



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			
Ccup	lglarge	pkg ...package	Ttablespoon
diadiameter	lbpound	slslice	w/with
eaeach	med ...medium	smsmall	w/owithout
env ...envelope	ozounce	sqsquare	"inch
ggram	pktpacket	tteaspoon	<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		
Birthday Cake	1 bar	4.0
Blueberry Greek Yogurt	1 bar	5.0
Chocolate Almond Butter	1 bar	4.0
Chocolate Almond Caramel	1 bar	3.0
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
Double Fudge Brownie	1 bar	4.0
Peanut Butter Granola	1 bar	4.0
Peanut Fudge Granola	1 bar	4.0
S'Mores	1 bar	4.0
Strawberry Shortcake	1 bar	3.0
Vanilla Caramel Pretzel	1 bar	4.0
Vanilla Pecan Crisp	1 bar	4.0

Atkins Snack Bars

Caramel Apple Pie	1 bar	3.0
Caramel Chocolate Nut Roll	1 bar	3.0
Caramel Chocolate		
Peanut Nougat	1 bar	3.0
Caramel Double		
Chocolate Crunch	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

	Amount	Net Carbs
White Chocolate Macadamia	1 bar	4.0
Snickerdoodle	1 bar	3.0
Chocolate Creme		
Protein Wafer Crisps	1 bar	3.0
Peanut Butter		
Protein Wafer Crisps	1 bar	3.0
Dark Chocolate Sea Salt		
Caramel Crunch Bites	11 bites	4.0
Chocolate Chip		
Protein Cookies	1 cookie	3.0
Double Chocolate Chip		
Protein Cookies	1 cookie	3.0
Peanut Butter		
Protein Cookies	1 cookie	3.0
Atkins Protein Chips		
Chipotle BBQ	1 bag	4.0
Nacho Cheese	1 bag	4.0
Ranch	1 bag	4.0

Atkins Ready-to-Drink Shakes

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

The following nutrition information is accurate to the best of our knowledge as of September 2022.
(<https://ndb.nal.usda.gov/ndb/>)

ATKINS & OTHER LOW-CARB SPECIALTY FOODS continued

	Amount	Net Carbs
Atkins Iced Coffee Shakes		
Café au Lait	1 shake	3.0
Café Caramel	1 shake	3.0
Iced Chai	1 shake	3.0
Mocha Latte	1 shake	4.0
Vanilla Latte	1 shake	4.0
Atkins Endulge™ Treats		
Caramel Nut Chew	1 bar	2.0
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	1.0
Dulce de Leche Cake Dessert Bar	1 bar	3.0
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

	Amount	Net Carbs
Atkins Keto Treats		
Keto Caramel		
Almond Clusters	1 cluster	2.0
Keto Peanut Butter Cups	1 cup	2.0
Atkins Breakfast Frozen Meals		
Bacon Scramble	1 bowl	4.0
Ham and Cheese Omelet	1 omelet	4.0
Farmhouse-Style Sausage Scramble	1 bowl	5.0
Atkins Entrée Frozen Meals		
Asian-Style Chicken Stir Fry	1 tray	6.0
Beef Merlot	1 tray	6.0
Beef Teriyaki Stir-Fry	1 tray	7.0
Cheesy Chicken Risotto	1 tray	6.0
Chicken & Broccoli Alfredo	1 tray	5.0
Chicken Margherita	1 tray	6.0
Chicken Marsala	1 tray	8.0
Chili Con Carne	1 tray	7.0
Crustless Chicken Pot Pie	1 tray	6.0
Meat Lasagna	1 tray	11.0
Meatloaf w/ Portobello Mushroom Gravy	1 tray	9.0
Mongolian-Style Beef Cauliflower Bowl	1 bowl	7.0
Pepperoni Pizza	1 pizza	11.0
Roasted Turkey with Garlic Mashed Cauliflower	1 tray	6.0
Three Meat Pizza	1 pizza	11.0

ATKINS & OTHER LOW-CARB SPECIALTY FOODS continued

	Amount	Net Carbs
Atkins Frozen Snacks		
Bacon Cheddar Cauliflower Bites	6 bites	2.0
Pepperoni Pizza Bites	10 bites	5.0
Atkins Frozen Treats		
Caramel Brownie Bites	3 bites	3.0
Cheesecake Bites	2 bites	3.0
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	4.0
Muffin Mix, Apple Cinnamon, prepared	1 ea	4.0

	Amount	Net Carbs
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 Vanilla, prepared	1 T	0.0
Low Carb, Gluten Free White Bread Mix, prepared	1 sl	2.0
Muffin Mix, prepared	1 ea	2.0
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 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

OTHER LOW-CARB SPECIALTY FOODS continued

	Amount	Net Carbs
Prepared Soups		
Dixie Diners' Carb Counters		
Broccoli & Cheese Soup Mix	1	1.0
Skinny 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	8.0
Arrowroot	1 T	6.8
Baking Soda	1/2 t	0.0
Baking Chocolate,		
Unsweetened	1 oz	3.4
Baking Powder	1/2 t	0.6
Chocolate Chips,		
Semisweet	2 T	12.2
Cinnamon, ground	1 t	0.7
Cocoa Powder,		
Unsweetened	2 T	2.2
Coconut, Shredded		
Unsweetened	1/4 C	1.3
Sweetened	1/4 C	10.0
Coconut Flour	1/4 C	5.3
Coconut Milk,		
Canned, Regular	1/2 C	3.2

	Amount	Net Carbs
Cornmeal	2 T	10.6
Cream of Tartar	1 t	1.8
Dried Egg Whites	2 T	1.0
Egg Replacement	1 oz	6.2
Erythritol	1 T	0.0
Flaxseed Meal	1/4 C	0.5
Flour, White, All Purpose	1/4 C	23.0
Flour, Whole Wheat		
All Purpose	1/4 C	18.0
Pastry	1/4 C	28.5
Gelatin, Unflavored for		
Baking & Canning	1 env	0.0
Molasses	1 T	15.0
Nutmeg, ground	1 t	0.6
Oat Flour	1/4 C	11.5
Pure Vanilla & Other Extracts	1 t	0.5
Rice Flour, White	1/4 C	30.7
Rice Flour, Brown	1/4 C	28.4
Rye Flour, Medium	1/4 C	16.2
Soy Flour	1/4 C	4.7
Stevia (pure powder)	1 t	0.0
Sucralose-Brown Sugar		
Blend for Baking	1/4 C	50.1
Sucralose-Sugar		
Blend for Baking	1/4 C	57.7
Sugar, Brown, packed	1/4 C	54.2
Sugar, Confectioners	1/4 C	29.9
Sugar, White	1/4 C	50.4
Sugar & Stevia Blend	1/4 C	48.0
Truvia	1/4 C	0.0
Xylitol	1 T	0.0

BEEF, LAMB, PORK & OTHER MEATS

	Amount	Net Carbs
Beef		
Brisket	6 oz	0.0
Corned Beef	6 oz	0.8
Chuck	6 oz	0.0
Chuck Eye Steak	6 oz	0.0
Corned Brisket	6 oz	0.8
Cubed Steak	6 oz	0.0
Eye Round	6 oz	0.0
Flank Steak	6 oz	0.0
Ground Chuck/Round	6 oz	0.0
Liver	6 oz	6.6
London Broil	6 oz	0.0
Prime Rib	6 oz	0.0
Rib Eye Roast/Steak	6 oz	0.0
Shell Steak	6 oz	0.0
Short Ribs	6 oz	0.0
Sirloin Steak	6 oz	0.0
Skirt Steak	6 oz	0.0
Tenderloin	6 oz	0.0
Top Loin	6 oz	0.0
Veal		
Breast	6 oz	0.0
Chop, Loin or Rib	6 oz	0.0
Cutlet	6 oz	0.0
Ground	6 oz	0.0
Round Steak	6 oz	0.0
Scallops	6 oz	0.0
Shank	6 oz	0.0
Shoulder	6 oz	0.0
Stew Meat	6 oz	0.0
Goat		
Roast	6 oz	0.0

	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	1.1
Canadian Bacon	3 sl	1.2
Chop, Center Cut	6 oz	0.0
Chop, Loin	6 oz	0.0
Ground	6 oz	0.0
Ham	6 oz	0.0
Loin Roast	6 oz	0.0
Scrappe	4 oz	15.6
Spam	2 oz	1.7
Spare Ribs	6 oz	0.0
Stew Meat	6 oz	0.0
Tenderloin	6 oz	0.0
Game Meats		
Beefalo	6 oz	0.0
Buffalo (Bison)	6 oz	0.0
Rabbit	6 oz	0.0
Venison	6 oz	0.0
Frankfurters		
Beef	1 frank	1.8
Beef & Pork	1 frank	1.0
Hebrew National	1 frank	2.0
Pork	1 frank	0.2
Sausages		
Andouille, Pork	1 link	0.1
Beef	2 oz	0.2
Beef & Pork	1 link	0.4

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	2.0
Cheese Dog	1 link	1.0
Chicken w/ Apple	2 oz	2.9
Chicken w/ Dried Tomato	2 oz	2.5
Chicken & Turkey w/ Gruyère	2 oz	0.0
Chorizo	2 oz	1.1
Italian, Hot	2 oz	0.4
Italian, Sweet	2 oz	1.2
Kielbasa, Beef	2 oz	2.0
Kielbasa, Beef & Pork	2 oz	1.0
Kielbasa, Pork & Turkey	2 oz	2.2
Knockwurst	1 link	2.3
Linguica	2 oz	1.0
Smoked, Beef	4 oz	2.7
Smoked, Hot	4 oz	4.9

Deli, Luncheon and Cured Meats

Bologna		
Beef	3 sl	3.9
Beef & Pork	3 sl	0.6
Ham, Deli Style		
Baked, sliced	6 oz	2.6
Boiled, sliced	6 oz	0.0
Deviled	4 oz	1.9
Honey Cured, sliced	6 oz	3.8
Liverwurst	4 sl	1.6
Mortadella	6 oz	5.2
Olive Loaf	3 sl	7.7
Pancetta	3 oz	3.0
Pastrami, Beef	1 sl	0.2
Pepperoni	6 oz	2.0

	Amount	Net Carbs
Pork Roll	5 sl	0.6
Prosciutto	6 oz	0.0
Roast Beef, Sliced	1 oz	0.5
Salami		
Beef	3 sl	1.5
Beef & Pork	3 sl	0.2
Pork	3 sl	0.5
Sopressata (dry salami)	1 oz	1.0

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	7.0
Steak Umm Sliced Steaks	1 ea	0.0
Stouffer's Family Size Dinners		
Cheese Manicotti	1 serv	42.0
Chicken and Broccoli		
Pasta Bake	1 serv	24.0
Creamed Chipped Beef	1 serv	8.0
Green Peppers Stuffed w/ Beef & Tomato Sauce	1 serv	19.0
Lasagna w/ Meat & Sauce	1 serv	28.0
Meatloaf	1 serv	8.0
Salisbury Steak	1 patty	10.0

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
Caffe D'Vita Sugar Free Instant French		
Vanilla Cappuccino	2 t	4.0
Hills Bros Sugar Free French Vanilla		
Cappuccino	2 T	8.0
Coffee		
Black, Brewed	1 C	0.0
Black, Decaf, Brewed	1 C	0.0
Decaf, Instant	1 C	1.0
With 1 T Cream	1 C	0.4
With 1 T Whole Milk	1 C	0.7

	Amount	Net Carbs
Coffee		
Iced, w/ 1 T Whole Milk	12 oz	0.7
Starbucks		
Caffè Americano	12 oz	1.0
Caffè Latte		
w/ Whole Milk	12 oz	15.0
Cappuccino		
w/ Whole Milk	12 oz	10.0
Espresso, Black	1.5 oz	2.0
Espresso w/ Whole Milk	12 oz	15.4
Frappuccino, Bottled	1 serv	37.0
Latte, Iced,		
w/ Whole Milk	12 oz	10.0
Mocha w/ Whole Milk	12 oz	30.0
Mocha Frappuccino	12 oz	35.0
Carbonated Beverages, Soda, Mixers		
Cherry Cola	12 oz	39.0
Cherry Cola, Diet	12 oz	0.0
Club Soda	12 oz	0.0
Cola	12 oz	38.2
Cola, Diet	12 oz	0.0
Diet Sodas, all flavors	12 oz	0.0
Ginger Ale	12 oz	32.1
Grape Soda	12 oz	41.7
Lemon/Lime Soda	12 oz	38.0
Root Beer/Birch Beer	12 oz	39.2
Seltzer	12 oz	0.0
Seltzer, Essence Flavored	12 oz	0.0
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	14.7
Gatorade Zero	12 oz	0.0
Monster	8 oz	29.0
Monster, Absolutely Zero	8 oz	1.0
Red Bull	8.4 oz	29.0
Red Bull, Sugar Free	8.4 oz	2.0
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	5.0
Cranberry Juice Cocktail	4 oz	17.1
Fruitables Mixed Fruit & Vegetable	4 oz	16-18
Fruit Punch	4 oz	14.3
Grape, unsweetened	4 oz	18.4
Grapefruit, sweetened	4 oz	13.8
Grapefruit, unsweetened	4 oz	8.8
Guava Nectar	4 oz	19.1
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	10.7
Orange-Peach-Mango	4 oz	14.5
Orange-Strawberry-Banana	4 oz	14.2
Passion Fruit, fresh	4 oz	16.6
Peach Nectar, canned	4 oz	16.6
Pear Nectar, canned	4 oz	19.0
Pineapple, unsweetened	4 oz	15.8
Prune	4 oz	21.1
Tangerine-Orange	4 oz	12.5

Lemonade / Limeade

Bottled, Diet	8 oz	1.3
Bottled, sweetened	8 oz	29.0
Crystal Light	1/5 pkt	2.0
Minute Maid Zero Sugar	8 oz	1.0
Prepared from concentrate	8 oz	26.5
Prepared from powder	8 oz	9.5
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	0.7
With 1 T Milk	8 oz	1.4
With 1 T Cream	8 oz	0.4

BEVERAGES & ALCOHOLIC BEVERAGES continued

	Amount	Net Carbs
Chamomille	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	1/2 pkt	1.5
Unsweetened, from instant	8 oz	1.0
With Stevia	8 oz	0.0

Vegetable Juices

Carrot	4 oz	10.0
Clam & Tomato	4 oz	12.7
Tomato	4 oz	4.6
Vegetable Juice Cocktail	4 oz	4.1

Vitamin Water

Energy	20 oz	27.0
Squeezed, zero sugar	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

BEVERAGES & ALCOHOLIC BEVERAGES continued

	Amount	Net Carbs
Alcoholic Beverages		
Beer		
"Lite"	12 oz	5.8
Low Carb	12 oz	2.5
Near (>0.5% alcohol)	12 oz	13.7
Nonalcoholic	12 oz	13.3
Bourbon	1 oz	0.0
Champagne	1 oz	2-3
Gin	1 oz	0.0
Rum	1 oz	0.0
Scotch	1 oz	0.0
Sherry, Dry	1 oz	4.7
Vodka	1 oz	0.0
Wine, Red	3.5 oz	2.7
Wine, Rosé	3.5 oz	4.0
Wine, White, Sauvignon	3.5 oz	2.1

Cocktail Mixes

Bloody Mary	3.5 oz	3.1
Margarita	3.5 oz	20.1
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	37.6
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	12.2
Ezekiel	1 sl	11.0
French	1 sl	13.9
Italian	1 sl	9.4
Oatmeal	1 sl	12.5
Pumpernickel	1 sl	10.7
Pumpernickel, 100% Rye Meal	1 sl	16.5
Raisin	1 sl	13.9
Rye	1 sl	13.6
Rye, 100%	1 sl	18.0
Sourdough	1 sl	15.4
Sprouted Whole Wheat	1 sl	7.4
Sunflower Seed	1 sl	12.6
White	1 sl	13.6
Whole Grain	1 sl	13.3
100% Whole Grain	1 sl	16.3
Whole Wheat	1 sl	10.3
100% Whole Wheat	1 sl	10.0
Crackers		
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	27 ea	17.0
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	6 ea	1.0

	Amount	Net Carbs
Matzoh, Plain	1 ea	22.6
Matzoh, Whole Wheat	1 ea	18.8
Melba Toast	1 ea	2.1
Melba Toast, Rye	1 ea	3.5
Melba Toast, Whole Wheat	1 ea	3.5
San-J Tamari		
Brown Sesame	5 ea	15.0
Simple Mills Fine Ground		
sea salt almond		
flour crackers	17 ea	16.0
Snyders braided twists, multigrain	1 serv	21.0
Stone-Ground Wheat	5 ea	12.3
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	16.6
Original	2 sl	10.0
Pumpkin Seed & Oat	2 sl	9.4
Sesame Rye	2 sl	8.2
Wasa		
100% Whole Grain	1 sl	5.0
Gluten Free Original	1 sl	9.0
Light Rye	2 sl	7.0
Multigrain	1 sl	5.0

BREADS, CRACKERS, TORTILLAS & WRAPS continued

	Amount	Net Carbs
Sesame & Sea Salt Thins	1 sl	4.0
Sourdough	1 sl	5.0
Flatbreads & Wraps		
FlatOuts		
Carb Down		
Olive Oil & Sea Salt	1 ea	5.0
Carb Down		
Spinach Flatbread	1 ea	5.0
FoldIt 5-Grain Flax	1 ea	10.0
Light Original	1 ea	7.0
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
Pita		
White	6.5"	30.5
Whole Wheat	6.5"	28.4
Tumaro's Gourmet Low Carb		
9-Grain with chia	8"	5.0
Garden-Vegetable	8"	6.0
Multigrain	8"	3.0
Whole wheat	8"	5.0

Tortillas

Corn	6"	10.8
Flour	6"	14.5
Whole Wheat	8"	19.0
La Tortilla Factory		
Flour Tortilla Soft Taco	1 ea	20.0
Whole Wheat		
Protein Tortillas	1 ea	11.0
Low Carb, Whole Wheat		
Fajita Size	1 ea	6.0
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		
Special Dark	4 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	3.0
No Sugar Added Dark Chocolate		
Almond Bar	1 serv	3.0

	Amount	Net Carbs
Hard Candy		
Jolly Rancher, Sugar Free	4 ea	0.0
Lifesavers	4 ea	15.0
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	7.0
Marshmallows		
La Nouba, 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	24.0
Cream of Rice, dry	1/4 C	36.0
Cream of Wheat		
Instant, Maple Brown Sugar	1 pkt	28.0
Instant, Original	1 pkt	20.0
Instant, Bananas & Cream	1 pkt	28.0
Whole Grain, 2-Minute	3 T	21.0
Farina, Enriched, dry	3 T	26.5
Grits, Instant, dry	1 oz	21.0
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
Instant Maple Flavored		
Oatmeal	44g	28.0

	Amount	Net Carbs
Pocono		
Cream of Buckwheat, dry	1/4 C	35.0
Steel Cut		
Scottish/Irish, dry	1/4 C	23.0
Whole Grain (oat groats)	1/4 C	25.7
Wheatena		
Toasted Wheat, dry	1/3 C	27.0
Wolff's		
Cream of Buckwheat	41g	34.0
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
Cascadian Farm		
Cinnamon Apple Granola,		
no added sugar	2/3 C	32.0
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
Crispex 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
Flax Plus Multibran Flakes	1 C	24.0
Food for Life Ezekiel	3/4 C	36.0

CEREALS continued

	Amount	Net Carbs
Grape-Nuts		
Flakes	3/4 C	21.8
Original	1/2 C	40.0
Kashi		
Go Crunch!	3/4 C	29.0
Warm Cinnamon Oat	1 C	30.0
Whole Wheat Biscuits	32 ea	40.0
Kellogg's All-Bran		
Buds	1/2 C	19.0
Original	2/3 C	20.0
Oat Bran, raw	1/3 C	15.9
Puffed Brown Rice	1 C	13.0
Puffed Corn	1 C	10.0
Puffed Kamut	1 C	9.0
Puffed Millet	1 C	16.2
Puffed Rice	1 C	12.0
Puffed Wheat	1 C	10.0
Shredded Wheat		
Large Biscuit	51g	34.0
Spoon Size, w/ Bran	1-1/3 C	41.0
Spoon Size,		
Whole Grain	1-1/3 C	41.0
Smart Bran	3/4 C	15.0
Special K		
Original	1-1/4 C	29.0
Protein	1-1/3 C	34.0
Spelt Flakes	1 C	26.4
Total Whole Grain	3/4 C	22.0
Wheat Bran, raw	2 T	1.6

	Amount	Net Carbs
Wheat Germ, toasted	2 T	5.6
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 T	0.0
Bacon Bits, Imitation	1 T	1.3
Basil, fresh, chopped	1 T	0.0
Basil, dried	1 T	0.4
Bay Leaves, dried	1 ea	0.1
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, dried ground	1 T	1.6
Chipotle en Adobo	2 T	1.0
Hot Cherry, fresh, whole	1 ea	1.0
Hot Cherry, canned, whole	1 oz	2.0
Jalapeño, fresh, sliced	1/2 C	1.7
Jalapeño, pickled, sliced	1 oz	0.5
Pasilla, dried, whole	1 ea	1.7
Serrano, chopped	1/2 C	1.8
Chile Powder	1 T	1.2
Chinese 5-Spice Powder	1 t	0.0
Chives, fresh, chopped	1 T	0.1
Chives, dehydrated, chopped	1 T	0.1
Cilantro, fresh, chopped	1 T	0.0
Cinnamon, ground	1 t	0.7
Clam Juice	8 oz	0.2
Cloves, ground	1 t	0.6
Coconut Milk,		
canned, unsweetened	1 C	0.0
Coconut Milk, Light, canned	1 C	4.0

	Amount	Net Carbs
Coriander, ground	1 t	0.4
Crab/Shrimp Boil Mix	1 T	0.1
Creole Seasoning	1 T	0.0
Cumin Seed, ground	1 t	1.0
Curry Powder	1 T	0.2
Dill Weed, dried	1 T	1.3
Dill Weed, fresh, chopped	1 T	0.0
Garlic		
Clove	1 ea	0.9
Minced, fresh or jarred	1 T	2.6
Minced, dried	1 T	4.7
Powder	1 t	2.0
Salt	1 t	0.0
Ginger, ground	1 T	3.1
Ginger Root, fresh, grated	1 T	1.0
Horseradish, prepared	1 t	0.4
Italian Seasoning	1 T	1.5
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	0.9
Marmite Yeast Extract	1 T	2.5
Miso Paste		
Mellow Brown	1 T	3.0
Mellow Red	1 T	1.9
Mellow White	1 T	7.8
Mrs. Dash	1 t	4.0
Mustard		
Chinese	1 t	0.1
Dijon	1 t	0.2
Honey	1 t	1.0
Powder	1 t	0.4
Spicy Brown	1 t	0.0
Yellow	1 t	0.1
Nutmeg, ground	1/2 t	0.3

CONDIMENTS & SEASONINGS continued

	Amount	Net Carbs
Onion, minced, dried	1 T	3.7
Orange Peel, grated, fresh	1 t	0.3
Oregano, dried	1 T	0.8
Paprika	1 T	1.3
Parsley, fresh, chopped	1 T	0.1
Pepper, black, ground	1 t	0.9
Pepper, red, crushed	1 t	0.5
Pickle Spear, Dill or Kosher	1 ea	0.5
Pickle, Dill, whole, 4-inch	1 ea	1.9
Pickle Relish	1 T	4.7
Pickle, Sweet, Midget	1 ea	1.2
Pimento (Roasted Red Pepper)	1 oz	0.9
Poultry Seasoning	1 t	0.8
Pumpkin Pie Spice Mix	1 t	0.9
Rosemary, dried	1 T	0.8
Sage, ground	1 t	0.1
Salt	1 t	0.0
Spike Seasoning, Original	1 t	0.0
Tahini (Sesame Paste)	2 T	5.0
Thai Chile Paste	1 T	2.6
Thyme, dried	1 T	0.8
Wasabi Paste	1 t	2.6
Wasabi, powdered	1 t	1

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	1.9
Asiago	1 oz	3.5
Appenzeller	1 oz	0.0
Blue Cheese, crumbled	2 T	0.4
Boursin, Garden & Fine Herb	2 T	1.0
Brie	1 oz	0.1
Camembert	1 oz	0.1
Cheddar	1 oz	0.7
Cheez Whiz	2 T	2.6
Colby	1 oz	0.7
Cottage Cheese		
Curds, 2% fat	1/2 C	5.4
Creamed, 4% fat	1/2 C	3.6
Curds, 4% fat	1/2 C	4.5
Cream Cheese, Brick		
Fat Free	2 T	2.4
Neufchatel	2 T	1.0
Original	2 T	1.6
Cream Cheese, Soft		
Blueberry	2 T	7.0
Chive & Onion	2 T	2.0
Garden Vegetable	2 T	2.0
Regular	2 T	2.1

	Amount	Net Carbs
Strawberry	2 T	5.0
Sundried Tomato & Basil	2 T	2.0
Cream Cheese, Whipped		
Chive & Onion	2 T	2.0
Original	2 T	1.1
Edam	1 oz	0.6
Emmentaler	1 oz	0.4
Feta	1 oz	1.2
Fontina	1 oz	0.4
Goat, Aged	1 oz	0.0
Goat, Soft (Chèvre)	1 oz	0.0
Gorgonzola	1 oz	0.7
Gouda	1 oz	0.6
Gruyère	1 oz	0.1
Havarti	1 oz	0.8
Jarlsberg	1 oz	0.4
Laughing Cow	1 wedge	1.0
Limburger	1 oz	0.1
Manchego	1 oz	0.0
Mascarpone	1 oz	2.0
Maytag Blue	1 oz	0.6
Monterey Jack	1 oz	0.2
Mozzarella		
Fresh Balls	1 oz	0.0
Part Skim	1 oz	1.7
Smoked	1 oz	1.0
Whole Milk	1 oz	0.7
Muenster	1 oz	0.3
Paneer	1 oz	1.0
Parmesan, chunk	1 oz	0.9
Parmesan, grated	1 T	0.7
Parmigiano-Reggiano, grated	1 T	0.0
Port Wine Spread	2 T	3.0
Provolone	1 oz	0.6
Queso Blanco	1 oz	0.0
Queso Fresco	1 oz	0.8

	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	3.5
Romano, grated	1 T	0.8
Stilton	1 oz	0.7
String	1 ea	1.3
Swiss	1 oz	0.4
Velveta	2 T	2.6
Cream & Creamers		
Coffee-mate		
Original, powder	1 t	2.0
Original, liquid	1 T	2.0
Fat-Free Hazelnut, liquid	1 T	5.0
French Vanilla, liquid	1 T	5.0
Sugar-Free French Vanilla, liquid	1 T	1.0
Condensed Milk, Sweetened, canned	1 T	10.4
Cream		
Heavy, liquid	1 T	0.4
Heavy, whipped	1 T	0.2
Light	1 T	0.4
Half-and-Half	1 T	0.7
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	1 T	3.0
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	18.2
Regular	2 T	1.4
Regular	1 C	10.7
Eggs		
Raw	1 ea	0.4
Raw, White only	1 ea	0.2
Fried	1 ea	0.4
Poached/Boiled	1 ea	0.4
Scrambled, w/ Butter	1/4 C	0.4
Scrambled Egg Substitute (from frozen)	1/4 C	1.8
Milk		
Buttermilk		
Cultured from 1% Fat (Skim) Milk	1 C	11.7
Cultured from Reduced Fat Milk	1 C	12.9
Chocolate Flavored, 2% Evaporated, 2% Nonfat	1 C	33.4
Evaporated, 2% Nonfat	2 T	3.5
Evaporated, Whole	2 T	3.2
Nonfat/Skim	1 C	11.9
Reduced Fat 2%	1 C	12.0
Strawberry Flavored, 2%	1 C	24.0
Whole	1 C	11.4

	Amount	Net Carbs
Milk Substitutes		
Almond Milk		
Chocolate Flavored	1 C	19.6
Plain	1 C	12.3
Plain, Unsweetened	1 C	2.7
Vanilla, Unsweetened	1 C	2.7
Coconut Milk Beverage		
Chocolate Flavored	1 C	11.0
Plain	1 C	7.0
Plain, Unsweetened	1 C	1.0
Rice Milk,		
Plain	1 C	21.6
Vanilla	1 C	26.0
Soy Milk		
Chocolate Flavored	1 C	23.3
Plain	1 C	11.5
Plain, Unsweetened	1 C	4.0
Yogurt & Kefir		
Chobani		
Fino Lemon	5.3 oz	9.5
Vanilla & Cinnamon	5.3 oz	10.0
Fage Total Classic		
Whole Milk Greek Yogurt,		
Plain, Unsweetened	5.3 oz	5.0
Lifeway Kefir		
Original, Plain	1 C	12.0
Lowfat Strawberry	1 C	18.0
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	11.4

DESSERTS

	Amount	Net Carbs
Cheesecake		
Cheesecake Factory		
Low Carb	1 piece	30.0
Junior's Sugar Free		
Low-Carb, Plain	1 serv	3.0
Gelatin		
Gelatin Mix, Sugar Free, all flavors	1 serv	5.1
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	5.0
SmartGels Sugar Free, all flavors	1 ea	1.0
Ice Cream		
Breyer's Carb Smart		
Chocolate	2/3 C	5.0
Vanilla	2/3 C	4.0
Breyer's, No Sugar Added		
Butter Pecan	2/3 C	9.0
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	2/3 C	21.0
Neapolitan	2/3 C	12.0
Triple Chocolate	2/3 C	13.0
Vanilla Bean	2/3 C	14.0
Fudge Tracks	2/3 C	13.0
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	4.5
Klondike No Sugar Added		
Vanilla Bar	1 ea	16.0
Outshine Snacks, No Sugar Added, all flavors	1 ea	1.7
Popsicle Sugar Free, all flavors	1 ea	4.0
The Frozen Farmer		
Strawberry Sorbet	2/3 C	15.0

DESSERTS continued

	Amount	Net Carbs
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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	2.0

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
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Jell-O Sugar-Free Pudding

Singles, Mix, all flavors	1 ea	6.0
Snacks, Chocolate	3.6 oz	6.0

Syrups and Toppings

Da Vinci Gourmet Sugar

Free, all flavors	2 T	0.0
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Hershey Sugar Free

Chocolate	1 T	1.0
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Smucker's Sugar Free

Caramel	2 T	10.0
Chocolate Syrup	2 T	8.0

Torani Sugar Free,

All flavors	2 T	0.0
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U-Bet Sugar Free

Chocolate Syrup	2 T	4.0
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Walden Farms Sugar Free

	Amount	Net Carbs
Marshmallow Dip	2 T	1.0
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

Reddi-wip Real Cream

Chocolate	2 T	1.0
Zero Sugar	2 T	0.0

FISH & SHELLFISH

	Amount	Net Carbs
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Fish

Anchovies

Canned in Oil	6 oz	0.0
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Fresh

Bass, all varieties	6 oz	0.0
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Blackfish (Taurog)

Bluefish	6 oz	0.0
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Butterfish

Carp	6 oz	0.0
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Catfish

Cod, fresh	6 oz	0.0
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Cod, dried, salted

Eel	6 oz	0.0
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Flounder

Fish Sticks	6 pieces	33.9
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Gefilte Fish

Grouper	1/4 C	0.5
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Haddock (Scrod)

Fresh	6 oz	0.0
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Smoked/Finnan Haddie

Halibut	6 oz	0.0
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Herring

Cured	2 oz	0.0
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Fresh

In Sour Cream	2 oz	4.9
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Pickled

John Dory (St. Peter's Fish)	6 oz	0.0
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Kingfish (King Mackerel)

Mackerel	6 oz	0.0
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	Amount	Net Carbs
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Mahi-mahi

Monk Fish	6 oz	0.0
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Orange Roughy

Perch	6 oz	0.0
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Pike, Wall-Eyed & Yellow

Sablefish (Black Cod)	6 oz	0.0
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Salmon

Canned	6 oz	0.0
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Fresh

Lox/Smoked	6 oz	0.0
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Sardines, Canned

In Mustard Sauce	1 C	0.4
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In Tomato Sauce

In Oil	6 oz	0.0
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Shark, Blue & Mako

Snapper/Red Snapper	6 oz	0.0
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Sole

Swordfish	6 oz	0.0
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Tilapia

Tile Fish	6 oz	0.0
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Trout, all varieties

Tuna, canned	6 oz	0.0
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Tuna, Deli Salad

Tuna, fresh	1/4 C	4.8
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Tuna, fresh

Turbot	6 oz	0.0
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Whitefish

Fresh	6 oz	0.0
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Smoked

	6 oz	0.0
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FISH & SHELLFISH continued

	Amount	Net Carbs
Shellfish		
Clams		
Canned, drained	2 oz	3.4
Deep-Fried	2 lg	1.7
Fresh, cooked	2 lg	1.7
Raw	2 oz	2.0
Stuffed	2 oz	6.8
Crab		
Cake	6 oz	4.1
Cooked	6 oz	0.0
Crabmeat,		
Canned, drained	6 oz	0.0
Soft Shell, fried	1 ea	0.1
Surimi ("Sea Legs")	6 oz	11.7
Crawfish	6 oz	0.0
Lobster		
Broiled, unstuffed	1 ea	1.5
Canned	6 oz	2.2
Steamed	6 oz	1.5
Tail, frozen	8 oz	1.3
Mussels		
Canned	1 C	4.0
Vigo Canned Mussels		
in marinade sauce	1/4 C	2.0
Smoked, Canned in Oil	3 oz	3.0
Stewed/Steamed	2 oz	4.2
Octopus (Calamari)		
Baked or Broiled	4 oz	4.3
Fried Breaded	10 pc	10.7
	Amount	Net Carbs
Fried	4 oz	8.8
Oysters		
Canned	2 oz	2.4
Eastern, Shelled	2 ea	1.3
Pacific, Shelled	2 ea	4.1
Smoked	2 oz	2.5
Scallops		
Bay	1 C	9.7
Deep-Fried or Breaded	1 C	16.7
Sea	1 C	9.7
Shrimp/Prawns		
Cooked, Peeled	6 oz	2.0
Deep-Fried	6 oz	19.6
Squid		
Deep-Fried	6 oz	6.6
Broiled or Steamed	6 oz	6.6

FRUIT

	Amount	Net Carbs
Acerola	1/2 C	3.2
Apples		
Cameo	1/2 med	8.5
Chips	1 oz	25.5
Dried Rings, Sulfured	5 ea	18.3
Freeze-Dried	1 oz	20.7
Fuji	1/2 med	12.6
Gala	1/2 med	9.8
Golden Delicious	1/2 med	9.5
Granny Smith	1/2 med	9.0
Honeycrisp	1/2 med	10.3
Red Delicious	1/2 med	12.5
Sauce, sweetened	1/2 C	20.4
Sauce	1/2 C	12.4
Apricots		
Canned		
In Heavy Syrup	1/2 C	25.6
In Juice	1/2 C	13.1
Dried	6 halves	11.6
Fresh	3 med	9.6
Avocado (<i>See page 47</i>)		
Bananas		
Chips	1 oz	15.0
Freeze-Dried	1 oz	23.0
Fresh	1 sm	20.4
Blackberries		
Canned in Heavy Syrup	1/2 C	25.2
Fresh	1/2 C	3.3
Frozen	1/2 C	8.1
Blueberries		
Canned in Heavy Syrup	1/2 C	26.2
Dried	2 T	11.0
Fresh	1/2 C	9.0
Frozen	1/2 C	7.3
Frozen, sweetened	4 oz	22.4
Boysenberries		
Canned in Heavy Syrup	1/2 C	25.2
Fresh	100 g	4.3
Frozen	1/2 C	4.6
Carambola		
(Star Fruit), sliced	1/2 C	2.1
Cherimoya	1/2 C	11.8
Cherries, Sour		
Canned in water	1/2 C	9.6
Fresh	1/2 C	8.2
Cherries, Sweet		
Canned in water	1/2 C	12.7
Dried	2 T	14.0
Fresh	1/2 C	10.7
Frozen	1/2 C	9.5
Clementine	1 med	8.7
Coconut, fresh, shredded	1/2 C	2.5
Cranberries		
Dried, Sweetened	2 T	10.7
Freeze-Dried	1/2 oz	12.3
Fresh	1/2 C	4.2
Sauce, Jellied	2 T	13.6
Sauce, Whole Berries	2 T	13.6
Currants		
Dried	2 T	13.1
Fresh	1/2 C	5.3

FRUIT continued

	Amount	Net Carbs
Dates		
Dried	1 oz	19.0
Fresh	3 ea	3.4
Figs		
Canned in water	1 sm	3.2
Dried	1 sm	4.5
Fresh	1 sm	6.5
Fruit Cocktail		
Canned in light syrup	1/2 C	18.0
Canned in water	1/2 C	8.9
Mixed Fruits, frozen	1/2 C	7.2
Gooseberries	1/2 C	7.8
Grapefruit		
Fresh, Red/White Sections,	1/2 med	8.9
Canned in juice	1/2 C	10.9
Grapes		
Green, Seedless	1/2 C	13.0
Purple, Concord	1/2 C	7.5
Red, Seedless	1/2 C	13.0
Guava		
Fresh, pieces	1/2 C	7.4
Paste	2 T	27.2
Huckleberries	1/2 C	8.7
Kiwi Fruit	1 ea	7.6
Kumquat	4 ea	7.2
Lemon Juice	2 T	2.0
Lime Juice	2 T	1.9
Loganberries		
Fresh	1/2 C	5.8
Frozen	1/2 C	5.7
Loquats		
Fresh	10 med	16.7
Fresh, cubed	1/2 C	7.7
Lychees		
Fresh, whole	10 ea	14.6
Canned in water	1/3 C	11.0
Mango		
Dried	1/2 C	29.7
Freeze-Dried	1/2 C	10.6
Fresh, pieces	1/2 C	11.1
Frozen	1/2 C	14.7
Melon		
Cantaloupe Cubes	1/2 C	5.9
Cantaloupe Slice	1/8 med	5.1
Crenshaw Balls	1/2 C	4.8
Honeydew Balls	1/2 C	7.1
Honeydew, diced	1/2 C	7.1
Honeydew Slice	1/8 med	10.4
Watermelon Balls	1/2 C	5.5
Mulberries	1/2 C	5.7
Nectarines		
Fresh	1 med	12.6
Dried	1.5 oz	24.0
Oranges		
Blood	1 med	13.0
Florida	1 med	12.3
Mandarin,		
Canned in juice	1/2 C	11.0
Navel	1 ea	17.0
Valencia	1 med	13.0
Papaya		
Canned in syrup	1/2 C	14.4

FRUIT continued

	Amount	Net Carbs
Dried	1/2 oz	10.1
Fresh	1/2 C	10.5
Fresh, pieces	1/2 C	6.6
Frozen, pieces	2 oz	7.1
Passion Fruit (Maracuya),		
Pieces	1/4 C	7.7
Peaches		
Dried	1/2 C	42.5
Fresh	1 sm	10.5
Frozen, sliced	1/2 C	10.8
Halves, canned		
in light syrup	1/2 C	15.6
Halves, canned		
in water	1 half	4.7
Pears		
Anjou	1 med	20.0
Asian	1 med	8.6
Bartlett	1 med	21.1
Bosc	1 med	23.3
Dried	1/2 C	56.0
Halves, canned		
in light syrup	1/2 C	17.0
Halves,		
Canned in water	1 half	4.7
Japanese, fresh	1 ea	20.0
Persimmon	1 oz	4.3
Pineapple, canned		
In water, chunks	1/2 C	9.2
In water, sliced	2 sl	7.0
In light syrup, chunks	1/2 C	15.9
In light syrup, sliced	1/2 C	10.0
Pineapple		
Dried	1/4 C	26.5
Fresh, chunks	1/2 C	9.7
Plantains		
Chips	1/2 C	11.5
Fresh, sliced	1/2 C	21.9
Plums		
Dried (Prune)	3 ea	16.2
Fresh	1 med	6.6
Purple, canned in water	1/2 C	12.6
Prunes, canned		
in heavy syrup	1/2 C	28.1
Prunes, stewed	1/2 C	31.0
Pomegranate		
Fresh	1 quarter	10.4
Arils (Seeds), fresh	1 oz	3.8
Prickly Pear (Cactus Pear),		
fresh	1 ea	6.2
Quince	1 quarter	3.1
Raisins		
Golden	1 T	7.3
Seedless	1 T	6.8
Raspberries		
Black, fresh	1/2 C	3.7
Black, frozen	1/2 C	4.0
Red, fresh	1/2 C	3.4
Red, frozen, sweetened	1/2 C	27.2
Red, frozen	1/2 C	6.8
Rhubarb		
Fresh	1/2 C	1.7
Frozen, sweetened	1/2 C	35.0
Frozen	1/2 C	2.3

FRUIT continued

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

GRAINS, NOODLES & PASTA

	Amount	Net Carbs
Grains		
Barley		
Hulled, dry	1/4 C	29.6
Pearl, cooked	1/2 C	19.2
Buckwheat Groats (Kasha), cooked	1/2 C	14.4
Corn		
Grits, prepared w/ water	1/2 C	15.2
Hominy, canned	1/2 C	9.4
Masa, dry	2 T	10.0
Meal, Yellow, dry	2 T	10.6
Polenta, dry	2 T	23.0
Couscous		
Cooked	1/2 C	17.1
Dry	1/4 C	31.3
Whole Wheat, dry	1/4 C	28.0
Millet, cooked	1/2 C	19.5
Quinoa, cooked	1/4 C	8.6
Rice		
Basmati, cooked	1/2 C	22.7
Basmati, dry	1/4 C	35.0
Basmati, Brown, dry	1/4 C	31.0
Black Japonica, dry	1/4 C	30.0
Brown, Medium Grain, cooked	1/2 C	21.1
Instant, Long Grain		
White, dry	1/4 C	36.7
Jasmine, dry	1/4 C	35.0

	Amount	Net Carbs
Parboiled (Converted),		
White, Long Grain, dry	1/4 C	36.7
Red, Long Grain, dry	1/4 C	33.0
Short Grain/Arborio/		
Risotto, dry	1/4 C	39.5
Sushi, dry	1/4 C	35.0
Texamati, dry	1/4 C	35.0
White, Long Grain, cooked	1/2 C	21.9
Wild, cooked	1/2 C	16.0
Rye Berries, dry	1/4 C	27.6
Teff, cooked	1/2 C	21.5
Wheat		
Berries, dry	1/4 C	27.0
Bulgur, cooked	1/2 C	12.8
Cracked, dry	1/4 C	24.0

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	20.0
Quinoa, dry	1 oz	21.0
Rice, cooked	1/2 C	23.5
Semolina, Fettuccini, dry	1 oz	19.5
Semolina, Rigatoni, dry	1 oz	20.0
Spelt, Whole Grain, Elbows, dry	1 oz	17.5
Spinach, Spaghetti, cooked	1/2 C	15.5
Whole Wheat, Macaroni, cooked	1/2 C	16.6
Whole Wheat, Spaghetti, cooked	1/2 C	15.3

Rice & Grain Dishes

Casbah Couscous Roasted		
Garlic & Olive Oil, dry	40 g	26.0
Casbah Rice Pilaf, dry	40 g	29.0
Casbah Spanish Pilaf, dry	40 g	30.0
Knorr Rice Sides		
Cheddar Broccoli, cooked	1/2 C	47.0
Mexican Rice, cooked	1/2 C	46.0
Near East Mediterranean Gourmet		
Quinoa Blend, Roasted Red Pepper & Basil, dry	70g	46.0
Taboule Mix, dry	1 oz	16.0

LEGUMES

	Amount	Net Carbs
Adzuki Beans		
Canned/cooked	1/4 C	10.1
Dry	1/4 C	17.0
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	5.8
Dry	1/4 C	22.7
Refried	1/4 C	6.5
Black-Eyed Peas		
Cooked/canned	1/4 C	6.1
Dry	1/4 C	20.6
Frozen	1/4 C	8.1
Butter Beans		
Canned	1/4 C	6.0
Dry	1/4 C	19.8
Cannellini Beans		
Cooked/canned	1/4 C	4.0
Dry	1/4 C	13.0
Chickpeas/Garbanzos		
Cooked/canned	1/4 C	5.5
Dry	1/4 C	25.4
Falafel Patty	2 oz	18.1
Hummus (<i>see Snacks</i>)		
Cranberry/Roman		
Cooked/canned	1/4 C	5.7
Dry	1/4 C	17.2
Fava Beans		
Cooked/canned	1/4 C	5.6
Dry	1/4 C	12.5
Great Northern		
Cooked/canned	1/4 C	10.6
Dry	1/4 C	19.3
Kidney Beans		
Cooked/canned	1/4 C	6.5
Dry	1/4 C	16.2
Lentils		
Black, cooked/canned	1/4 C	5.8
Brown, cooked/canned	1/4 C	5.8
Green, dry	1/4 C	15.0
Red, dry	1/4 C	21.0
Lima Beans		
Canned, Seasoned w/ Pork	1/2 C	12.0
Large, cooked/canned	1/4 C	6.1
Large, dry	1/4 C	19.8
Baby, dry	1/4 C	21.3
Baby, cooked/canned	1/4 C	7.1
Navy Beans		
Cooked/canned	1/4 C	10.1
Dry	1/4 C	23.6
Peas, Split		
Green, cooked/canned	1/4 C	6.3
Green, dry	1/4 C	18.8
Red, cooked/canned	1/4 C	6.9
Yellow, cooked	1/4 C	6.3
Pigeon		
Cooked/canned	1/4 C	7.0
Dry	1/4 C	24.5

	Amount	Net Carbs
Pink		
Cooked/canned	1/4 C	9.2
Dry	1/4 C	27.0
Pinto		
Cooked/canned	1/4 C	6.4
Dry	1/4 C	22.7
Refried	1/4 C	3.3
Soybeans (<i>also see Nuts & Seeds</i>)		
Black, canned	1/2 C	1.0
Green (Edamame), shelled	1/2 C	2.8
White, canned	1/4 C	4.0
White, dry	1/4 C	5.0

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	8.0
Paste	2 T	17.2
Slivered, blanched	2 T	1.2
Whole, raw	24	2.6
Whole, roasted	24	2.8
Brazil Nuts		
Raw	1 oz	1.2
Roasted	1 oz	2.0
Cashews		
Butter	2 T	8.7
Whole, raw	1 oz	7.6
Whole, roasted	2 T	4.7
Chestnuts		
Peeled, dried	1 oz	22.2
Raw	1/4 C	13.6
Steamed or roasted	1 oz	13.6
Chia Seeds	2 T	0.3
Coconut		
Baker's Moist-Packed		
Angel Flaked	2 T	5.0
Dried, grated	2 T	0.7
Dried, grated, sweetened	2 T	4.9
Fresh, grated	2 T	0.6
Meal/Flour	1/4 C	5.3
Flaxseeds		
Meal	1/2 C	0.9
Whole	2 T	0.3

NUTS & SEEDS continued

	Amount	Net Carbs
Hazelnuts (Filberts)		
Butter	2 T	1.0
Meal/Flour	1/4 C	4.0
Nutella	2 T	20.5
Raw	12 ea	1.2
Roasted	1 oz	2.3
Hemp Seeds		
Meal/Flour	2 T	1.0
Seeds	2 T	0.6
Macadamia Nuts		
Butter	2 T	2.0
Raw or roasted	10 ea	1.4
Mixed Nuts		
Dry roasted	2 T	2.8
Oil roasted	2 T	2.5
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	5.0
Honey	2 T	9.0
Smucker's Natural,		
Chunky or Creamy	2 T	4.0
Peanuts		
Dry roasted	1 oz	3.7
Meal/Flour	1/2 C	4.6
Oil roasted	22 ea	1.1
Raw	2 T	1.4
Pecans		
Butter	2 T	1.0
Raw	1 oz	1.2
Roasted	1 oz	1.2
Pine Nuts (Pignoli/Pignon)		
Raw	2 T	1.6
Roasted	2 T	1.5
Pistachios		
Butter	2 T	6.0
Hulled, raw	2 T	2.6
Hulled, roasted, salted	1 oz	4.9
Pumpkin Seeds (Pepitas)		
Butter	2 T	3.0
Hulled, raw	2 T	0.5
Hulled, roasted	1 oz	2.3
Sesame Seeds		
Black	2 T	4.0
Butter/Tahini	2 T	5.0
Halvah	1 oz	15.0
Meal	4 oz	29.5
White, raw	2 T	2.1
Soy "Nuts"		
Butter	2 T	2.7
Roasted	2 T	1.5
Sunflower Seeds		
Butter	2 T	5.6
Hulled, raw	2 T	2.3
Hulled, roasted	2 T	2.2
Walnuts		
Butter	2 T	2.0
Halves, raw or roasted	1 oz	2.0
Meal	1/2 C	2.8

OILS, FATS, VINEGAR & SALAD DRESSINGS

	Amount	Net Carbs
Fats		
Butter, Stick or Whipped	1 T	0.0
Butter/Margarine Blend	1 T	0.1
Earth Balance		
Whipped Buttery Spread	1 T	0.0
Ghee	1 T	0.0
Lard	1 T	0.0
Margarine, Stick	1 T	0.1
Suet	1 T	0.0
Vegetable Shortening		
Crisco	1 T	0.0
Spectrum	1 T	0.0
Wesson	1 T	0.0
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	1.0
Kraft		
Original	1 T	0.0
Reduced Fat w/Olive Oil	1 T	1.0
Miracle Whip		
Original	1 T	2.0
Light	1 T	2.0
Smart Balance, Light	1 T	0.0
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
Caesar	2 T	2.0

OILS, FATS, VINEGAR & SALAD DRESSINGS continued

	Amount	Net Carbs
Green Goddess	2 T	1.0
Tuscany Italian	2 T	2.0
Bolthouse Farms Yogurt Dressings		
Cilantro Avocado	2 T	2.0
Creamy Caesar	2 T	3.0
Honey Mustard	2 T	5.0
Drew's Organics		
Rosemary Balsamic	2 T	0.5
Tahini Goddess	2 T	1.0
Roasted Garlic & Peppercorn	2 T	0.5
Classic Italian	2 T	0.5
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
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
Parmesan Roasted Garlic	2 T	2.0

	Amount	Net Carbs
Walden Farms Sugar Free		
Creamy Bacon	2 T	0.5
Italian	2 T	0.5
Ranch	2 T	0.0
Thousand Island	2 T	0.0
Wish-Bone		
Creamy French	2 T	5.0
Thousand Island	2 T	4.0
Vinegar		
Balsamic	1 T	3.0
Champagne	1 T	2.0
Cider	1 T	0.1
Red Wine	1 T	0.0
Rice, Seasoned	1 T	4.8
Rice, Unsweetened	1 T	0.0
Sherry	1 T	0.0
Ume Plum	1 t	0.0
White	1 T	0.0
White Wine	1 T	1.0

POULTRY

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

	Amount	Net Carbs
With Roasted Garlic	4 oz	4.0
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	1.0
Wings	6 oz	0.0
Sausages		
Breakfast Links	2 ea	0.4
Brown 'N Serve	3 ea	2.0
Kielbasa	3 oz	3.0
Patties	2 ea	1.6
Smoked	1 ea	0.8
Smoked, Hot	3 oz	3.7
Smoked, Italian	3 oz	3.2

POULTRY continued

	Amount	Net Carbs
Deli & Lunch Meats		
"Bologna," sliced	2 sl	2.4
Breast		
Honey Roasted, sliced	4 oz	4.0
Roasted, sliced	4 oz	2.0
Smoked, sliced	4 oz	2.0
"Ham"	2 sl	1.7
"Pastrami"	1 ea	0.9
"Pepperoni"	1 ea	1.1
Precooked Products		
Burgers	1 ea	0.0
Carved Breast	1/2 C	0.0
Meatballs, Italian Style	4 ea	10.7

**SAUCES
& MARINADES**

	Amount	Net Carbs
Sauces		
Alfredo Sauce		
Bertolli d'Italia	1/4 C	2.0
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	0.5
Thick & Spicy	2 T	0.5
Black Bean Sauce (Ka-Me)	1 T	3.0
Buffalo Chicken		
Sandwich Sauce (Beano's)	1 t	0.0
Chutney		
Bombay Coriander	1 T	0.5
Major Grey Mango	1 T	11.0
Silver Palate Mango	2 T	15.0
Cocktail/Seafood Sauce		
Heinz	1 T	4.0
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	1.0
Garlic Sauce		
Pepper Plant Chunky	1 t	0.0
Roland Garlic Chili	1 T	5.0
Hoisin Sauce		
Dynasty	1 T	4.0
Ka-Me	1 T	6.0
Hollandaise	2 T	0.6
Horseradish Sauce		
Prepared	1 T	1.2
Cream Style	1 T	1.6
Red (w/ Beets)	1 T	0.0
Hot Sauce		
La Victoria	1 T	0.0
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	0.5
Peanut Sauce		
Annie Chun's Dipping	2 T	7.0
Thai Kitchen Peanut Satay	2 T	7.0
Pesto Sauce	1 T	0.7
Piccalilli	1 T	1.4
Pickapeppa	1 t	1.2

	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	4.0
Prego Marinara	1/2 C	8.0
Prego Traditional	1/2 C	8.0
Ragu Old World Style		
Traditional	1/2 C	8.0
Rao's Marinara	1/2 C	5.0
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	6.0
Saffron Road		
Korean Stirfry	2 T	5.5
Lemongrass Basil	2 T	3.5
Red Thai Curry	2 T	2.5
Sukhis Curry Sauce	17g	4.0
Spicy Nothings Spinach		
Curry, Medium	1/4 C	2.0
Sofrito	1 T	0.8
Soy Sauce/Tamari		
Soy Sauce	1 T	0.7
Tamari	1 T	0.9
Teriyaki Sauce		
Guy Gone Keto	1 T	0.0
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	5.0
Guy Gone Keto	1 T	0.5
Lea & Perrins	1 T	5.0
Sweet 'N Sour Sauce		
Kikkoman	2 T	9.0
La Choy	1 T	8.3
Taco Sauce		
Green	1 T	1.0
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	2.0
Worcestershire Sauce	1 t	1.1

	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	2.5
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		
Julian Bakery		
Primal Thin Crackers	14g	3.0
Paleo Thin Crackers	14g	5.0
Flackers Flax Seed Crackers		
Rosemary	8 ea	1.0
Savory	8 ea	3.0
Sea Salt	10 ea	1.0
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	1 oz	1.0
RW Garcia Crackers		
Sweet Beet	1 oz	15.0
Kale	1 oz	15.0
Terra Chips		
Sweet Potato	1 oz	12.0
Taro	1 oz	15.0
Vegetable Original	1 oz	13.0
Popcorn		
Homemade from Kernels	1 C	6.4
Newman's Own Sea Salt		
Flavor, Microwave	1 C	3.7
PopSecret	1 C	3.0
Pork Rinds	20 ea	0.0

	Amount	Net Carbs
Pretzels		
Snyder's Homestyle		
Pretzel Rings	30g	22.0
Fit Joy Grain Free	1 oz	21.0
From the		
Ground Up Cauliflower	20 ea	22.0
Rice Cakes		
Lundberg Whole Grain		
Organic Brown Rice	1 ea	15.0
Organic Kettle Corn	1 ea	18.0
Organic Wild Rice	1 ea	15.0
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
Bean Dips		
Arriba! Pinto Bean w/ Chipotle	2 T	4.0
Bush's Black Bean Dip	2 T	4.0
Desert Pepper, Pinto Bean, Medium Hot	2 T	2.0
Tostitos Fiesta		
Bean & Cheese	2 T	3.0
Cheese Dips		
El Viajero White Mexican	1 oz	1.0
Heluva Good Dip, Jalapeño w/Cheddar	2 T	3.0

SNACKS continued

	Amount	Net Carbs
La Terra Fina		
Queso Cheese Dip	2 T	2.0
Spinach, Artichoke & Parmesan Dip	2 T	2.0
La Bandarita, Hot	2 T	1.0
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	4.0
Onion Dips		
Kraft French Onion	2 T	3.0
Ranch Dips		
Lay's Smooth Ranch	2 T	2.0
Cibo Naturals		
Red Pepper Pesto	2 oz	2.0
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	4.0

Amount Net Carbs

Salsa

Desert Pepper

2 Olive Roasted Garlic	2 T	1.0
Frontera Tomatillo	2 T	1.5
La Victoria Suprema Salsa, Mild	2 T	2.0
Newman's Own Medium	2 T	6.0
Wholly Salsa Avocado Verde	2 T	1.0

Vegetable Spreads

Bruschetta		
DeLallo Diavolo		
Sun-Dried Tomato	2 T	7.0
Gia Russa Tomato	1 oz	1.0
Elki Artichoke Tomato	2 T	2.0
Marco Polo Caponata	1 T	2.2
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

SNACKS continued

	Amount	Net Carbs
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
Maple Pecan	1 ea	1.0
Lemony Lemon	1 ea	1.0
Double Chocolate Chip	1 ea	2.0
Voortman Sugar Free		
Chocolate Chip	1 ea	7.0
Shortbread	1 ea	9.0
Oatmeal	1 ea	7.0

SOUPS

	Amount	Net Carbs
Broth/Consommé		
Beef Broth, canned	1 C	0.1
Beef Broth, cube	1 ea	0.6
Beef Consommé, canned	1 C	0.1
Chicken Broth, canned	1 C	1.1
Chicken Broth, cube	1 ea	1.1
Chicken Consommé, canned	1 C	1.1
Vegetable Broth, canned	1 C	2.2
Vegetable Broth, cube	1 ea	2.0
Clam Chowder		
Manhattan Style		
Bar Harbor	1 C	22.0
Progresso	1 C	15.0
New England Style		
Bar Harbor, condensed	2/3 C	17.0
Campbell's Chunky, Healthy Request	1 C	19.0
Snow's	1/2 C	11.0
Green/Split Pea		
Amy's Organic	1 C	16.0
Campbell's Chunky, w/ Ham	1 C	18.0
Health Valley Organic	1 C	18.0
Pacific Foods	1 C	24.0
Progresso	1 C	24.0
Tabatchnick	1 pkt	20.0

SOUPS continued

	Amount	Net Carbs
Mushroom		
Campbell's		
Golden Mushroom	1/2 C	9.0
Health Valley Organic		
Cream of Mushroom	1 C	11.0
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	21.0
Campbell's Condensed	1/2 C	20.0
Imagine Organic		
Creamy Tomato Basil	1 C	13.0
Pacific Foods Hearty Tomato	1 C	20.0
Wolfgang Puck Tomato Basil	1 C	18.0
Vegetable		
Campbell's Chunky,		
Savory	1 C	16.0
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	16.0
Vegetable Beef		
Campbell's		
Chunky Beef w/ Country		
Vegetables	1 C	14.0
Healthy Request, Vegetable		
Beef, Condensed	1/2 C	12.0
Healthy Choice		
Vegetable Beef	1 pkg	17.0
Progresso Traditional		
Beef & Vegetable	1 C	17.0
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
Creamy Chicken		
& Dumplings	1 ea	24.0
Sirloin Burger with		
Country Vegetables	1 ea	26.0
Campbell's		
Slow Kettle Creamy Broccoli		
Cheddar Bisque	1 ea	21.0
Dr. McDougall's Soup Cups		
Vegan Spring Onion		
Noodle	1 ea	40.0
Vegan Split Pea	1 ea	30.0
Lipton Soup in a Cup		
Chicken Noodle	1 env	12.0
Cream of Chicken	1 env	13.0
Spring Vegetable	1 env	7.0
Nile Spice		
Black Bean	1 pkg	24.0
Chicken Vegetable	1 pkg	19.0
Lentil	1 pkg	23.0

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
Fructose		
(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	0.9
Splenda Granulated	1 t	0.5
Splenda Sugar Blend	1 t	4.0
Stevia in the Raw	1 t	<0.5

	Amount	Net Carbs
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	2.0
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		
Apple Butter	1 T	0.0
Blueberry	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	1/4 t	0.0
Torani		
Zero Sugar Syrups	2 T	0.0

	Amount	Net Carbs
Other Syrups		
Brown Rice Syrup	1 t	6.0
Chocolate Syrup		
Hershey's Sugar Free	2 T	2.0
Smucker's Sugar Free	2 T	7.0
Waldon Farms	2 T	<1.0
Corn Syrup	1 T	16.9
Honey	1 T	17.3
Molasses	1 T	15.0
Nature's Hollow Sugar-Free		
Honey Substitute	1 T	1.0
Sukrin Fiber Syrup Gold	2 T	2.0
Pancake Syrup		
Fifty50 Reduced Calorie		
Maple	1/4 C	18.0
Lankanto Maple Flavored		
Sugar-Free Syrup	2 T	1.0
Maple	2 T	26.8
Mrs. Butterworth's		
Maple-Flavored	2 T	27.0
Sugar Free	2 T	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		
<i>Alfalfa Sprouts (see Sprouts, below)</i>		
Artichoke		
Hearts, canned	1 ea	1.8
Hearts, frozen	12 ea	2.3
Hearts, marinated	4 ea	4.2
Medium, steamed	1 ea	7.5
Arugula, raw	1 C	0.4
Asparagus		
Canned	1/2 C	1.2
Fresh, steamed	1/2 C	1.8
Frozen, steamed	1/2 C	0.3
White, raw	1/2 C	2.0
Avocado		
Florida	1/2 ea	3.6
Hass	1/2 ea	1.8
Bamboo Shoots,		
sliced, canned	1/2 C	1.2
Beans		
Fava, steamed	1/2 C	11.6
Green, raw	1/2 C	2.1
Green, steamed	10 ea	2.8
Haricots Verts, frozen	1/2 C	2.5
Yellow Wax, canned	1/2 C	1.7
Yellow Wax, raw	1/2 C	1.9
Beet Greens, steamed	1/2 C	1.8
Bok Choy (Pak Choy)		
Raw	1/2 C	0.4
Steamed, sliced	1/2 C	1.1
Broccoli		
Florets, fresh, steamed	1/2 C	3.3
Florets, raw	1/2 C	4.6

	Amount	Net Carbs
Frozen, chopped,		
steamed	1/2 C	1.1
Broccoli Rabe		
Raw, chopped	1/2 C	0.1
Steamed	5 oz	0.8
Broccoflower, steamed	1/2 C	1.4
Broccolini, fresh, steamed	3 ea	0.4
Brussels Sprouts, steamed	1/2 C	4.2
Cabbage		
Chinese, raw, shredded	1/2 C	0.4
Chinese, steamed,		
shredded	1/2 C	1.1
Green/White,		
raw, shredded	1/2 C	1.2
Green/White, steamed	1/2 C	2.6
Napa, raw	1/2 C	0.4
Napa, steamed	1/2 C	1.2
Red, raw, shredded	1/2 C	1.8
Red, steamed, shredded	1/2 C	3.3
Savoy, raw, shredded	1/2 C	1.1
Savoy, steamed,		
shredded	1/2 C	1.9
Cardoon, steamed	1/2 C	2.1
Cauliflower		
Florets, frozen	1/2 C	1.6
Florets, raw	7 ea	2.9
Steamed, chopped	1/2 C	2.1
Celery		
Raw	1 stalk	0.9
Steamed, diced	1/2 C	1.8
Celery Root (Celeriac)		
Raw, grated	1/2 C	5.8
Steamed, diced	1/2 C	6.0

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
Collard Greens, steamed	1 C	2.9
Coleslaw w/ Dressing, deli style	1/2 C	8.9
Cucumber, medium, raw	1/2 ea	3.2
Cucumber, raw, sliced	1/2 C	1.6
Daikon (<i>see Radishes, below</i>)		
Dandelion Greens, steamed	1/2 C	1.8
Eggplant		
Chinese, fresh	1/2 ea	7.5
Italian, broiled	1/2 C	3.4
Japanese, fresh	1/2 ea	7.5
Endive, raw	1/2 C	0.1
Endive, braised	1/2 C	0.2
Escarole		
Raw, chopped	1/2 C	0.1
Steamed	1/2 C	0.2
Fennel		
Raw	1/2 C	1.8
Cooked	1/2 bulb	5.3
Garlic		
Minced	2 T	5.3
Raw	1 clove	0.9
Roasted	1 t	0.9
Jicama		
Cooked, sliced	2 oz	5.0
Raw, chopped	1/2 C	2.6
Kale		
Raw, chopped	1/2 C	0.4
Steamed	1/2 C	0.5
Kohlrabi, steamed	1/2 C	4.6
Leeks		
Cooked, chopped	1/2 C	3.4
Raw, chopped	1/2 C	5.5
Lettuce		
Boston or Bibb, raw, chopped	1 C	0.6
Iceberg, raw, shredded	1 C	1.3
Mesclun (Mixed Salad Greens), raw	1 C	1.0
Romaine, raw, shredded	1 C	0.6
Romaine Hearts, raw	1/2 ea	0.2
Mung Beans (<i>see Sprouts, below</i>)		
Mushrooms		
Button, cooked	1/4 C	1.1
Button, raw, sliced	1/2 C	0.8
Chanterelle, fresh	5 ea	0.8
Cremeni, Brown	1/2 C	1.6
Enoki (Straw), fresh	1/2 C	1.7
Portobello, cooked	1/2 C	1.4
Shiitake, cooked, sliced	1/4 C	4.5
Mustard Greens, steamed	1/2 C	1.2
Nopales (Cactus Pads), cooked	1/2 C	1.0
Okra		
Cooked	5 ea	2.4
Pickled	1 oz	2.4
Olives		
Canned	5 ea	0.8
Black, oil cured	5 ea	3.8

VEGETABLES continued

	Amount	Net Carbs
Black, salt cured	5 ea	1.7
Green, almond stuffed	5 ea	2.5
Green, canned	5 ea	0.1
Green, garlic stuffed	5 ea	5.0
Green, pimento stuffed	5 ea	0.5
Onions		
Cooked, chopped	1/4 C	4.7
Pearl, cooked, chopped	1/2 C	9.2
Pearl, frozen	2/3 C	6.2
Red, raw, chopped	2 T	1.5
White, raw, chopped	2 T	1.5
White, raw, chopped	1/2 C	6.1
Vidalia, raw, chopped	1/2 C	6.1
Palm, Hearts of, canned	1 ea	2.0
Parsley (<i>see Condiments & Seasonings</i>)		
Snow/Snap Peas in Pod		
Cooked	1/2 C	4.3
Fresh, chopped	1/2 C	1.6
Peppers, Bell		
Green, chopped, cooked	1 oz	0.9
Green, chopped, raw	1/2 C	2.2
Red, chopped, cooked	1 oz	1.2
Red, chopped, raw	1/2 C	3.0
Peppers, Chile (<i>also see Condiments & Seasonings</i>)		
Banana, fresh	1 sm	0.6
Jalapeño, fresh	1 ea	0.6
Pumpkin		
Canned, mashed	1/2 C	6.4
Canned Pumpkin Pie Mix	1/3 C	16.3
Cooked, mashed	1/2 C	4.7
Radicchio, raw	1/2 C	0.7
Radish		
Black	10g	0.2
Daikon, raw, 7-in	1/4 ea	2.1
Daikon, sliced	1/2 C	1.5
Daikon, sliced, cooked	1/2 C	1.4
Red/White, raw	10 ea	1.7
Rhubarb (<i>see Fruit</i>)		
Sauerkraut, drained	1/2 C	1.2
Scallions, raw	1/2 C	2.4
Scallions, cooked	1/2 C	6.0
Shallots, raw, chopped	2 T	2.7
Sorrel Greens, steamed	1/2 C	0.2
Spaghetti Squash, baked	1/4 C	2.0
Spinach		
Baby	1/2 C	0.3
Creamed, frozen	1/2 C	1.1
Fresh, steamed, chopped	1/2 C	1.6
Frozen, steamed	1/2 C	1.0
Raw, chopped	1 C	0.4
Sprouts		
Alfalfa, raw	1/2 C	0.0
Mung Bean, raw	1/2 C	2.2
Sunflower Seed, raw	1/4 C	4.0
Summer Squash		
Patty Pan, raw	1/2 C	1.5
Yellow, raw, sliced	1/2 C	1.6
Yellow, steamed, sliced	1/2 C	2.7
Zucchini, raw, chopped	1/2 C	1.4
Zucchini, steamed, sliced	1/2 C	2.7
Taro Leaves, steamed	1/2 C	1.5
Tomatillo, fresh, chopped	1/2 C	2.6

VEGETABLES continued

	Amount	Net Carbs
Tomatoes		
Cherry/Grape	10 ea	4.6
Cooked	1/4 C	1.9
Green (unripe), chopped	1/2 C	3.6
Plum or Roma	1 ea	1.7
Slice	1/4" sl	0.5
Small	1 ea	2.5
Sun-Dried, in oil	5 pieces	4.4
Yellow	1 ea	4.8
Tomato Products (<i>also see Sauces & Marinades</i>)		
Canned, diced, in juice	1/4 C	2.0
Canned, whole, in juice	1/2 C	2.4
Paste, canned	2 T	4.7
Purée, canned	2 T	2.2
Stewed, canned	1/2 C	6.6
Turnips		
White, steamed, cubed	1/2 C	2.4
White, steamed, mashed	1/2 C	3.5
Turnip Greens		
Frozen, cooked	1/2 C	1.3
Fresh, steamed	1/2 C	0.6
Water Chestnuts, canned, sliced	1/4 C	3.4
Watercress, raw, chopped	1/2 C	0.1
Starchy Vegetables		
Beets		
Steamed, sliced	1/2 C	6.0
Canned, drained	1/2 C	4.4
Burdock Root, steamed	1/2 C	9.5

Amount Net Carbs

Carrots		
Fresh, steamed, sliced	1/2 C	5.5
Frozen, sliced	1/2 C	3.0
Raw	1 med	4.1
Raw, shredded	1/2 C	3.7
Cassava (Yuca)		
Cooked, mashed	1/2 C	30.2
Corn		
Canned	1/2 C	8.0
Canned, Cream Style	1/2 C	12.0
Kernels Cut from Cob	1/2 C	12.1
On the Cob	1 med	17.0
Jerusalem Artichoke		
Raw	1/2 C	11.9
Parsnips, steamed	1/2 C	10.5
Peas		
Fresh, shelled	1/2 C	6.3
Frozen	1/2 C	6.0
Potato		
Baked w/ Skin	1/2 sm	22.9
Ore-Ida		
French Fries, frozen	10 ea	13.6
Hash Browns, frozen	1/2 C	17.1
Hash Brown		
Toaster Patties	1 ea	16.0
Mashed from Flakes, prepared	1/2 C	14.0
Scalloped, from Mix	1/2 C	10.9
Steamed, diced	1/2 C	14.2
Steamed, mashed	1/2 C	22.7
Rutabaga		
Cooked, cubed	1/2 C	4.3
Cooked, mashed	1/2 C	6.1

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	6.2
Hubbard, steamed, mashed	1/2 C	4.2
Turban, raw	1/2 C	6.5
Sweet Potato		
Baked	1/2 med	9.9
Candied	1/2 C	35.0
Steamed	1/2 C	15.2
Steamed, mashed	1/2 C	25.0
Taro, cooked, sliced	1/2 C	19.5
Yams, canned, mashed	1/2 C	21.0
Yautia (Arracache), sliced, cooked	1/2 C	22.1

VEGETARIAN PRODUCTS

	Amount	Net Carbs
Dominex		
Eggplant "Meatballs"	5 ea	7.0
Eggplant Cutlets	3 oz	16.0
Quorn		
Meatless "Meatballs"	7 ea	8.0
Meatless Grounds	1 C	2.0
Meatless Roast	113.5g	0.0
Meatless Turkey-Style		
Deli Slices	64g	3.0
Meatless Sharp Cheese		
ChiQin Cutlets	110g	16.0
Seitan		
Upton Naturals Crumbles		
Chorizo Style	2 oz	4.0
Italian Sausage Style	2 oz	6.0
Original, Ground	2 oz	5.0
WestSoy Organic		
Cubed	85g	4.0

VEGETARIAN PRODUCTS continued

	Amount	Net Carbs
Shiritaki Noodles		
Pasta Zero	113g	2.0
Miracle		
Fettuccine Style	3 oz	1.0
Skinny Noodles		
Spaghetti	4 oz	0.0
Tempeh		
Lightlife Organic		
Flax	3 oz	2.0
Soy	3 oz	6.0
Three Grain	3 oz	1.0
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	3 oz	0.8
Firm	3 oz	0.8
Soft	3 oz	2.0
Silken Tofu	3 oz	2.0
Tofu, Baked		
Nasoya Plantspired		
Organic Teriyaki	1 pc	4.0
Organic Sesami Ginger	1 pc	3.0
Sweet BBQ	1 pc	5.0

	Amount	Net Carbs
Wild Wood Organics SprouTofu		
Sriracha	1 pc	5.0
Savory	1 pc	2.0
Teriyaki	1 pc	4.0
Tofu "Hot Dogs"		
Lightlife Smart Dogs	1 ea	2.0
Morningstar Farms	1 ea	5.0
Yves Veggie Cuisine	1 ea	2.0
Tofu "Sausage"		
Lightlife		
Smart Ground	1/3 C	1.0
Smart Sausages		
Chorizo Style	85g	6.0
Italian Style	1 link	3.0
Morningstar Farms®		
Original Breakfast Patties	38g	3.0
Hot & Spicy Breakfast Patties	38g	3.0
Tofurky		
Original Sausage		
"Beer Brats"	1 link	7.0
Original Sausage		
"Kielbasa"	1 link	8.0
Italian	1 link	7.0

VEGETARIAN PRODUCTS continued

	Amount	Net Carbs
Veggie Burgers		
Beyond Burger	1 patty	5.0
Dr. Praeger's Pure Plant Protein		
Perfect Burger	1 burger	4.0
Gardenburger		
Original	1 patty	19.0
Impossible Burger	4 oz	4.0
Lightlife		
Plant-Based Burger	1 burger	5.0
Morningstar Farms		
Grillers Original	64g	4.0
Spicy Black Bean	1 ea	9.0
Garden Veggie	67g	7.0
Veggie "Cheese"		
Galaxy Nutritional Foods		
Vegan Go Veggie		
"Cheddar" Shreds	1/4 C	7.0
Go Veggie		
"Cheddar" Slices	1 sl	<1.0
Vegan Go Veggie		
"Mozzarella" Shreds	1/4 C	6.0
Vegan Better-For-You Classic		
Plain "Cream Cheese"	2 T	1.0
Veggie Crumbles		
Lightlife Plant-Based Ground	4 oz	5.0

	Amount	Net Carbs
Veggie Luncheon "Meats"		
Lightlife Smart Deli		
"Bologna"	4 sl	2.0
"Ham"	4 sl	3.0
"Turkey"	4 sl	2.0
Tofurky Deli Slices		
"Bologna"	3 sl	5.0
Oven Roasted	5 sl	4.0
Peppered	5 sl	5.0
"Roast Beef"	5 sl	5.0
Smoked "Ham"	5 sl	3.0
Veggie "Meats"		
Lightlife Smart Tenders		
Plant-Based Chicken	3 pc	7.0
Veggie "Meatballs"		
Gardein Meatless		
"Meatballs"	3 pc	6.0
Lightlife Smart Menu Plant-Based		
"Meatballs"	3 meatballs	7.0

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	28.9
Chicken Nuggets	4 piece	10.4
Garden 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	1 ea	47.0

Carl's Jr.

Famous Star Burger	1 ea	54.0
Gluten Sensitive		
– The Low Carb Thickburger	1 ea	8.0
House Dressing	2 oz	3.0
Charbroiled Chicken Club	1 serv	43.0

	Amount	Net Carbs
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Dairy Queen / Brazier

Rotisserie-style Chicken Bites		
Salad Bowl	1 serv	8.0
Light Italian Dressing	1 serv	2.0
Original Cheeseburger	1 ea	37.0
Side Salad	1 serv	4.0

Hardee's

Low-Carb It – 1/3 lb Low Carb		
Thickburger	1 ea	9.0
Low-Carb It – Charbroiled		
Chicken Club Sandwich	1 serv	13.0

McDonald's

Hamburger Patty	1 ea	0.0
Spicy Buffalo Sauce	1 serv	1.0

Wendy's

Dave's Single Cheeseburger	1 ea	35.0
Grilled Asiago Ranch Club w/		
Ultimate Chicken Grill	1 serv	33.0
Grilled Chicken Sandwich	1 serv	34.5

CHAIN RESTAURANTS continued

	Amount	Net Carbs
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SANDWICH/OTHER CHAINS

Applebee's

Ranch Dressing	1 serv	2.0
Caesar Salad		
(with grilled chicken)	1 serv	48.0
Classic Buffalo Sauce	1 serv	3.0
Double Crunch Bone-In Wings		
– without Sauce	1 serv	3.0
Garlicky Green Beans	1 serv	7.0
Homestyle Cheesy Broccoli	1 serv	5.0
Shrimp 'N' Parmesan Sirloin	1 serv	7.0
USDA Select Sirloin	6 oz	0.0

Blimpie

Blue Cheese Dressing	1.5 oz	2.0
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
Ultimate Club Salad	1 serv	8.0

Chick-Fil-A

Chick-Fil-A Sauce	1 serv	7.0
Garden Herb Ranch Sauce	1 serv	1.0
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	6.0
House Salad (low carb)	1 serv	7.0
Ranch Dressing	1.5 oz	2.0
Santa Fe Chicken Salad		
with chicken	1 serv	17.0

Chipotle

Salad – Chicken, Romaine Lettuce,		
Fajita Vegetables, Cheese, Fresh		
Tomato Salsa, Vinaigrette		
	1 serv	25.0
Burrito Bowl – Steak, Romaine Lettuce,		
Fajita Vegetables, Queso,		
Tomatillo-Green Chili Salsa,		
Guacamole	1 serv	14.0

KFC

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

CHAIN RESTAURANTS continued

	Amount	Net Carbs
Outback Steakhouse		
Aussie Cobb Grilled Chicken, with Blue Cheese	1 serv	14.0
Grilled Asparagus	1 serv	3.0
Simply Grilled Salmon	8 oz	3.0
Panera		
Caesar Salad	1 serv	14.0
Greek Salad	1 serv	11.0
Green Goddess Cobb Salad with Chicken	1 serv	19.0
Subway		
Black Forest Ham Salad	1 serv	8.0
Italian BMT Salad	1 serv	8.0
Rotisserie-Style Chicken Salad	1 serv	6.0
Steak & Cheese Salad	1 serv	8.0
Tuna Salad	1 serv	6.0
Turkey Breast Salad	1 serv	6.0
Veggie Delight Salad	1 serv	5.0
TGI Friday's		
Blue Cheese Dressing	1 serv	1.0
Whisky-Glazed Chicken, no sides	1 serv	63.0
Frank's Redhot Buffalo Wings	1 serv	0.0
Green Style Bacon Cheeseburger – no side	1 serv	9.0
Million Dollar Cobb Salad w/ Chicken & Ranch	1 serv	12.0
Million Dollar Cobb Salad w/ Sirloin (6oz) & Ranch	1 serv	14.0

Amount **Net Carbs**

Taco Bell

Crunchy Taco	1 ea	10.0
Soft Taco	1 ea	15.0

PIZZA CHAINS

Dominos

Honey BBQ Chicken Wings	4 pieces	22.0
Classic Hand Tossed Cheese Pizza 1 piece of 12" pizza		23.0
Crunchy Thin Crust Cheese Pizza 1 piece of 12" pizza		25.0
Handmade Pan Cheese Pizza 1 piece of 12" pizza		27.0
Hot Chicken Wings	4 pieces	9.0

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

