.0
Lime Juice	2 T	2.4
Loganberries		
Fresh	1/2 C	5.8
Frozen	1/2 C	5.7
Loquats		
Fresh	10 med	16.7
Fresh, cubed	1/2 C	7.8
Lychees		
Fresh, whole	10 ea	14.5
Canned in water	10 ea	14.6
Mango		
Dried	1 piece	9.5
Freeze-Dried	1 piece	21.0
Fresh, pieces	1/2 C	11.1
Frozen	1/2 C	14.0
Melon		
Cantaloupe Cubes	1/2 C	5.9
Cantaloupe Slice	1/8 med	5.1
Crenshaw Balls	1/2 C	4.6
Honeydew Balls	1/2 C	7.3
Honeydew, diced	1/2 C	7.1
Honeydew Slice	1/8 med	10.4
Watermelon Balls	1/2 C	5.5
Mulberries	1/2 C	5.7
Nectarines		
Fresh	1 med	12.6
Dried	1.5 oz	22.0
Oranges		
Blood	1 med	13.0
Florida	1 med	12.9
Mandarin,		
Canned in juice	1/2 C	11.0
Navel	1 ea	14.5
Valencia	1 med	11.4
Papaya		
Canned in syrup	1/2 C	12.1

FRUIT continued

	Amount	Net Carbs
Dried	1 strip	12.2
Fresh	1/2 small	7.2
Fresh, pieces	1/2 C	6.6
Frozen, pieces	1/2 C	4.4
Passion Fruit (Maracuya),		
Pieces	1/4 C	7.7
Peaches		
Dried	2 halves	13.8
Fresh	1 sm	10.5
Frozen, sliced	1/2 C	6.0
Halves, canned		
in light syrup	1 half	13.0
Halves, canned		
in water	1 half	4.7
Pears		
Anjou	1 med	21.0
Asian	1 med	8.6
Bartlett	1 med	20.6
Bosc	1 med	21.0
Dried	1 half	11.2
Halves, canned		
in light syrup	1 half	10.3
Halves,		
Canned in water	1 half	4.7
Japanese, fresh	1 ea	20.0
Persimmon	1/2 small	4.1
Pineapple, canned		
In water, chunks	1/2 C	9.2
In water, sliced	2 sl	7.1
In light syrup, chunks	1/2 C	15.9
In light syrup, sliced	2 sl	12.1
Pineapple		
Dried	1/4 C	25.0
Fresh, chunks	1/2 C	9.7
Plantains		
Chips	1 oz	14.4
Fresh, sliced	1/2 C	21.9
Plums		
Dried (Prune)	3 ea	16.2
Fresh	1 med	6.6
Purple, canned in water	1/2 C	12.6
Prunes, canned		
in heavy syrup	1/2 C	28.1
Prunes, stewed	1/2 C	31.0
Pomegranate		
Fresh	1 quarter	10.4
Arils (Seeds), fresh	1/4 C	6.4
Prickly Pear (Cactus Pear),		
fresh	1 ea	6.2
Quince	1 quarter	3.1
Raisins		
Golden	1 T	6.8
Seedless	1 T	6.8
Raspberries		
Black, fresh	1/2 C	3.7
Black, frozen	2 oz	8.5
Red, fresh	1/2 C	3.4
Red, frozen, sweetened	1/2 C	27.2
Red, frozen	1/2 C	4.4
Rhubarb		
Fresh	1/2 C	1.7
Frozen, sweetened	1/2 C	35.0
Frozen	1/2 C	2.3

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
Grains		
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
Texamati, 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

Noodles		
Buckwheat, dry	1 oz	16.5
Egg, cooked	1/2 C	19.2
Rice (Maifun), dry	1 oz	24.4
Soba, dry	1 oz	17.9
Somen, cooked	1/2 C	23.4
Thai Rice, dry	1 oz	22.3
Udon, dry	1 oz	18.0
Udon, Spelt, dry	1 oz	19.1

Pasta

Macaroni, Protein		
Enriched, cooked	1/2 C	20.3

	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	27.0
Casbah Rice Pilaf, dry	1/4 C	32.0
Casbah Spanish Pilaf, dry	1/4 C	33.0
Knorr Rice Sides		
Rice Pilaf, cooked	1/2 C	46.0
Cheddar Broccoli, cooked	1/2 C	47.0
Mexican Rice, cooked	1/2 C	46.0
Near East Mediterranean Gourmet		
Quinoa Blend, Mediterranean		
Medley, dry	70g	45.0
Taboule Mix, dry	1 oz	16.0

LEGUMES

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

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

	Amount	Net Carbs
Pink		
Cooked/canned	1/4 C	9.6
Dry	1/4 C	8.0
Pinto		
Cooked/canned	1/4 C	6.4
Dry	1/4 C	22.5
Refried	1/4 C	6.1
Soybeans (<i>also see Nuts & Seeds</i>)		
Black, canned	1/2 C	1.0
Green (Edamame),		
shelled	1/2 C	3.0
White, canned	1/4 C	4.0
White, dry	1/4 C	7.0
Prepared Dishes		
Amy's Soups		
Curried Lentil	1 C	21.0
Tasty Bite		
Madras Lentils	1/2 pkg	11.0
Chana Masala	1/2 pkg	20.0

NUTS & SEEDS

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

NUTS & SEEDS continued

	Amount	Net Carbs
Hazelnuts (Filberts)		
Butter	2 T	2.0
Meal/Flour	1/4 C	2.0
Nutella	2 T	21.0
Raw	12 ea	1.2
Roasted	2 T	2.3
Hemp Seeds		
Butter	2 T	6.0
Meal/Flour	2 T	0.0
Seeds	2 T	3.3
Macadamia Nuts		
Butter	2 T	2.0
Raw or roasted	10 ea	1.4
Mixed Nuts		
Dry roasted	2 T	2.8
Oil roasted	2 T	2.0
Peanut Butter		
Adams Natural		
Creamy or Crunchy	2 T	4.0
Jif		
Creamy or Crunchy	2 T	6.0
Simply Peanut Butter, Creamy	2 T	4.0
Peter Pan		
Creamy or Crunchy	2 T	4.0
Honey	2 T	8.0
Smucker's Natural, Chunky or Creamy	2 T	4.0
Peanuts		
Dry roasted	2 T	3.8
Meal/Flour	1/2 C	4.6
Oil roasted	2 T	1.1

	Amount	Net Carbs
Raw	2 T	1.4
Pecans		
Butter	1 oz	1.1
Raw	10 ea	0.6
Roasted	1 oz	1.2
Pine Nuts (Pignoli/Pignon)		
Raw	2 T	1.6
Roasted	2 T	1.3
Pistachios		
Butter	2 T	6.0
Hulled, raw	2 T	3.0
Hulled, roasted, salted	2 T	3.0
Pumpkin Seeds (Pepitas)		
Butter	2 T	3.0
Hulled, raw	2 T	0.8
Hulled, roasted	2 T	1.2
Sesame Seeds		
Black, roasted	2 T	2.0
Butter/Tahini	2 T	5.0
Halvah	1.5 oz	14.0
Meal	4 oz	29.5
White, raw	2 T	2.1
Soy "Nuts"		
Butter	2 T	1.0
Roasted	2 T	3.0
Sunflower Seeds		
Butter	2 T	5.6
Hulled, raw	2 T	2.0
Hulled, roasted	2 T	1.5
Walnuts		
Butter	2 T	2.0
Halves, raw or roasted	12 ea	1.7
Meal	1/2 C	2.8

OILS, FATS, VINEGAR & SALAD DRESSINGS

	Amount	Net Carbs
Fats		
Butter, Stick or Whipped	1 T	0.0
Butter/Margarine Blend	1 T	0.0
Ghee	1 T	0.0
Lard	1 T	0.0
Margarine, Stick	1 T	0.1
Margarine, Whipped	1 T	0.2
Suet	1 T	0.0
Vegetable Shortening		
Crisco	1 T	0.0
Spectrum	1 T	0.0
Wesson	1 T	0.0

Mayonnaise & Spreads

Bestfoods/Hellman's		
Canola Oil	1 T	1.0
Light	1 T	1.0
Original	1 T	0.0
With Olive Oil	1 T	0.0

Kraft

Original	1 T	0.0
Light	1 T	2.0
Reduced Fat w/Olive Oil	1 T	1.0

Miracle Whip

Original	1 T	2.0
Light	1 T	2.0
Smart Balance, Omega Plus	1 T	2.0

	Amount	Net Carbs
Spectrum		
Organic Olive Oil Mayo	1 T	0.0
Canola Oil	1 T	0.0

Oils

Canola	1 T	0.0
Coconut	1 T	0.0
Corn	1 T	0.0
Flaxseed	1 T	0.0
Grape Seed	1 T	0.0
Hemp Seed	1 T	0.0
Macadamia	1 T	0.0
Olive	1 T	0.0
Peanut	1 T	0.0
Safflower, High Oleic	1 T	0.0
Sesame, Light	1 T	0.0
Sesame, Toasted/Dark	1 T	0.0
Smart Balance	1 T	0.0
Sunflower	1 T	0.0
Vegetable	1 T	0.0
Walnut	1 T	0.0

Oil Cooking Spray

Canola Oil		0.0
Coconut Oil		0.0
Olive Oil		0.0
Pam		0.0

Salad Dressings

Annie's Naturals		
Balsamic Vinaigrette	2 T	2.0
Cowgirl Ranch	2 T	4.0

OILS, FATS, VINEGAR & SALAD DRESSINGS continued

	Amount	Net Carbs
Caesar	2 T	2.0
Green Goddess	2 T	1.0
Tuscany Italian	2 T	2.0
Bolthouse Farms Yogurt Dressings		
Cilantro Avocado	2 T	1.0
Creamy Caesar	2 T	4.0
Honey Mustard	2 T	6.0
Drew's Organics		
Greek Olive	2 T	0.0
Tahini Goddess	2 T	1.0
Roasted Garlic & Peppercorn	2 T	0.5
Shiitake Ginger	2 T	0.0
Kraft		
Creamy Italian	2 T	2.0
Peppercorn Ranch	2 T	2.0
Thousand Island	2 T	4.0
Zesty Italian	2 T	3.0
Maple Grove Farms		
Sugar Free		
Balsamic Vinaigrette	2 T	1.0
Tomato Basil	2 T	1.0
Raspberry Vinaigrette	2 T	1.0
Marie's		
All Natural Caesar	2 T	1.0
Chunky Blue Cheese	2 T	1.0
Creamy Italian Garlic	2 T	1.0
Chipotle Ranch	2 T	1.0
Newman's Own		
Creamy Caesar	2 T	1.0

	Amount	Net Carbs
Parmesan Roasted Garlic	2 T	2.0
Walden Farms Sugar Free		
Creamy Bacon	2 T	0.0
Italian	2 T	0.0
Ranch	2 T	0.0
Thousand Island	2 T	0.0
Wish-Bone		
Creamy French	2 T	5.0
Thousand Island	2 T	5.0
Vinegar		
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
Chicken		
Breast	6 oz	0.0
Capon, Roast	6 oz	0.0
Drumstick	6 oz	0.0
Ground	6 oz	0.0
Leg	6 oz	0.0
Liver, 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
Deli & Lunch Meats		
"Bologna," sliced	2 sl	0.0
Breast, Roasted, sliced	2 sl	0.0
Salad	1 oz	5.0
Precooked Products		
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
Sausages		
"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
Duck		
Breast	6 oz	0.0
Leg	6 oz	0.0
Roasted	6 oz	0.0
Other Poultry		
Goose, Roasted, unstuffed	6 oz	0.0
Ostrich Top Loin "Steak"	6 oz	0.0
Pheasant, Roasted, unstuffed	6 oz	0.0
Turkey		
"Bacon"	2 oz	1.8
"Bacon" Bits	1 T	0.0
Breast	6 oz	0.0
Drumsticks	6 oz	0.0
Ground	6 oz	0.0
"Hot Dog"	1 ea	0.0
Wings	6 oz	0.0
Sausages		
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
Deli & Lunch Meats		
"Bologna," sliced	2 sl	0.0
Breast		
Honey Roasted, sliced	4 oz	4.0
Roasted, sliced	3 sl	0.8
Smoked, sliced	3 sl	0.8
"Ham"	6 oz	5.0
"Pastrami"	6 oz	3.0
"Pepperoni"	6 oz	6.4
Precooked Products		
Burgers	1 ea	0.0
Carved Breast	1/2 C	4.0
Meatballs, Italian Style	4 ea	5.0

**SAUCES
& MARINADES**

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

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

	Amount	Net Carbs
Pasta/Pizza Sauce		
Contadina Four Cheese	1/4 C	5.0
Newman's Own		
Vodka Sauce	1/2 C	8.0
Patsy's Marinara	1/2 C	6.0
Prego Marinara	1/2 C	8.0
Prego Traditional	1/2 C	11.0
Ragu Old World Style		
Traditional	1/2 C	8.0
Rao's Marinara	1/2 C	3.0
Walden Farms		
Garlic & Herb	1/4 C	0.0
Tomato & Basil	1/4 C	0.0
Dynasty Plum Sauce	2 T	15.0
Salsa (<i>see Snacks</i>)		
Simmer Sauces		
Patak's Butter Chicken	1/4 C	8.0
Saffron Road		
Korean Stirfry	2 T	4.5
Lemongrass Basil	2 T	3.0
Red Thai Curry	2 T	2.5
Sukhis Curry Sauce	17g	2.0
Spicy Nothings Spinach		
Curry, Medium	1/4 C	2.0
Sofrito	1 t	1.0
Soy Sauce/Tamari		
Soy Sauce	1 T	1.2
San-J Tamari	1	0.5
Teriyaki Sauce		
Guy Gone Keto	1 T	2.0
Kikkoman	1 T	2.0
Seal Sama Chef's	1 T	1.0
Soy Vay Veri Veri	1 T	8.0

SAUCES & MARINADES continued

	Amount	Net Carbs
Steak Sauce		
A1	1 T	3.0
Guy Gone Keto	1 T	0.5
Lea & Perrins	1 T	5.0
Sweet 'N Sour Sauce		
Kikkoman	2 T	14.0
La Choy	1 T	9.0
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

	Amount	Net Carbs
Marinades		
A1 Steak House Chicago	1 T	2.0
Badia Mojo	1 T	1.0
DiChickO's Lemon-Herb		
Peri-Peri	1 T	1.0
Ginger People Ginger Juice	1 T	3.0
Lawry's Marinades		
Baja Chipotle	1 T	2.0
Herb & Garlic	1 T	2.0
Caribbean Jerk	1 T	4.0
Primal Kitchen Balsamic	2 T	3.0
Lawry's Mesquite with Lime	1 T	2.0
Wicker's Marinade & Baste	2 T	1.0

SNACKS

	Amount	Net Carbs
Savory Snacks		
Chips, Crisps & Dippers		
Fiber Gourmet Crackers		
Garlic Parmesan	3 ea	3.0
Flatbread Everything	3 ea	3.0
Cinnamon	1 pkt	9.0
Julian Bakery		
Primal Thin Crackers	14g	3.0
Paleo Thin Crackers	14g	5.0
Flackers Flax Seed Crackers		
Dill	8 ea	2.0
Rosemary	8 ea	1.0
Savory	8 ea	3.0
Tomato & Basil	9 ea	3.0
Just the Cheese Cheese Snacks		
Mini Rounds	1 serv	1.0
Snack Bars	1 serv	<1.0
Kale Chips, Rhythm Superfoods,		
Kool Ranch	1 oz	3.0
Kitchen Table Bakers All Cheese Crisps		
Aged Parmesan	15 ea	1.0
RW Garcia Crackers		
Harvest	1 oz	17.0
Sweet Beet	1 oz	15.0
Kale	1 oz	15.0
RW Garcia Tortilla Chips		
Chickpea	1 oz	15.0
Lentil & Turmeric	1 oz	12.0
Terra Chips		
Sweet Potato	1 oz	12.0
Taro	1 oz	15.0
Vegetable Original	1 oz	13.0

	Amount	Net Carbs
Popcorn		
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
Pretzels		
Newman's Own Spelt	20 ea	19.0
Fit Joy Grain Free	30g	22.0
From the		
Ground Up Cauliflower	20 ea	20.0
Rice Cakes		
Lundberg Whole Grain		
Organic Brown Rice	1 ea	13.0
Organic Caramel Corn	1 ea	16.0
Organic Wild Rice	1 ea	13.0
Quaker Oats		
Lightly Salted	1 ea	7.0
Butter Popcorn	1 ea	7.0
Tomato & Basil	1 ea	8.0
Dips		
Bacon Dips		
Heluva Good Dip,		
w/ Horseradish	2 T	2.0
Walden Farms Bacon	2 T	0.0
Bean Dips		
Arriba! Pinto Bean		
w/ Chipotle	2 T	4.0
Bushs		
Black Bean Dip	2 T	3.0
Desert Pepper, Pinto Bean,		
Medium Hot	2 T	2.0

SNACKS continued

	Amount	Net Carbs
Tostitos Fiesta Bean & Cheese	2 T	7.0
Cheese Dips		
El Viajero White Mexican	2 T	1.0
Heluva Good Dip,		
Jalapeno w/Cheddar	2 T	3.0
La Terra Fina		
Queso Cheese Dip	2 T	2.0
Spinach, Artichoke & Parmesan Dip	2 T	2.0
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
Guacamole		
Sabra Classic	2 oz	3.0
Wholly Guacamole Spicy Pico		
Over Guacamole	2 T	1.0
Hummus		
Cedar's		
Artichoke Spinach	2 T	3.0
Sundried Tomato & Basil	2 T	3.0
Sabra Roasted Garlic	2 T	4.0
CAVA Spicy	2 T	3.0
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	70g	3.5
Joseph's Tzatziki Cucumber & Garlic Dip	1 T	1.0
Jerky		
Jack Link's Original	1 oz	6.0
Mission Meats Beef Stick	1 oz	1.0
Shelton's Turkey	1/2 oz	1.0
Louisville Vegan Jerky Co		
Smoked Black Pepper	1 oz	2.0
Salsa		
Desert Pepper		
2 Olive Roasted Garlic	2 T	2.0
Frontera Tomatillo	2 T	1.0
La Victoria Suprema Salsa, Mild	2 T	2.0
Newman's Own		
Farmer's Garden	2 T	3.0
Old El Paso Thick 'N Chunky	2 T	2.0
Wholly Salsa Avocado Verde	2 T	2.0

SNACKS continued

	Amount	Net Carbs
Vegetable Spreads		
Bruschetta		
DeLallo Diavolo		
Sun-Dried Tomato	2 T	8.0
Gia Russa Tomato	1 oz	1.0
Elki Artichoke Tomato	2 T	2.0
Marco Polo Caponata	1 T	1.0
Tapenade		
Gaea Smoked Eggplant	1 T	2.0
Meditalia		
Black or Green Olive	2 T	1.0
Eggplant & Tomato	2 T	2.0
Roasted Red Pepper	2 T	1.0
Sweet Snacks (also see Atkins & Other Low-Carb Specialty Foods)		
Cookies		
Dixie Diner		
Sugar Not Spoonful	1 t	0.0
Chocolate Chip Pecan	2 ea	1.0
Orange Ginger Chocolate	2 ea	2.0
Peanut Butter	2 ea	2.0
Fat Snax		
Chocolate Chip Cookie	1 ea	2.0
Peanut Butter	1 ea	1.0
Lemony Lemon	1 ea	1.0
Double Chocolate Chip	1 ea	2.0
Voortman Sugar Free		
Chocolate Chip	1 ea	8.0
Shortbread	1 ea	9.0
Oatmeal	1 ea	9.0

SOUPS

	Amount	Net Carbs
Broth/Consommé		
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
Clam Chowder		
Manhattan Style		
Bar Harbor	1 C	9.0
Campbell's, condensed	1/2 C	10.0
Progresso	1 C	17.0
New England Style		
Bar Harbor, condensed	2/3 C	17.0
Campbell's Chunky, Healthy Request	1 C	20.0
Snow's	1 C	14.0
Green/Split Pea		
Amy's Organic	1 C	16.0
Campbell's Chunky, w/ Ham	1 C	22.0
Health Valley Organic	1 C	18.0
Pacific Foods, with Ham	1 C	17.0
Progresso	1 C	25.0
Tabatchnick	1 pkt	20.0

SUPPS continued

	Amount	Net Carbs
Mushroom		
Campbell's		
Golden Mushroom	1/2 C	9.0
Health Valley Organic		
Cream of Mushroom	1 C	16.0
Imagine Organic		
Creamy Portobello	1 C	11.0
Tabatchnick		
Barley & Mushroom	1 pkt	13.0
Seafood Bisque		
Bar Harbor		
Crab	1/2 C	7.0
Lobster	1/2 C	8.0
Baxter's Lobster Bisque	100 g	4.0
Fishpeople Seafood		
Wild Crab	1 pkt	12.0
Sea Fare Pacific		
Seafood Bisque	1 pkt	9.0
Tomato Bisque		
Amy's Organic Chunky	1 C	19.0
Campbell's Condensed	1/2 C	21.0
Imagine Organic		
Creamy Tomato Basil	1 C	14.0
Pacific Foods Hearty Tomato	1 C	15.0
Wolfgang Puk Tomato Basil	1 C	19.0
Vegetable		
Campbell's Chunky,		
Savory	1 C	17.0
Dr. McDougall's	1 C	15.0
Health Valley Organic	1 C	13.0

	Amount	Net Carbs
Progresso Vegetable		
Classics	1 C	13.0
Tabatchnick	1 pkt	13.0
Vegetable Beef		
Campbell's		
Chunky Beef w/ Country		
Vegetables	1 C	14.0
Healthy Request, Vegetable		
Beef, Condensed	1/2 C	14.0
Healthy Choice		
Vegetable Beef	1 pkg	18.0
Progresso Traditional		
Beef & Vegetable	1 C	15.0
Beef Pot Roast & Vegetable	1 C	14.0
Soup in a Cup		
Campbell's Chunky Microwavable Bowl		
Beef with		
Country Vegetables	1 ea	24.0
Sirloin Burger with		
Country Vegetables	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,		
Big Cup	1 ea	37.0
Vegan Split Pea	1 ea	16.0
Lipton Soup in a Cup		
Chicken Noodle	1 env	12.0
Cream of Chicken	1 env	12.0
Spring Vegetable	1 env	7.0
Nile Spice		
Black Bean	1 pkg	24.0
Chicken Vegetable	1 pkg	19.0
Lentil	1 pkg	24.0

SWEETENERS, SPREADS & SYRUPS

	Amount	Net Carbs
Sweeteners		
Sugar		
Brown	1 t	4.5
Maple	1 t	2.7
Powdered, unsifted	1 t	2.5
White	1 t	4.2
Other Sweeteners		
Allulose	1 t	0.0
Buddha Fruit		
(pure monk fruit)	1/36 t	0.0
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
NutraTaste 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
Serve	1 t	0.0
Serve 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
Spreads		
Conventional Spreads		
Apple Butter	1 T	7.0
Polaner All Fruit Preserves	1 T	9.0
Grape Jelly	1 T	13.0
Low-Carb Spreads		
Nature's Hollow No Added Sugar		
Mountain Berry	1 T	8.0
Polaner Sugar Free w/ Fiber		
Apricot	1 T	2.0
Concord Grape	1 T	2.0
Blueberry	1 T	2.0
Peach	1 T	2.0
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	5.0

SWEETENERS, SPREADS & SYRUPS continued

	Amount	Net Carbs
Smucker's Low Sugar Preserves		
Grape	1 T	6.0
Strawberry	1 T	6.0
Smucker's Sugar-Free Preserves		
Apricot	1 T	5.0
Blueberry	1 T	3.0
Orange Marmalade	1 T	5.0
Peach	1 T	5.0
Red Raspberry	1 T	5.0
Strawberry	1 T	5.0
Waldon Farms Fruit Spreads		
Apricot	1 T	0.0
Apple Butter	1 T	0.0
Blueberry	1 T	0.0
Grape	1 T	0.0
Orange	1 T	0.0
Raspberry	1 T	0.0
Strawberry	1 T	0.0
Syrups		
Drink Syrups/Liquid Sweeteners		
Lankanto Monkfruit Sweetened		
Simple Syrup	2 T	1.0
Splenda Zero	1 squeeze	0.0
Sweetleaf (stevia liquid)	5-8 drops	0.0
Truvia Organic		
Liquid Original	1/8 t	<1.0
Torani		
Sugar-Free Syrups	2 T	0.0

	Amount	Net Carbs
Other Syrups		
Brown Rice Syrup	1 t	3.0
Chocolate Syrups		
Hershey's Sugar Free	2 T	5.0
Smucker's Sugar Free	2 T	7.0
Waldon Farms	2 T	0.0
Corn Syrup	1 T	15.0
Honey	1 T	17.3
Molasses	1 T	16.0
Nature's Hollow Sugar-Free		
Honey Substitute	1 T	1.0
Sukrin Fiber Syrup Gold	2 T	3.0
Pancake Syrup		
Fifty50 Reduced Calorie		
Maple	1/4 C	18.0
Lankanto Maple Flavored		
Sugar-Free Syrup	2 T	1.0
Maple	2 T	26.5
Mrs. Butterworth's		
Maple-Flavored	2 T	26.0
Sugar Free	1/4 C	0.0
Nature's Hollow Sugar-Free Maple		
Flavored Syrup	2 T	0.0
Nature's Hollow Sugar-Free		
Raspberry	2 T	1.0

VEGETABLES

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

	Amount	Net Carbs
Frozen, chopped,		
steamed	1/2 C	2.2
Broccoli Rabe		
Raw, chopped	1/2 C	0.1
Steamed	5 oz	0.8
Broccoflower, steamed	1/2 C	1.0
Broccolini, fresh, steamed	3 ea	1.9
Brussels Sprouts, steamed	1/2 C	3.5
Cabbage		
Chinese, raw, shredded	1/2 C	0.4
Chinese, steamed,		
shredded	1/2 C	0.7
Green/White,		
raw, shredded	1/2 C	1.1
Green/White, steamed	1/2 C	2.7
Napa, raw	1/2 C	0.3
Napa, steamed	1/2 C	0.4
Red, raw, shredded	1/2 C	1.8
Red, steamed, shredded	1/2 C	3.3
Savoy, raw, shredded	1/2 C	1.1
Savoy, steamed,		
shredded	1/2 C	1.9
Cardoon, steamed	1/2 C	2.1
Cauliflower		
Florets, frozen	1/2 C	1.6
Florets, raw	1/2 C	1.6
Steamed, chopped	1/2 C	1.7
Celery		
Raw	1 stalk	1.0
Steamed, diced	1/2 C	1.8
Celery Root (Celeriac)		
Raw, grated	1/2 C	5.8
Steamed, diced	1/2 C	3.6

VEGETABLES continued

	Amount	Net Carbs
Chard, Swiss, steamed	1/2 C	1.8
Chayote, steamed	1/2 C	1.8
Chicory Greens		
Raw	1/2 C	0.1
Steamed	1/2 C	0.1
Collard Greens, steamed	1 C	2.0
Coleslaw w/ Dressing,		
deli style	1/2 C	6.6
Cucumber, medium, raw	1/2 ea	4.7
Cucumber, raw, sliced	1/2 C	1.6
Daikon (<i>see Radishes, below</i>)		
Dandelion Greens,		
steamed	1/2 C	1.8
Eggplant		
Chinese, broiled	1/2 C	2.3
Italian, broiled	1/2 C	2.3
Japanese, cooked	1/2 C	2.3
Endive, raw	1/2 C	0.1
Endive, braised	1/2 C	0.0
Escarole		
Raw, chopped	1/2 C	0.1
Steamed	1/2 C	0.2
Fennel		
Raw	1/2 C	1.8
Cooked	1/2 bulb	2.5
Garlic		
Minced	2 T	5.3
Raw	1 clove	0.9
Roasted	1 clove	0.9
Jicama		
Cooked, sliced	2 oz	5.0
Raw, chopped	1/2 C	2.6
Kale		
Raw, chopped	1/2 C	3.0
Steamed	1/2 C	2.4
Kohlrabi, steamed	1/2 C	4.6
Leeks		
Cooked, chopped	4 oz	7.5
Raw, chopped	1/2 C	5.5
Lettuce		
Boston or Bibb,		
raw, chopped	1 C	0.6
Iceberg, raw, shredded	1 C	1.3
Mesclun (Mixed		
Salad Greens), raw	1 C	2.0
Romaine, raw, shredded	1 C	0.6
Romaine Hearts, raw	1 C	1.0
Mung Beans (<i>see Sprouts, below</i>)		
Mushrooms		
Button, cooked	1/4 C	2.4
Button, raw, sliced	1/2 C	0.8
Chanterelle, fresh	1/2 C	0.8
Cremi, Brown	1/2 C	1.6
Enoki (Straw), fresh	1/2 C	1.7
Portobello, cooked	4 oz	2.6
Shiitake, cooked, sliced	1/4 C	1.0
Mustard Greens, steamed	1/2 C	0.1
Nopales (Cactus Pads),		
cooked	1/2 C	1.0
Okra		
Cooked	1/2 C	1.8
Pickled	2 ea	1.0
Olives		
Black, canned	5 ea	0.7
Black, oil cured	5 ea	0.7

VEGETABLES continued

	Amount	Net Carbs
Black, salt cured	5 ea	0.7
Green, almond stuffed	5 ea	2.5
Green, canned	5 ea	0.1
Green, garlic stuffed	5 ea	5.0
Green, pimento stuffed	5 ea	0.1
Onions		
Cooked, chopped	1/4 C	4.3
Pearl, cooked, chopped	1/2 C	9.2
Pearl, frozen	2/3 C	5.0
Red, raw, chopped	2 T	1.5
White, raw, chopped	2 T	1.5
White, raw, chopped	1/2 C	6.1
Vidalia, raw, chopped	1/2 C	6.1
Palm, Hearts of, canned	1 ea	0.7
Parsley (<i>see Condiments & Seasonings</i>)		
Snow/Snap Peas in Pod		
Cooked	4 oz	2.7
Fresh, chopped	1/2 C	2.4
Peppers, Bell		
Green, chopped, cooked	1/4 C	1.6
Green, chopped, raw	1/2 C	2.2
Red, chopped, cooked	1/4 C	1.6
Red, chopped, raw	1/2 C	3.0
Peppers, Chile (<i>also see Condiments & Seasonings</i>)		
Banana, fresh	2 oz	1.1
Jalapeño, fresh	1 ea	0.5
Pumpkin		
Canned, mashed	1/2 C	6.4
Canned Pumpkin		
Pie Mix	1/3 C	17.0
Cooked, mashed	1/2 C	4.7
Radicchio, raw	1/2 C	0.7
Radish		
Black	1/2 C	1.3
Daikon, raw, 7-in	1/4 ea	2.1
Daikon, grated	1/2 C	1.4
Daikon, sliced, cooked	1/2 C	0.7
Red/White, raw	10 ea	1.6
Rhubarb (<i>see Fruit</i>)		
Sauerkraut, drained	1/2 C	1.2
Scallions, raw	1/2 C	2.4
Scallions, cooked	1/2 C	5.5
Shallots, raw, chopped	2 T	3.4
Sorrel Greens, steamed	1/2 C	0.2
Spaghetti Squash, baked	1/4 C	2.0
Spinach		
Baby	1/2 C	0.7
Creamed, frozen	1/2 C	2.0
Fresh, steamed, chopped	1/2 C	1.2
Frozen, steamed	1/2 C	1.0
Raw, chopped	1 C	0.4
Sprouts		
Alfalfa, raw	1/2 C	0.0
Mung Bean, raw	1/2 C	2.2
Sunflower Seed, raw	1 oz	1.0
Summer Squash		
Patty Pan, steamed	1/2 C	1.5
Yellow, raw, sliced	1/2 C	1.3
Yellow, steamed, sliced	1/2 C	2.6
Zucchini, raw, chopped	1/2 C	1.4
Zucchini, steamed, sliced	1/2 C	1.5
Taro Leaves, steamed	1/2 C	1.5
Tomatillo, fresh, chopped	1/2 C	2.6

VEGETABLES continued

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

Amount Net Carbs

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

VEGETABLES continued

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

VEGETARIAN PRODUCTS

	Amount	Net Carbs
Dominex		
Eggplant "Meatballs"	4 ea	2.0
Eggplant Cutlets	3 oz	12.0
Quorn		
Meatless "Meatballs"	18 ea	8.0
Meatless Grounds	1 C	3.0
Meatless Roast	113.5g	0.0
Meatless		
Breakfast Patties	3 ea	8.0
Meatless Turkey-Style		
Deli Slices	64g	3.0
Vegan Fishless Sticks	100g	24.0
Meatless Sharp Cheese Cutlets	110g	16.0
Seitan		
Upton Naturals Crumbles		
Chorizo Style	2 oz	5.0
Classic Burger	91g	8.0
Italian Sausage Style	2 oz	6.0
Original, Ground	2 oz	5.0
WestSoy Organic		
Chicken Style	1 piece	2.0
Cubed	85g	3.0
Ground	85g	2.0
Strips	85g	3.0

VEGETARIAN PRODUCTS continued

	Amount	Net Carbs
Shiritaki Noodles		
Pasta Zero	113g	1.0
Miracle		
Fettuccine Style	3 oz	0.0
Skinny Noodles		
Spaghetti	4 oz	0.0
Tempeh		
Lightlife Organic		
Flax	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
Tempeh & Tofu "Bacon"		
Lightlife Smart Bacon	1 sl	<1.0
Morningstar Farms Strips	16g	2.0
Yves Meatless		
"Canadian Bacon"	3 sl	3.0
Tofu		
Extra Firm	79g	2.0
Firm	79g	2.0
Soft	79g	2.0
Silken Tofu	91g	1.0
Tofu, Baked		
Nasoya		
Organic Teriyaki	1 pc	4.0

	Amount	Net Carbs
Organic Sesami Chicken	1 pc	3.0
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
Wild Wood Organics SprouTofu		
Sriracha	99g	5.0
Savory	3 oz	2.0
Teriyaki	1 piece	2.0
Tofu "Hot Dogs"		
Lightlife Tofu Pups	1 ea	0.0
Morningstar Farms	1 ea	4.0
Yves Veggie Cuisine	1 ea	2.0
Tofu "Sausage"		
Lightlife		
Gimme Lean	2 oz	5.0
Smart Sausages		
Chorizo Style	85g	2.0
Italian Style	1 link	9.0
Morningstar Farms®		
Original Breakfast Patties	38g	2.0
Hot & Spicy Breakfast Patties	38g	2.0
Tofurky		
Original Sausage		
"Beer Brats"	1 link	7.0
Original Sausage		
"Kielbasa"	1 link	8.0

VEGETARIAN PRODUCTS continued

	Amount	Net Carbs
Artisan Sausage		
Spinach Pesto	1 link	10.0
Veggie Burgers		
Beyond Burger	1 patty	3.0
Dr. Praeger's Pure Plant Protein		
Burger	1 burger	4.0
Gardenburger		
Original	1 patty	14.0
Impossible Burger	4 oz	6.0
Lightlife		
Plant-Based Burger	1 burger	8.0
Morningstar Farms		
Grillers Original	64g	4.0
Spicy Black Bean	1 ea	17.0
Garden Veggie	67g	5.0
Veggie "Cheese"		
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		
"Swiss" Singles	1 sl	<1.0
Vegan Better-For-You Classic		
Plain "Cream Cheese"	2 T	1.0

	Amount	Net Carbs
Veggie Crumbles		
Lightlife Smart Ground		
Original	2 oz	1.0
Tofurky Chorizo Style	1/3 C	3.0
Tofurky		
Ground Beef Style	1/3 C	2.0
Veggie Luncheon "Meats"		
Lightlife Smart Deli		
"Bologna"	4 sl	2.0
"Ham"	4 sl	3.0
"Pepperoni"	13 sl	2.0
"Turkey"	4 sl	2.0
Tofurky Deli Slices		
"Bologna"	3 sl	5.0
Oven Roasted	5 sl	4.0
Peppered	5 sl	4.0
"Roast Beef"	5 sl	5.0
Smoked "Ham"	5 sl	3.0
Veggie "Meats"		
Lightlife Smart Tenders		
Plant-Based Chicken	3 pc	2.0
Veggie "Meatballs"		
Gardein Meatless		
"Meatballs"	5 pc	5.0
Lightlife Smart Menu Plant-Based		
"Meatballs"	3 meatballs	5.0

CHAIN RESTAURANTS

	Amount	Net Carbs
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FAST FOOD

Arby's

Chopped Farmhouse		
Salad- Roast Turkey	1 serv	6.0
Chopped Side Salad	1 serv	3.0
Light Italian Dressing	1 serv	2.0

Burger King

Cheeseburger	1 ea	26.0
Chicken Nuggets	6 piece	15.0
Club Salad w/ Crispy Chicken		
– no dressing	1 serv	28.0
Garden Side Salad		
– no dressing	1 serv	2.0
Hamburger	1 ea	25.0
Ken's Ranch Dressing	1 serv	2.0
Ken's		
Golden Italian Dressing	1 serv	4.0
Whopper – no bun	1 ea	7.0

Carl's Jr.

Famous Star Burger – no bun	1 ea	8.0
Gluten Sensitive		
– The Low Carb Thickburger	1 ea	8.0
House Dressing	2 oz	3.0
Low-Carb It – Low Carb Charbroiled		
Chicken Club	1 serv	7.0

Dairy Queen / Brazier

Chicken BLT Salad		
– Grilled Chicken	1 serv	9.0
Light Italian Dressing	1 serv	2.0
Original Cheeseburger	1 ea	35.0
Side Salad	1 serv	3.0

Hardee's

Low-Carb It – 1/3 lb Low Carb		
Thickburger	1 ea	8.0
Low-Carb It – Charbroiled		
Chicken Club Sandwich	1 serv	12.0

McDonald's

Artisan		
Grilled Chicken Fillet	1 ea	0.0
Bacon Ranch		
Grilled Chicken Salad	1 serv	4.0
Creamy Ranch Sauce	1 serv	1.0
Hamburger Patty	1 ea	1.0
Newman's Own Dressing		
Ranch	1 serv	9.0
Low Fat Family Recipe	1 serv	8.0
Creamy Southwest	1 serv	11.0
Low Fat Balsamic	1 serv	4.0
Side Salad	1 serv	3.0
Southwest		
Grilled Chicken Salad	1 serv	20.0
Spicy Buffalo Sauce	1 serv	1.0

Wendy's

Dave's Single Cheeseburger	1 ea	38.0
Grilled Asiago Ranch Club w/		
Ultimate Chicken Grill	1 serv	34.0

CHAIN RESTAURANTS continued

	Amount	Net Carbs
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Grilled Chicken Sandwich	1 serv	36.0
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SANDWICH/OTHER CHAINS

Applebee's

Ranch Dressing	1 serv	2.0
Caesar Salad (with steak)	1 serv	19.0
Classic Buffalo Sauce	1 serv	3.0
Double Crunch Bone-In Wings		
– without Sauce	1 serv	10.0
Fire-Grilled Veggies	1 serv	6.0
House Salad – no dressing	1 serv	10.0
Shrimp 'N' Parmesan Sirloin	1 serv	4.0
Topper of Grilled Onions	1 serv	4.0
Topper of Sautéed		
Garlic Mushrooms	1 serv	5.0
Topper of Shrimp & Parm	1 serv	4.0
USDA Select Sirloin	6 oz	0.0

Blimpie

Blue Cheese Dressing	1.5 oz	2.0
Buffalo Chicken Salad	1 serv	6.0
Buttermilk Ranch Dressing	1.5 oz	3.0
Grilled Chicken Caesar Salad		
– no dressing	1 serv	3.0
Peppercorn Ranch Dressing	1.5 oz	3.0

Chick-Fil-A

Chick-Fil-A Sauce	1 serv	6.0
Garlic & Herb Ranch Sauce	1 serv	2.0
Grilled Nuggets	1 serv	1.0

Chili's

Black Bean Patty	1 ea	14.0
Caesar Salad (low carb)	1 serv	6.0
Classic Beef Patty	1 ea	0.0
Fajita – Peppers and Onions		
w/ Shrimp	1 serv	18.0
Fajita Toppings	1 serv	5.0
House Salad (low carb)	1 serv	7.0
Grilled Chicken Dippers	1 serv	2.0
Ranch Dressing	1.5 oz	2.0
Southwestern Chicken		
Caesar Salad	1 serv	16.0

Chipotle

Salad – Chicken, Romaine Lettuce,		
Fajita Vegetables, Cheese, Fresh		
Tomato Salsa, Vinaigrette		
	1 serv	26.0
Burrito Bowl – Steak, Romaine Lettuce,		
Fajita Vegetables, Queso,		
Tomatillo-Green Chili Salsa,		
Guacamole	1 serv	13.5

KFC

Buttermilk Ranch Dipping Sauce	cup	2.0
Coleslaw	1 serv	10.0
Extra Crispy		
Chicken Drumstick	1 ea	5.0
Green Beans	1 serv	2.0
Kentucky Grilled		
Chicken Breast	1 ea	0.0
Original Recipe		
Chicken Drumstick	1 ea	3.0

CHAIN RESTAURANTS continued

	Amount	Net Carbs
Outback Steakhouse		
Bacon Bourbon Salmon	7 oz	3.0
Classic Wedge Blue		
Cheese Salad Entrée	1 serv	25.0
Grilled Asparagus	1 serv	2.0
Panera		
Greek Salad	1 serv	7.0
Green Goddess Cobb Salad		
with Chicken	1 serv	18.0
Seasonal Greens Salad	1 serv	17.0
Subway		
Black Forest Ham Salad	1 serv	9.0
Roast Beef Salad	1 serv	8.0
Rotisserie-Style		
Chicken Salad	1 serv	7.0
Steak & Cheese Salad	1 serv	11.0
Tuna Salad	1 serv	7.0
Turkey Breast Salad		
– no dressing	1 serv	9.0
Veggie Delight Salad		
– no dressing	1 serv	7.0
TGI Friday's		
Blue Cheese Dressing	1 serv	1.0
BBQ Chicken		
w/ BBQ Ranch	1 serv	60.0
Frank's Redhot Buffalo Wings	1 serv	2.0
Green Style Bacon Cheeseburger		
– no side	1 serv	10.0
Million Dollar Cobb Salad w/ Chicken		
& Ranch	1 serv	16.0

Amount **Net Carbs**

Million Dollar Cobb Salad w/ Sirloin (6oz)
& Ranch 1 serv **18.0**

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 **7.0**
Soft Taco 1 ea **14.0**

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 **25.0**
Handmade Pan Cheese Pizza
1 piece of 12" pizza **28.0**
Hot Chicken Wings 4 pieces **7.0**

Pizza Hut

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 **17.0**
Udi's Gluten-Free
Cheese Pizza 1 slice **14.0**

NOTES

