



Carb Counter

HOW TO USE THE ATKINS™ CARB COUNTER

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

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

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

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

To learn more about net carbs visit atkins.com

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

2g ATKINS NET CARBS

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

What to Avoid

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

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

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

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Abbreviations and Symbols

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



ATKINS PRODUCTS

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

Meal Bars	Amount	Net Carbs
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 n' Creme	1 bar	4.0
Double Fudge Brownie	1 bar	4.0
Peanut Butter 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

Anytime Snacks	Amount	Net Carbs
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
Chocolate Caramel Pretzel	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
Protein Chips		
Chipotle BBQ	1 bag	4.0
Nacho Cheese	1 bag	4.0
Ranch	1 bag	4.0
Protein Cookies		
Chocolate Chip	1 cookie	3.0
Double Chocolate Chip	1 cookie	3.0
Peanut Butter	1 cookie	3.0
Protein Wafer Crisps		
Chocolate Crème	1 bar	4.0
Peanut Butter	1 bar	3.0

Indulge Treats	Amount	Net Carbs
Almond Craze	1 bar	2.0
Caramel Nut Chew	1 bar	2.0
Chocolate Caramel Mousse	1 bar	2.0
Chocolate Coconut	1 bar	2.0
Chocolate Covered Almonds	1 pack	2.0
Chocolate Nutty Caramel	1 bar	4.0
Chocolate Peanut Candies	1 pack	1.0
Crunchalicious	1 bar	1.0
Dark Chocolate Covered Peppermint Patties	1 piece	2.0
Milk Chocolate Caramel Squares	3 pieces	2.0
Nutty Fudge Brownie	1 bar	2.0
Peanut Butter Cups	2 cups	2.0
Peanut Caramel Cluster	1 bar	3.0
Pecan Caramel Clusters	2 packs	2.0

KETO	Amount	Net Carbs
Caramel Almond Clusters	1 cluster	2.0
Peanut Butter Cups	1 cup	2.0

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

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

Frozen Meals	Amount	Net Carbs
Breakfast		
Bacon Scramble	1 bowl	4.0
Ham and Cheese Omelet	1 omelet	4.0
Farmhouse-Style Sausage Scramble	1 bowl	5.0
Entrées		
Asian-Style Chicken Stir Fry	1 tray	7.0
Bacon Cheddar Cauliflower Bake	1 bowl	7.0
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	6.0
Chicken Margherita	1 tray	7.0
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	8.0
Mongolian-Style Beef Cauliflower Bowl	1 bowl	8.0
Pepperoni Pizza	1 pizza	11.0
Pesto Chicken Zoodle	1 bowl	7.0
Roasted Turkey with Garlic Mashed Cauliflower	1 tray	6.0
Three Meat Pizza	1 pizza	11.0
Snacks		
Buffalo-Style Chicken		
Pizza Bites	10 bites	5.0
Pepperoni Pizza Bites	10 bites	5.0

Other Low-Carb Specialty Products	Amount	Net Carbs
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	12.0
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

LC Foods Low Carb Mixes	Amount	Net Carbs
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	Amount	Net Carbs
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
<i>NutriWise</i>		
Cream of Mushroom Soup	1 pkt	5.0
<i>ProtiDIET</i> Chicken Noodle Soup	1 pouch	5.0

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

Beef, Lamb, Pork & Other Meats	Amount	Net Carbs
Beef		
Brisket	6 oz	0.0
Corned Beef	6 oz	0.8
Chuck	6 oz	0.0
Chuck Eye Steak	6 oz	0.0
Corned Brisket	6 oz	0.8
Cubed Steak	6 oz	0.0
Eye Round	6 oz	0.0
Flank Steak	6 oz	0.0
Ground Chuck/Round	6 oz	0.0
Liver	6 oz	6.6
London Broil	6 oz	0.0
Prime Rib	6 oz	0.0
Rib Eye Roast/Steak	6 oz	0.0
Shell Steak	6 oz	0.0
Short Ribs	6 oz	0.0
Sirloin Steak	6 oz	0.0
Skirt Steak	6 oz	0.0
Tenderloin	6 oz	0.0
Top Loin	6 oz	0.0
Veal		
Breast	6 oz	0.0
Chop, loin or rib	6 oz	0.0
Cutlet	6 oz	0.0
Ground	6 oz	0.0
Round Steak	6 oz	0.0
Scallops	6 oz	0.0
Shank	6 oz	0.0
Shoulder	6 oz	0.0
Stew Meat	6 oz	0.0
Goat		
Roast	6 oz	0.0
Lamb		
Chop, loin or rib	6 oz	0.0
Ground	6 oz	0.0
Leg	6 oz	0.0
Roast	6 oz	0.0
Shoulder	6 oz	0.0
Stew Meat	6 oz	0.0
Pork		
Bacon, slab, sliced	3 sl	1.1
Canadian Bacon	3 sl	1.2
Chop, center cut	6 oz	0.0
Chop, loin	6 oz	0.0
Ground	6 oz	0.0
Ham	6 oz	0.0
Loin Roast	6 oz	0.0
Scrapple	4 oz	15.6
Spam	2 oz	1.7
Spare Ribs	6 oz	0.0
Stew Meat	6 oz	0.0
Tenderloin	6 oz	0.0
Game Meats		
Beefalo	6 oz	0.0
Buffalo (Bison)	6 oz	0.0
Rabbit	6 oz	0.0
Venison	6 oz	0.0
Frankfurters		
Beef	1 frank	1.8
Beef & Pork	1 frank	1.0
Hebrew National	1 frank	2.0
Pork	1 frank	0.2
Sausages		
Andouille, pork	1 link	0.1
Beef	2 oz	0.2

	Amount	Net Carbs
Beef & Pork	1 link	0.4
Bratwurst	1 link	2.4
Breakfast, pork	1 link	0.0
Bulk, pork	3 oz	0.0
Cheddarwurst	1 link	2.0
Cheese Dog	1 link	1.0
Chicken w/ Apple	2 oz	2.9
Chicken w/ Dried Tomato	2 oz	2.5
Chicken & Turkey w/ Gruyère	2 oz	0.0
Chorizo	2 oz	1.1
Italian, hot	2 oz	0.4
Italian, sweet	2 oz	1.2
Kielbasa, beef	2 oz	2.0
Kielbasa, beef & pork	2 oz	1.0
Kielbasa, pork & turkey	2 oz	2.2
Knockwurst	1 link	2.3
Linguica	2 oz	1.0
Smoked, beef	4 oz	2.7
Smoked, hot	4 oz	4.9
Deli, Luncheon and Cured Meats		
Bologna		
Beef	3 sl	3.9
Beef & Pork	3 sl	0.6
Ham, deli style		
Baked, sliced	6 oz	2.6
Boiled, sliced	6 oz	0.0
Deviled	4 oz	1.9
Honey Cured, sliced	6 oz	3.8
Liverwurst	4 sl	1.6
Mortadella	6 oz	5.2
Olive Loaf	3 sl	7.7
Pancetta	3 oz	3.0
Pastrami, beef	1 sl	0.2
Pepperoni	6 oz	2.0
Pork Roll	5 sl	0.6
Prosciutto	6 oz	0.0
Roast Beef, sliced	1 oz	0.5
Salami		
Beef	3 sl	1.5
Beef & Pork	3 sl	0.2
Pork	3 sl	0.5
Sopressata (dry salami)	1 oz	1.0
Frozen Heat & Eat Meals		
<i>(Also see Atkins & Other Low-Carb Specialty Foods)</i>		
<i>Banquet</i> Salisbury Steak	1 serv	7.0
<i>Lean Cuisine</i> Steak Portabella	1 serv	10.0
<i>Steak Umm</i> Sliced Steaks	1 ea	0.0
<i>Stouffer's</i> 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	27.0
Meatloaf	1 serv	8.0
Salisbury Steak	1 patty	10.0

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Beverages & Alcoholic Beverages						Water		
	Amount	Net Carbs		Amount	Net Carbs		Amount	Net Carbs
Chocolate Drinks			Fruit Juices			Alcoholic Beverages		
<i>Canfield's</i>			Apple, unsweetened	4 oz	13.8	Beer		
Diet Chocolate Fudge Soda	12 oz	0.0	Apricot Nectar	4 oz	17.3	"Lite"	12 oz	5.8
Hot Cocoa	1 pkt	22.4	Cranberry Juice Cocktail, frozen concentrate	2 T	18.6	Low Carb	12 oz	2.5
Hot Cocoa w/ Marshmallows	1 pkt	14.3	Cranberry Juice Cocktail	4 oz	17.1	Near (>0.5% alcohol)	12 oz	13.7
<i>Nestlé</i> No Sugar Added			Cranberry Juice Cocktail, light	4 oz	5.0	Nonalcoholic	12 oz	13.3
Hot Cocoa Mix	1 serv	5.0	<i>Fruitables</i> Mixed Fruit & Vegetable	6.75 oz	12.15	Bourbon	1 oz	0.0
<i>No-Mu</i> Hot Chocolate Powder	6g	1.0	Fruit Punch	4 oz	14.3	Champagne	1 oz	2-3
<i>Swiss Miss</i>			Grape, unsweetened	4 oz	18.4	Gin	1 oz	0.0
Reduced Calorie Hot Cocoa Mix	1 pkt	4.0	Grapefruit, sweetened	4 oz	13.8	Rum	1 oz	0.0
Hot Cocoa, No Sugar Added	1 pkt	14.0	Grapefruit, unsweetened	4 oz	8.8	Scotch	1 oz	0.0
Coffee & Coffee Drinks			Guava Nectar	4 oz	19.1	Sherry, dry	1 oz	4.7
Cappuccino			<i>Kool-Aid</i> , Sugar-Free Mix, all flavors	1 pkt	0.0	Vodka	1 oz	0.0
Instant Powder	1 t	2.8	Lemon	2 T	2.0	Wine, red	3.5 oz	2.7
Instant Powder, decaf	1 t	2.8	Lime	2 T	2.4	Wine, rosé	3.5 oz	4.0
<i>Caffè D'Vita</i> Sugar Free Instant			Mango Nectar	4 oz	16.1	Wine, white, Sauvignon	3.5 oz	2.1
French Vanilla Cappuccino	2 t	4.0	Orange, fresh	4 oz	12.7	Cocktail Mixes		
<i>Hills Bros</i> Sugar Free			Orange, from concentrate	4 oz	10.7	Bloody Mary	3.5 oz	3.1
French Vanilla Cappuccino	2 T	8.0	Orange-Peach-Mango	4 oz	14.5	Margarita	3.5 oz	20.1
Coffee			Orange-Strawberry-Banana	4 oz	14.2	Margarita, <i>Baja Bob's</i> Low Carb	4 oz	3.0
Black, brewed	1 C	0.0	Passion Fruit, fresh	4 oz	16.6	Margarita, <i>Master of Mixes</i> , Lite	4 oz	2.0
Black, decaf, brewed	1 C	0.0	Peach Nectar, canned	4 oz	16.6	Mojito, <i>Baja Bob's</i> Low Carb	4 oz	3.0
Decaf, instant	1 C	1.0	Pear Nectar, canned	4 oz	19.0	Piña Colada	3.5 oz	37.6
With 1 T Cream	1 C	0.4	Pineapple, unsweetened	4 oz	15.8	Screwdriver	3.5 oz	8.5
With 1 T Whole Milk	1 C	0.7	Prune	4 oz	21.1	Strawberry Daiquiri, <i>Master of Mixes</i> , Lite	4 oz	3.0
Iced, w/ 1 T Whole Milk	12 oz	0.7	Tangerine-Orange	4 oz	12.5	Sweet 'N Sour, <i>Master of Mixes</i> , Lite	4 oz	1.0
<i>Starbucks</i>			Lemonade / Limeade			This nutrition information is accurate to the best of our knowledge as of March, 2023. https://fdc.nal.usda.gov/index.html		
Caffè Americano	12 oz	1.0	Bottled, diet	8 oz	1.3			
Caffè Latte w/ Whole Milk	12 oz	15.0	Bottled, sweetened	8 oz	29.0			
Cappuccino w/ Whole Milk	12 oz	10.0	<i>Crystal Light</i>	1/5 pkt	2.0			
Espresso, Black	1.5 oz	2.0	<i>Minute Maid</i> Zero Sugar	8 oz	1.0			
Espresso w/ Whole Milk	12 oz	15.4	Prepared from concentrate	8 oz	26.5			
Frappuccino, bottled	1 serv	37.0	Prepared from powder	8 oz	9.5			
Latte, Iced, w/ Whole Milk	12 oz	10.0	<i>True Lemon</i> Lemonade Mix	1 pkt	3.0			
Mocha w/ Whole Milk	12 oz	30.0	<i>True Lime</i> Mix	1 pkt	0.5			
Mocha Frappuccino	12 oz	35.0	<i>True Grapefruit</i> Mix	1 pkt	0.5			
			<i>True Orange</i> Mix	1 pkt	0.5			
Carbonated Beverages, Soda, Mixers			Tea & Tea Drinks					
Cherry Cola	12 oz	39.0	Bottled Iced Tea					
Cherry Cola, diet	12 oz	0.0	Green, unsweetened	8 oz	0.0			
Club Soda	12 oz	0.0	Lemon Flavored	8 oz	22.0			
Cola	12 oz	38.2	Lemon Flavored, diet	8 oz	0.0			
Cola, diet	12 oz	0.0	Raspberry, diet	8 oz	1.0			
Diet Sodas, all flavors	12 oz	0.0	Brewed Tea					
Ginger Ale	12 oz	32.1	Black	8 oz	0.7			
Grape Soda	12 oz	41.7	With 1 T Milk	8 oz	1.4			
Lemon/Lime Soda	12 oz	38.0	With 1 T Cream	8 oz	0.4			
Root Beer/Birch Beer	12 oz	39.2	Chamomile	8 oz	0.5			
Seltzer	12 oz	0.0	Peppermint	8 oz	0.0			
Seltzer, essence flavored	12 oz	0.0	Iced Tea					
<i>Sweetleaf</i> Stevia Water Drops			Diet	8 oz	0.0			
all flavors	1ml	1.0	<i>Lipton Pureleaf</i> , Unsweetened	8 oz	0.0			
Tonic Water	12 oz	32.2	Sweetened	8 oz	21.0			
Tonic Water, sugar free	12 oz	0.0	<i>True Lemon</i> Mix	1/2 pkt	1.5			
Energy Sports Drinks			Unsweetened, from instant	8 oz	1.0			
Coconut Water, fresh	8 oz	6.3	With Stevia	8 oz	0.0			
<i>Gatorade</i>	8 oz	14.7	Vegetable Juices					
<i>Gatorade</i> Zero	12 oz	2.0	Carrot	4 oz	10.0			
<i>Monster</i>	8 oz	29.0	Clam & Tomato	4 oz	12.7			
<i>Monster</i> , Zero Ultra	8 oz	2.0	Tomato	4 oz	4.6			
<i>Red Bull</i>	8.4 oz	29.0	Vegetable Juice Cocktail	4 oz	4.1			
<i>Red Bull</i> , sugar free	8.4 oz	2.0	Vitamin Water					
<i>Rockstar Energy</i>	8 oz	32.0	Energy	20 oz	27.0			
<i>Rockstar Energy</i> , sugar free	8 oz	0.0	<i>Squeezed</i> , zero sugar	20 oz	4.0			

Breads, Crackers, Tortillas & Wraps		
	Amount	Net Carbs
Breads		
Bran	1 sl	12.2
Ezekiel	1 sl	12.0
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	22.0
JJ Flats	6 ea	12.0
Mary's Gone Crackers, original	12 ea	17.0
Mrs. Cubbinson's		
Baked Cheddar Cheese Crisps	5 ea	0.0
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	17 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	17.0
Original	2 sl	10.7
Pumpkin Seed & Oat	2 sl	8.0
Sesame Rye	2 sl	8.0
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
Sesame & Sea Salt	1 sl	4.0
Sourdough	1 sl	5.0

	Amount	Net Carbs
Flatbreads & Wraps		
<i>FlatOuts</i>		
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
<i>Joseph's Lavash</i>		
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
<i>Pita</i>		
White	6.5"	30.5
Whole Wheat	6.5"	28.4
<i>Tumaro's Gourmet Low Carb</i>		
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
<i>La Tortilla Factory</i>		
Flour Tortilla Soft Taco	1 ea	21.0
Whole Wheat Protein Tortillas	1 ea	11.0
Low Carb, Whole Wheat, Original Size	1 ea	3.0
Low Carb, Flour Fajita Size	1 ea	4.0
Mama Lupe Three-Net Impact Carb	1 ea	3.0
<i>Mission Carb Balance</i>		
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	8.5
Muffins		
<i>Food for Life</i>		
Sprouted Whole Grain		
English Muffins	1/2 ea	12.0

Candy & Chewing Gum		
	Amount	Net Carbs
Caramels		
<i>Asher's Sugar Free</i>		
Pecan Caramel Patties	1 serv	1.0
Vanilla Caramels	2 ea	1.0
<i>Tom & Jenny's</i>		
Classic Soft Caramels	5 ea	1.0
Chocolate Caramels	5 ea	0.5
Coffee Caramels	5 ea	0.0
Chewing Gum		
<i>Eclipse Sugar Free, all flavors</i>		
Eclipse Sugar Free, all flavors	2 ea	0.0
<i>Orbit, all favors</i>		
Orbit, all favors	1 ea	0.0
Chocolate		
<i>Asher's Sugar Free</i>		
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
<i>Kopper Dark Chocolate Covered</i>		
Espresso Beans, sugar free	32 ea	2.0
<i>Lily's Sweets</i>		
No Sugar Added		
Dark Chocolate Bar	1 serv	3.0
No Sugar Added		
Dark Chocolate Almond Bar	1 serv	4.0

	Amount	Net Carbs
Hard Candy		
<i>Jolly Rancher, sugar free</i>		
Jolly Rancher, sugar free	4 ea	0.0
<i>Lifesavers</i>		
Lifesavers	4 ea	15.0
<i>Nestlé Sugar-Free Nips, caramel</i>		
Nestlé Sugar-Free Nips, caramel	2 ea	0.0
<i>Jelly Belly, sugar free</i>		
Gummie Bears	18 ea	0.0
Jelly Beans	27 ea	3.0
<i>Jordan Almonds, sugar free</i>		
Jordan Almonds, sugar free	13 ea	2.0
<i>Werther's Original</i>		
Sugar-Free Caramels	5 ea	0.0
Marshmallows		
<i>La Noubia, sugar free</i>		
La Noubia, sugar free	1 ea	0.0
Mints		
<i>Altoids Smalls, Sugar Free, all flavors</i>		
Altoids Smalls, Sugar Free, all flavors	1 ea	0.0
<i>Eclipse, all flavors</i>		
Eclipse, all flavors	3 ea	0.0
<i>Pep-O-Mints</i>		
Pep-O-Mints	4 ea	12.0
<i>Pep-O-Mints, sugar free</i>		
Pep-O-Mints, sugar free	4 ea	0.0
<i>Winto-O-Green</i>		
Winto-O-Green	4 ea	12.0
<i>Winto-O-Green, sugar free</i>		
Winto-O-Green, sugar free	4 ea	0.0

Cereals		
	Amount	Net Carbs
Hot		
<i>Bob's Red Mill 7 Grain</i>		
Hot Cereal w/Flax Meal, dry	1/4 C	24.0
<i>Cream of Rice, dry</i>		
Cream of Rice, dry	1/4 C	36.0
<i>Cream of Wheat</i>		
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
<i>Farina, enriched, dry</i>		
Farina, enriched, dry	3 T	26.5
<i>Grits, instant, dry</i>		
Grits, instant, dry	1 oz	21.0
<i>Maltex Hot Wheat Cereal, dry</i>		
Maltex Hot Wheat Cereal, dry	1/3 C	33.0
<i>Mother's Oat Bran Hot Cereal, dry</i>		
Mother's Oat Bran Hot Cereal, dry	1/2 C	19.0
<i>Oats/Oatmeal</i>		
<i>Better Oats</i>		
Quick Oats, dry	1/2 C	23.0
Steel Cut, dry	1/4 C	23.0
<i>Bob's Red Mill Rolled Oats, dry</i>		
Bob's Red Mill Rolled Oats, dry	1/2 C	28.0
<i>Maypo</i>		
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
<i>Pocono Cream of Buckwheat, dry</i>		
Pocono Cream of Buckwheat, dry	1/4 C	33.0
<i>Steel Cut</i>		
Scottish/Irish, dry	1/4 C	23.0
Whole Grain (oat groats)	1/4 C	25.7
<i>Wheatena Toasted Wheat, dry</i>		
Wheatena Toasted Wheat, dry	1/3 C	27.0
<i>Wolff's Cream of Buckwheat</i>		
Wolff's Cream of Buckwheat	41g	34.0
Ready-to-Eat		
<i>Alpen Muesli, no sugar added</i>		
Alpen Muesli, no sugar added	2/3 C	36.0
<i>Barbara's Organic</i>		
Multigrain Spoonfuls	3/4 C	19.5
<i>Barbara's Puffins, original</i>		
Barbara's Puffins, original	3/4 C	19.5
<i>Cascadian Farm Cinnamon Apple</i>		
Granola, no added sugar	2/3 C	32.0
<i>Cheerios, Multigrain</i>		
Cheerios, Multigrain	1 C	21.0
<i>Corn Chex</i>		
Corn Chex	1 -1/4 C	31.0
<i>Corn Flakes</i>		
Corn Flakes	1 C	23.0
<i>Crispix Corn & Rice</i>		
Crispix Corn & Rice	1 C	25.5
<i>Eden Kamut Flakes</i>		
Eden Kamut Flakes	1/2 C	30.0

Cereals continued

	Amount	Net Carbs
<i>Fiber One</i>		
Honey Clusters	1 C	35.0
Original	2/3 C	6.0
<i>Flax Plus</i> Multibran Flakes	1 C	24.0
<i>Food for Life Ezekiel 4:09</i> Flakes	3/4 C	36.0
<i>Grape-Nuts</i>		
Flakes	1 C	29.0
Original	1/2 C	40.0
<i>Kashi</i>		
Go Crunch!	3/4 C	29.0
Warm Cinnamon Oat	1 C	30.0
Whole Wheat Biscuits	32 ea	40.0
<i>Kellogg's All-Bran</i>		
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
<i>Special K</i>		
Original	1-1/4 C	29.0
Protein	1 C	25.0
Spelt Flakes	1 C	26.4
<i>Total/Whole Grain</i>	3/4 C	22.0
Wheat Bran, raw	2 T	1.6
Wheat Germ, toasted	2 T	5.6
<i>Wheaties</i> 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
<i>Bragg</i> 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 Adobe	2 T	1.0
Hot Cherry, fresh, whole	1 ea	1.0
Hot Cherry, canned, whole	1 oz	2.0
Jalapeño, fresh, sliced	1/2 C	1.7
Jalapeño, pickled, sliced	1 oz	0.5
Pasilla, dried, whole	1 ea	1.7
Serrano, chopped	1/2 C	1.8
Chile Powder	1 T	1.2
Chinese 5-Spice Powder	1 t	0.0
Chives, fresh, chopped	1 T	0.1
Chives, dehydrated, chopped	1 T	0.1
Cilantro, fresh, chopped	1 T	0.0
Cinnamon, ground	1 t	0.7
Clam Juice	8 oz	0.2
Cloves, ground	1 t	0.6

	Amount	Net Carbs
Coconut Milk,		
canned, unsweetened	1 C	0.0
Coconut Milk, light, canned	1 C	4.0
Coriander, ground	1 t	0.4
Crab/Shrimp Boil Mix	1 T	0.1
Creole Seasoning	1 T	0.0
Cumin Seed, ground	1 t	1.0
Curry Powder	1 T	0.2
Dill Weed, dried	1 T	1.3
Dill Weed, fresh, chopped	1 T	0.0
Garlic		
Clove	1 ea	0.9
Minced, fresh or jarred	1 T	2.6
Minced, dried	1 T	4.7
Powder	1 t	2.0
Salt	1 T	0.0
Ginger, ground	1 T	3.1
Ginger Root, fresh, grated	1 T	1.0
Horseradish, prepared	1 t	0.4
Italian Seasoning	1 T	1.5
<i>Lawry's</i> 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
<i>Marmite</i> 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
<i>Mrs. Dash</i>	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
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
<i>Spike</i> 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	1.0

Dairy, Eggs & Dairy Substitute

	Amount	Net Carbs
Butter & Margarine		
Ghee	1 t	0.0
Stick Butter	1 C	0.1
Stick Butter	1 T	0.0
Stick Margarine	1 T	0.1
Whipped Butter	1 C	0.1
Whipped Butter	1 T	0.0
Whipped Margarine	1 T	0.0
Cheese		
American	1 sl	1.9
Asiago	1 oz	3.5
Appenzeller	1 oz	0.0
Bue Cheese, crumbled	2 T	0.4
Boursin, Garden & Fine Herb	2 T	1.0
Brie	1 oz	0.1
Camembert	1 oz	0.1
Cheddar	1 oz	0.7
<i>Cheez Whiz</i>	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
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
<i>Laughing Cow</i>	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

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Dairy, Eggs & Dairy Substitute <i>continued</i>								
	Amount	Net Carbs		Amount	Net Carbs		Amount	Net Carbs
Queso Fresco	1 oz	0.8	Coconut Milk Beverage			<i>Klondike</i>		
Raclette	1 oz	0.0	Chocolate Flavored	1 C	11.0	No Sugar Added Vanilla Bar	1 ea	16.0
Ricotta, part skim	1/4 C	3.2	Plain	1 C	7.0	<i>Outshine Snacks</i>		
Ricotta, whole milk	1/4 C	1.9	Plain, unsweetened	1 C	1.0	No Sugar Added, all flavors	1 ea	4.0
Roquefort	1 oz	0.6	Rice Milk			Popsicle Sugar Free, all flavors	1 ea	4.0
Romano, chunk	1 oz	3.5	Plain	1 C	21.6	<i>The Frozen Farmer</i>		
Romano, grated	1 T	0.8	Vanilla	1 C	26.0	Strawberry Sorbet	2/3 C	15.0
Stilton	1 oz	0.7	Soy Milk			Nondairy Frozen Treats		
String	1 ea	1.3	Chocolate Flavored	1 C	23.3	<i>So Delicious</i> Coconut Milk		
Swiss	1 oz	0.4	Plain	1 C	11.5	"Ice Cream" No Sugar Added		
<i>Velveeta</i>	2 T	2.6	Plain, unsweetened	1 C	4.0	Chocolate	2/3 C	10.0
Cream & Creamers			Yogurt & Kefir			Vanilla Bean	2/3 C	10.0
<i>Coffee-mate</i>			<i>Chobani</i>			Fudge Bar	1 ea	3.0
Original, powder	1 t	1.0	Fino Lemon	5.3 oz	9.5	Dipped Vanilla Bar	1 ea	7.0
Original, liquid	1 T	2.0	Vanilla & Cinnamon	5.3 oz	10.0	<i>Tofutti</i> No Sugar Added		
Fat-Free Hazelnut, liquid	1 T	5.0	<i>Fage</i> Total Classic			Vanilla Cuties	1 ea	17.0
French Vanilla, liquid	1 T	5.0	Whole Milk Greek Yogurt,			Hooray Hooray Bars	1 ea	1.0
Sugar-Free French Vanilla, liquid	1 T	1.0	plain, unsweetened	5.3 oz	5.0	Puddings and Pies		
Condensed Milk,			<i>Lifeway</i> Kefir,			<i>Fifty50</i> Graham Cracker Crust,		
Sweetened, canned	1 T	10.4	Original, plain	1 C	12.0	Sugar free	1/8 crust	11.0
Cream			Lowfat Strawberry	1 C	18.0	<i>Jell-O</i> Sugar-Free Pudding		
Heavy, liquid	1 T	0.4	<i>Oikos</i> Greek Yogurt			Singles, mix, all flavors	1 ea	5.0
Heavy, whipped	1 T	0.2	Plain, unsweetened	5.3 oz	6.0	Snacks, chocolate	3.6 oz	6.0
Light	1 T	0.4	Triple Zero, vanilla	5.3 oz	7.0	Syrups and Toppings		
Half-and-Half	1 T	0.7	<i>So Delicious</i> Coconut Original			<i>Da Vinci</i> Gourmet		
<i>International Delight</i>			Yogurt Alternative,			Sugar free, all flavors	2 T	0.0
Zero Sugar Hazelnut	1 T	<1.0	Unsweetened, plain	3/4 C	7.0	<i>Hershey</i> Sugar Free, chocolate	1 T	1.0
French Vanilla	1 T	5.0	Yogurt, Whole Milk,			Smucker's Sugar Free		
Califia Farms			Plain, unsweetened	1 C	11.4	Caramel	2 T	10.0
Unsweetened Almond			Desserts			Chocolate Syrup	2 T	8.0
Milk Creamer	1 T	0.0	Cheesecake			<i>Torani</i> Sugar Free, all flavors	2 T	0.0
Hazelnut Almond			<i>Cheesecake Factory</i> Low Carb	1 piece	30.0	<i>U-Bet</i> Sugar Free Chocolate Syrup	2 T	4.0
Milk Creamer	1 T	3.0	<i>Junior's</i>			<i>Walden Farms</i> Sugar Free		
<i>Silk</i> Dairy-Free			Sugar Free Low-Carb, plain	1 serv	3.0	Marshmallow Dip	2 T	1.0
Soy Creamer, original	1 T	2.0	Gelatin			Caramel Syrup	2 T	0.0
<i>So Delicious</i>			Gelatin Mix, Sugar Free, all flavors	1 serv	5.1	Chocolate Syrup	2 T	0.0
Coconut Creamer, original	1 T	4.0	<i>Jell-O</i> Snacks			Whipped Toppings		
Sour cream			Sugar free, all flavors	1 ea	0.0	<i>Cool Whip</i> , sugar free	2 T	3.0
Light	1 C	18.2	<i>Knox</i> Unflavored Gelatin	1.8g	0.0	<i>Cool Whip</i> Lite	2 T	3.0
Regular	2 T	1.4	Ready to Eat Gelatin, sugar free	1 ea	5.0	<i>Cool Whip</i> Regular	2 T	3.0
Regular	1 C	10.7	<i>SmartGels</i> Sugar Free, all flavors	1 ea	1.0	<i>Hood</i> Light Whipped Cream	2 T	1.0
Eggs			Ice Cream			<i>Reddi-wip</i> Real Cream		
Raw	1 ea	0.4	<i>Breyer's Carb Smart</i>			Original	2 T	1.0
Raw, white only	1 ea	0.2	Chocolate	2/3 C	5.0	Zero Sugar	2 T	0.0
Fried	1 ea	0.4	Vanilla	2/3 C	4.0	<small>This nutrition information is accurate to the best of our knowledge as of March, 2023. https://fdc.nal.usda.gov/index.html</small>		
Poached/Boiled	1 ea	0.4	<i>Breyer's</i> , no sugar added					
Scrambled, w/ butter	1/4 C	0.4	Butter Pecan	2/3 C	9.0			
Scrambled Egg Substitute (from frozen)	1/4 C	1.8	Vanilla	2/3 C	9.0			
			Vanilla, Chocolate, & Strawberry	2/3 C	9.0			
Milk			Caramel Swirl	2/3 C	9.0			
Buttermilk			<i>Dreyer's/Edy's</i> Slow Churned,					
Cultured from 1% Fat (Skim) Milk	1 C	11.7	No Sugar Added					
Cultured from Reduced Fat Milk	1 C	12.9	Butter Pecan	2/3 C	15.0			
Chocolate Flavored, 2%	1 C	33.4	Neapolitan	2/3 C	12.0			
Evaporated, 2% nonfat	2 T	3.5	Triple Chocolate	2/3 C	13.0			
Evaporated, whole	2 T	3.2	Vanilla Bean	2/3 C	14.0			
Nonfat/Skim	1 C	11.9	Fudge Tracks	2/3 C	13.0			
Reduced Fat 2%	1 C	12.0	Frozen Treats					
Strawberry Flavored, 2%	1 C	24.0	<i>Breyer's Carb Smart</i>					
Whole	1 C	11.4	Fudge Bar	1 ea	3.0			
			Almond Ice Cream Bar	1 ea	5.0			
Milk Substitutes			Vanilla Ice Cream Bar,					
Almond Milk			Chocolate Coated	1 ea	5.0			
Chocolate Flavored	1 C	19.6	Fudgsicle					
Plain	1 C	12.3	No Sugar Added Fudge Pops	1 ea	4.5			
Plain, unsweetened	1 C	2.7						
Vanilla, unsweetened	1 C	2.7						

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

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

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

Grains, Noodles & Pasta

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

	Amount	Net Carbs
Noodles & Pasta		
Noodles		
Buckwheat, dry	1 oz	16.5
Egg, cooked	1/2 C	19.2
Rice (Maifun), dry	1 oz	24.4
Soba, dry	1 oz	17.9
Somen, cooked	1/2 C	23.4
Thai Rice, dry	1 oz	22.3
Udon, dry	1 oz	18.0
Udon, Spelt, dry	1 oz	19.1
Pasta		
Macaroni, protein		
Enriched, cooked	1/2 C	20.3
Enriched, dry	1/4 C	20.0
Quinoa, dry	1 oz	21.0
Rice, cooked	1/2 C	23.5
Semolina, Fettuccini, dry	1 oz	19.5
Semolina, Rigatoni, dry	1 oz	20.0
Spelt, whole grain, elbows, dry	1 oz	17.5
Spinach, Spaghetti, cooked	1/2 C	15.5
Whole Wheat, Macaroni, cooked	1/2 C	16.6
Whole Wheat, Spaghetti, cooked	1/2 C	15.3
Rice & Grain Dishes		
<i>Casbah</i> Couscous Roasted		
Garlic & Olive Oil, dry	40 g	26.0
<i>Casbah</i> Rice Pilaf, dry	40 g	29.0
<i>Casbah</i> Spanish Pilaf, dry	40 g	30.0
<i>Knorr</i> Rice Sides		
Cheddar Broccoli, cooked	1/2 C	48.0
Mexican Rice, cooked	1/2 C	47.0
<i>Near East</i> 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 (see Snacks)		
Canned w/ Pork & Tomato Sauce	1/2 C	18.1
Black/Turtle Beans		
Cooked/canned	1/4 C	5.8
Dry	1/4 C	22.7
Refried	1/4 C	6.5
Black-Eyed Peas		
Cooked/canned	1/4 C	6.1
Dry	1/4 C	20.6
Frozen	1/4 C	8.1
Butter Beans		
Canned	1/4 C	6.0
Dry	1/4 C	19.8
Cannellini Beans		
Cooked/canned	1/4 C	4.0
Dry	1/4 C	13.0
Chickpeas/Garbanzos		
Cooked/canned	1/4 C	5.5
Dry	1/4 C	25.4
Falafel Patty	2 oz	18.1
Hummus (see Snacks)		

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Legumes <i>continued</i>								
	Amount	Net Carbs		Amount	Net Carbs		Amount	Net Carbs
Cranberry/Roman			Chestnuts			Sunflower Seeds		
Cooked/canned	1/4 C	5.7	Peeled, dried	1 oz	22.2	Butter	2 T	5.6
Dry	1/4 C	17.2	Raw	1/4 C	13.6	Hulled, raw	2 T	2.3
Fava Beans			Steamed or roasted	1 oz	13.6	Hulled, roasted	2 T	2.2
Cooked/canned	1/4 C	5.6	Chia Seeds	2 T	0.3	Walnuts		
Dry	1/4 C	12.5	Coconut			Butter	2 T	2.0
Great Northern			Baker's Moist-Packed			Halves, raw or roasted	1 oz	2.0
Cooked/canned	1/4 C	10.6	Angel Flaked	2 T	5.0	Meal	1/2 C	2.8
Dry	1/4 C	19.3	Dried, grated	2 T	0.7			
Kidney Beans			Dried, grated, sweetened	2 T	4.9			
Cooked/canned	1/4 C	6.5	Fresh, grated	2 T	0.6			
Dry	1/4 C	16.2	Meal/Flour	1/4 C	5.3			
Lentils			Flaxseeds					
Black, cooked/canned	1/4 C	5.8	Meal	1/2 C	0.9			
Brown, cooked/canned	1/4 C	5.8	Whole	2 T	0.3			
Green, dry	1/4 C	15.0	Hazelnuts (Filberts)					
Red, dry	1/4 C	21.0	Butter	2 T	1.0			
Lima Beans			Meal/Flour	1/4 C	4.0			
Canned, Seasoned w/ Pork	1/2 C	12.0	<i>Nutella</i>	2 T	20.5			
Large, cooked/canned	1/4 C	6.1	Raw	12 ea	1.2			
Large, dry	1/4 C	19.8	Roasted	1 oz	2.3			
Baby, dry	1/4 C	21.3	Hemp Seeds					
Baby, cooked/canned	1/4 C	7.1	Meal/Flour	2 T	1.0			
Navy Beans			Seeds	2 T	0.6			
Cooked/canned	1/4 C	10.1	Macadamia Nuts					
Dry	1/4 C	23.6	Butter	2 T	2.0			
Peas, Split			Raw or roasted	10 ea	1.4			
Green, cooked/canned	1/4 C	6.3	Mixed Nuts					
Green, dry	1/4 C	18.8	Dry roasted	2 T	2.8			
Red, cooked/canned	1/4 C	6.9	Oil roasted	2 T	2.5			
Yellow, cooked	1/4 C	6.3	Peanut Butter					
Pigeon			<i>Adams Natural</i>					
Cooked/canned	1/4 C	7.0	Creamy or Crunchy	2 T	4.0			
Dry	1/4 C	24.5	<i>Jif</i>					
Pink			Creamy or Crunchy	2 T	6.0			
Cooked/canned	1/4 C	9.2	Simply Peanut Butter, creamy	2 T	4.0			
Dry	1/4 C	27.0	<i>Peter Pan</i>					
Pinto			Creamy or Crunchy	2 T	5.0			
Cooked/canned	1/4 C	6.4	Honey	2 T	9.0			
Dry	1/4 C	22.7	<i>Smucker's Natural</i>					
Refried	1/4 C	3.3	Chunky or Creamy	2 T	4.0			
Soybeans (also see Nuts & Seeds)			Peanuts					
Black, canned	1/2 C	1.0	Dry roasted	1 oz	3.7			
Green (Edamame), shelled	1/2 C	2.8	Meal/Flour	1/2 C	4.6			
White, canned	1/4 C	4.0	Oil roasted	22 ea	1.1			
White, dry	1/4 C	5.0	Raw	2 T	1.4			
Prepared Dishes			Pecans					
<i>Amy's Soups</i> , Curried Lentil	1 C	21.0	Butter	2 T	1.0			
<i>Tasty Bite</i>			Raw	1 oz	1.2			
Madras Lentils	1/2 pkg	11.0	Roasted	1 oz	1.2			
Chana Masala	1/2 pkg	14.0	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			

Oils, Fats, Vinegar & Salad Dressings					
	Amount	Net Carbs		Amount	Net Carbs
Fats					
Butter, Stick or Whipped	1 T	0.0			
Butter/Margarine Blend	1 T	0.1			
<i>Earth Balance</i>					
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					
<i>Bestfoods/Hellman's</i>					
Canola Oil	1 T	1.0			
Light	1 T	1.0			
Original	1 T	0.0			
With Olive Oil	1 T	1.0			
<i>Kraft</i>					
Original	1 T	0.0			
Reduced Fat w/Olive Oil	1 T	1.0			
<i>Miracle Whip</i>					
Original	1 T	2.0			
Light	1 T	2.0			
<i>Smart Balance</i> , Light	1 T	2.0			
<i>Spectrum</i>					
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			
<i>Smart Balance</i>	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			
<i>Pam</i>		0.0			

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Oils, Fats, Vinegar & Salad Dressings

continued

Salad Dressings

	Amount	Net Carbs
<i>Annie's Naturals</i>		
Balsamic Vinaigrette	2 T	2.0
Caesar	2 T	2.0
Green Goddess	2 T	1.0
Shitake Sesame	2 T	2.0
<i>Bolthouse Farms Yogurt Dressings</i>		
Cilantro Avocado	2 T	2.0
Creamy Caesar	2 T	3.0
Honey Mustard	2 T 5.0	
<i>Drew's Organics</i>		
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
<i>Kraft</i>		
Creamy Italian	2 T	2.0
Peppercorn Ranch	2 T	2.0
Thousand Island	2 T	4.0
Zesty Italian	2 T	3.0
<i>Maple Grove Farms, sugar free</i>		
Balsamic Vinaigrette	2 T	1.0
Raspberry Vinaigrette	2 T	1.0
<i>Marie's</i>		
All Natural Caesar	2 T	1.0
Chunky Blue Cheese	2 T	1.0
Garlic Parmesan Italian	2 T	2.0
Chipotle Ranch	2 T	1.0
<i>Newman's Own</i>		
Creamy Caesar	2 T	1.0
Parmesan Roasted Garlic	2 T	2.0
<i>Walden Farms, Sugar Free</i>		
Creamy Bacon	2 T	0.5
Italian	2 T	0.5
Ranch	2 T	0.0
Thousand Island	2 T	0.0
<i>Wish-Bone</i>		
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

	Amount	Net Carbs
Deli & Lunch Meats		
"Bologna," sliced	2 sl	6.9
Breast, roasted, sliced	2 sl	0.5
Salad	1/2 C	7.7
Precooked Products		
Breaded Strips	1 ea	5.3
Buffalo Wings	6 oz	4.3
Burgers	1 ea	1.0
Carved Chicken Breast		
Grilled, Italian style	3 oz	2.0
Grilled Chicken Breast Strips	6 oz	4.0
Meatballs	5 ea	10.4
Roasted	1/2 C	0.0
Popcorn Chicken	5 ea	12.9
Sausages		
"Hot Dog"	1 ea	1.0
Spicy Jalapeño	1 ea	2.0
Sweet Italian	1 link	1.0
With Apple	1 ea	4.0
With Roasted Garlic	4 oz	4.0
With Spinach & Feta	1 ea	1.0
With Sun-Dried Tomato	1 ea	2.0
Duck		
Breast	6 oz	0.0
Leg	6 oz	0.0
Roasted	6 oz	0.0
Other Poultry		
Goose, Roasted, unstuffed	6 oz	0.0
Ostrich Top Loin "Steak"	6 oz	0.0
Pheasant, roasted, unstuffed	6 oz	0.0
Turkey		
"Bacon"	2 oz	1.8
"Bacon" Bits	1 T	0.0
Breast	6 oz	0.0
Drumsticks	6 oz	0.0
Ground	6 oz	0.0
"Hot Dog"	1 ea	1.0
Wings	6 oz	0.0
Sausages		
Breakfast Links	2 ea	0.4
Brown 'N Serve	3 ea	2.0
Kielbasa	3 oz	3.0
Patties	2 ea	1.6
Smoked	1 ea	0.8
Smoked, hot	3 oz	3.7
Smoked, Italian	3 oz	3.2
Deli & Lunch Meats		
"Bologna," sliced	2 sl	2.4
Breast		
Honey Roasted, sliced	4 oz	4.0
Roasted, sliced	4 oz	2.0
Smoked, sliced	4 oz	2.0
"Ham"	2 sl	1.7
"Pastrami"	1 ea	0.9
"Pepperoni"	1 ea	1.1
Precooked Products		
Burgers	1 ea	0.0
Carved Breast	1/2 C	0.0
Meatballs, Italian style	4 ea	10.7

Sauces & Marinades

	Amount	Net Carbs
Sauces		
Alfredo Sauce		
<i>Bertolli d'Italia</i>	1/4 C	2.0
<i>Prego</i>	1/4 C	3.0
<i>Newman's Own</i>	1/4 C	3.0
<i>Ragu Classic</i>	1/4 C	2.0
<i>Walden Farms</i>	1/4 C	0.0
Barbecue Sauce		
<i>Guy's Sugar Free</i>	2 T	2.0
<i>Simple Girl</i>		
Carolina Kick	2 T	1.0
Southern Blend	2 T	1.0
Country Sweet	2 T	2.0
<i>Trinity Hill</i> Barbecue	1 T	2.0
Walden Farms		
Hickory Smoked	2 T	0.5
Thick & Spicy	2 T	0.5
Buffalo Chicken Sandwich Sauce (<i>Beano's</i>)	1 t	0.0
Chutney		
<i>Bombay</i> Coriander	1 T	0.5
<i>Major Grey</i> Mango	1 T	11.0
<i>Silver Palate</i> Mango	2 T	15.0
Cocktail/Seafood Sauce		
<i>Heinz</i>	1 T	4.0
<i>Walden Farms</i>	1 T	0.0
Cranberry Sauce (see Fruit)		
Enchilada Sauce		
<i>Frontera</i> , red chili	1/4 C	3.0
<i>Las Palmas</i> , hot or medium	1/4 C	2.0
<i>Ortega</i> , mild	1/4 C	3.0
Fish Sauce		
<i>Ka-Me</i>	1 t	0.0
<i>Thai Kitchen</i>	1 t	1.0
Garlic Sauce		
<i>Pepper Plant</i> Chunky	1 t	0.0
<i>Roland</i> Garlic Chili	1 T	5.0
Hoisin Sauce		
<i>Dynasty</i>	1 T	4.5
<i>Ka-Me</i>	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		
<i>La Victoria</i>	1 t	1.0
<i>Frank's Red Hot</i> Original	1 t	0.0
<i>Tabasco</i>	1 t	0.0
Ketchup (Catsup)		
<i>Heinz</i> No Sugar Added	1 T	1.0
<i>Primal Kitchen</i>	1 T	2.0
<i>True Made</i> Lower Sugar	1 T	3.0
<i>Walden Farms</i>	1 T	0.5
Peanut Sauce		
<i>Annie Chun's</i> Dipping	2 T	7.0
<i>Thai Kitchen</i> Peanut Satay	2 T	7.0
Pesto Sauce	1 T	0.7
Piccaililli	1 T	1.4
<i>Pickapeppa</i>	1 t	1.2
Pasta/Pizza Sauce		
<i>Contadina</i> Original	1/4 C	5.0
<i>Patsy's</i> Marinara	1/2 C	5.0
<i>Prego</i> Marinara	1/2 C	8.0
<i>Prego</i> Traditional	1/2 C	9.0
<i>Ragu</i> Old World Style, traditional	1/2 C	8.0
<i>Rao's</i> Marinara	1/2 C	5.0
<i>Walden Farms</i>		
Garlic & Herb	1/4 C	0.0
Tomato & Basil	1/4 C	0.0

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Sauces & Marinades <i>continued</i>		Amount	Net Carbs
Dynasty Plum Sauce	2 T	14.0	
Salsa (see Snacks)			
Simmer Sauces			
<i>Patak's</i> Butter Chicken	1/4 C	6.0	
<i>Saffron Road</i>			
Coconut Curry	2 T	4.0	
Lemongrass Basil	2 T	3.5	
Red Thai Curry	2 T	2.5	
<i>Sukhi's</i> Curry Sauce	17g	4.0	
Sofrito	1 T	0.8	
Soy Sauce/Tamari			
Soy Sauce	1 T	0.7	
Tamari	1 T	0.9	
Teriyaki Sauce			
<i>Guy Gone Keto</i>	1 T	0.0	
<i>Kikkoman</i>	1 T	2.0	
<i>Seal Sama</i> Sugar Free	1 T	2.0	
<i>Soy Vay Veri Veri</i>	1 T	8.0	
Steak Sauce			
<i>A1</i>	1 T	3.0	
<i>Guy Gone Keto</i>	1 T	1.0	
<i>Lea & Perrins</i>	1 T	5.0	
Sweet 'N Sour Sauce			
<i>Kikkoman</i>	2 T	9.0	
<i>La Choy</i>	1 T	8.3	
Taco Sauce			
Green	1 T	1.0	
<i>Ortega</i> , mild	1 T	2.0	
<i>Pico Pica</i> , medium	1 t	0.0	
Red			
<i>La Victoria</i> , medium	1 T	1.0	
<i>Old El Paso</i> , medium	1 T	1.0	
<i>Ortega</i> Thick & Smooth, hot	1 T	2.0	
Tartar Sauce, <i>Kraft</i>	2 T	4.0	
Tomato Sauce, canned			
<i>Del Monte</i>	1/4 C	2.0	
<i>Muir Glen</i>	1/4 C	4.0	
<i>Red Pack</i>	1/4 C	2.0	
Worcestershire Sauce	1 t	1.1	

Snacks		Amount	Net Carbs
Savory Snacks			
Chips, Crisps & Dippers			
<i>Julian Bakery</i>			
Primal Thin Crackers	14g	3.0	
Paleo Thin Crackers	14g	5.0	
<i>Flackers</i> 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	

	Amount	Net Carbs
<i>Just the Cheese</i> Cheese Snacks		
Snack Bars	1 serv	<1.0
Kale Chips, <i>Rhythm</i> Superfoods,		
Kool Ranch	1 oz	5.0
<i>Kitchen Table Bakers</i> All Cheese		
Crisps, aged parmesan	1 oz	1.0
<i>RW Garcia</i> Crackers		
Sweet Beet	1 oz	15.0
Kale	1 oz	15.0
<i>Terra</i> Chips		
Sweet Potato	1 oz	10.0
Mediterranean	1 oz	11.2
Vegetable Original	1 oz	12.3
Popcorn		
Homemade from Kernels	1 C	6.4
<i>Newman's Own</i>		
Sea Salt Flavor, microwave	1 C	3.7
<i>PopSecret</i>	1 C	3.0
Pork Rinds	20 ea	0.0
Pretzels		
<i>Snyder's</i> Homestyle Pretzel Rings	30g	22.0
<i>Fit Joy</i> Grain Free	1 oz	21.0
<i>From the Ground Up</i> Cauliflower	20 ea	22.0
Rice Cakes		
<i>Lundberg</i> Whole Grain		
Organic Brown Rice	1 ea	15.0
Organic Kettle Corn	1 ea	18.0
Organic Wild Rice	1 ea	15.0
<i>Quaker</i> Oats		
Lightly Salted	1 ea	7.0
Butter Popcorn	1 ea	7.0
Tomato & Basil	1 ea	8.0
Dips		
Bacon Dips		
<i>Heluva Good</i> Dip, w/ Horseradish	2 T	2.0
Bean Dips		
<i>Arriba!</i> Pinto Bean, w/ chipotle	2 T	4.0
<i>Bush's</i> Black Bean Dip	2 T	4.0
<i>Desert Pepper</i> , pinto bean,		
Medium Hot	2 T	2.0
<i>Tostitos</i> Fiesta Bean & Cheese	2 T	3.0
Cheese Dips		
<i>El Viajero</i> White Mexican	1 oz	1.0
<i>Heluva Good</i> Dip,		
Jalapeño w/cheddar	2 T	3.0
<i>La Terra Fina</i> Queso Cheese Dip	2 T	2.0
Spinach, Artichoke &		
Parmesan Dip	2 T	1.0
<i>La Bandrita</i> , hot	2 T	1.0
Eggplant Dips		
<i>Joseph's</i> Roasted		
Baba Ghannouj	2 T	4.0
Guacamole		
<i>Sabra</i> Classic	2 oz	3.0
<i>Wholly Guacamole</i> Spicy Pico		
Over Guacamole	2 T	1.0
Hummus		
<i>Cedar's</i> Artichoke Spinach	2 T	3.0
Sundried Tomato & Basil	2 T	3.0
<i>Sabra</i> Roasted Garlic	2 T	4.0
CAVA Spicy	2 T	3.0
Onion Dips		
<i>Kraft</i> French Onion	2 T	3.0
Ranch Dips		
<i>Lay's</i> Smooth Ranch	2 T	1.0
<i>Cibo Naturals</i>		
Red Pepper Pesto	2 oz	2.0
<i>Joseph's</i> Tzatziki Cucumber		
& Garlic Dip	1 T	1.0

	Amount	Net Carbs
Jerky		
<i>Jack Link's</i> Original	1 oz	6.0
<i>Mission Meats</i> Beef Stick	1 oz	1.0
<i>Shelton's</i> Turkey	1/2 oz	1.0
<i>Louisville Vegan Jerky Co</i>		
Smoked Black Pepper	1 oz	3.0
Salsa		
<i>Desert Pepper</i>		
2 Olive Roasted Garlic	2 T	1.0
<i>Frontera</i> Tomatillo	2 T	1.5
<i>La Victoria</i> Suprema Salsa, Mild	2 T	2.0
<i>Newman's Own</i> Medium	2 T	6.0
<i>Wholly Salsa</i> Avocado Verde	2 T	2.0
Vegetable Spreads		
<i>Bruschetta</i>		
<i>DeLallo</i> Diavolo		
Sun-Dried Tomato	2 T	7.0
<i>Gia Russa</i> Tomato	1 oz	1.0
<i>Elki</i> Artichoke Tomato	2 T	2.0
<i>Marco Polo</i> Caponata	1 T	2.2
Tapenade		
<i>Gaea</i> Smoked Eggplant	1 T	2.0
<i>Meditalia</i>		
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		
<i>Dixie Diner</i>		
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
<i>Fat Snax</i>		
Chocolate Chip Cookie	1 ea	2.0
Double Chocolate Chip	1 ea	2.0
Mini Chocolate Chip	6 ea	3.0
Mini Snickerdoodle	6 ea	3.0
<i>Voortman</i> 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			
<i>Bar Harbor</i>	1 C	22.0	
<i>Progresso</i>	1 C	15.0	
New England Style			
<i>Bar Harbor</i> , condensed	1/2 C	11.0	
<i>Campbell's</i> Chunky,			
<i>Healthy Request</i>	1/2 C	20.0	
Snow's	1/2 C	11.0	

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Soups <i>continued</i>	Amount	Net Carbs
Green/Split Pea		
Amy's Organic	1 C	16.0
Campbell's Chunky, w/ Ham	1 C	19.0
Health Valley Organic	1 C	18.0
Pacific Foods	1 C	24.0
Progresso	1 C	24.0
Tabatchnick	1 pkt	20.0
Mushroom		
Campbell's Golden Mushroom	1/2 C	9.0
Health Valley Organic		
Cream of Mushroom	1 C	15.0
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	14.0
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
Progresso Vegetable Classics	1 C	13.0
Tabatchnick	1 pkt	16.0
Vegetable Beef		
Campbell's Chunky Beef		
w/ Country Vegetables	1 C	13.0
Healthy Request		
Vegetable Beef, Condensed	1/2 C	12.0
Healthy Choice Vegetable Beef	1 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	9.0
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	0.9
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
Natra Taste 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 pkt	1.0
SweetLeaf (stevia powder)	1 pkt	0.0
SweetLeaf (stevia liquid)	5-8 drops	0.0
Sweet 'N Low (saccharin)	1 t	<1.0
Sweetmate (saccharin)	1 pkt	<1.0
Swerve	1 t	0.0
Swerve Confectioners	1 t	0.0
Truvia (erythritol & stevia)	1 t	0.0
Truvia Brown Sugar Blend		
(erythritol, brown sugar & stevia)	1 t	2.0
Xylitol	1 t	0.0
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
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

	Amount	Net Carbs
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 Sugar Free Syrups	2 T	0.0
Other Syrups		
Brown Rice Syrup	1 t	6.0
Chocolate Syrups		
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

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Vegetables			Vegetables			Vegetables		
	Amount	Net Carbs		Amount	Net Carbs		Amount	Net Carbs
Foundation Vegetables			Eggplant			Peppers, Bell		
Alfalfa Sprouts (see Sprouts, below)			Chinese, fresh	1/2 ea	7.5	Green, chopped, cooked	1 oz	0.9
Artichoke			Italian, broiled	1/2 C	3.4	Green, chopped, raw	1/2 C	2.2
Hearts, canned	1 ea	1.8	Japanese, fresh	1/2 ea	7.5	Red, chopped, cooked	1 oz	1.2
Hearts, frozen	12 ea	2.3	Endive, raw	1/2 C	0.1	Red, chopped, raw	1/2 C	3.0
Hearts, marinated	4 ea	4.2	Endive, braised	1/2 C	0.2	Peppers, Chile		
Medium, steamed	1 ea	7.5	Escarole			(also see Condiments & Seasonings)		
Arugula, raw	1 C	0.4	Raw, chopped	1/2 C	0.1	Banana, fresh	1 sm	0.6
Asparagus			Steamed	1/2 C	0.2	Jalapeño, fresh	1 ea	0.6
Canned	1/2 C	1.2	Fennel			Pumpkin		
Fresh, steamed	1/2 C	1.8	Raw	1/2 C	1.8	Canned, mashed	1/2 C	6.4
Frozen, steamed	1/2 C	0.3	Cooked	1/2 bulb	5.3	Canned Pumpkin Pie Mix	1/3 C	16.3
White, raw	1/2 C	2.0	Garlic			Cooked, mashed	1/2 C	4.7
Avocado			Minced	2 T	5.3	Radicchio, raw	1/2 C	0.7
Florida	1/2 ea	3.6	Raw	1 clove	0.9	Radish		
Hass	1/2 ea	1.8	Roasted	1 t	0.9	Black	10g	0.2
Bamboo Shoots, sliced, canned	1/2 C	1.2	Jicama			Daikon, raw,	7-in 1/4 ea	2.1
Beans			Cooked, sliced	2 oz	5.0	Daikon, sliced	1/2 C	1.5
Fava, steamed	1/2 C	11.6	Raw, chopped	1/2 C	2.6	Daikon, sliced, cooked	1/2 C	1.4
Green, raw	1/2 C	2.1	Kale			Red/White, raw	10 ea	1.7
Green, steamed	10 ea	2.8	Raw, chopped	1/2 C	0.4	Rhubarb (see Fruit)		
Haricots Verts, frozen	1/2 C	2.5	Steamed	1/2 C	0.5	Sauerkraut, drained	1/2 C	1.2
Yellow Wax, canned	1/2 C	1.7	Kohlrabi, steamed	1/2 C	4.6	Scallions, raw	1/2 C	2.4
Yellow Wax, raw	1/2 C	1.9	Leeks			Scallions, cooked	1/2 C	6.0
Beet Greens, steamed	1/2 C	1.8	Cooked, chopped	1/2 C	3.4	Shallots, raw, chopped	2 T	2.7
Bok Choy (Pak Choy)			Raw, chopped	1/2 C	5.5	Sorrel Greens, steamed	1/2 C	0.2
Raw	1/2 C	0.4	Lettuce			Spaghetti Squash, baked	1/4 C	2.0
Steamed, sliced	1/2 C	1.1	Boston or Bibb, raw, chopped	1 C	0.6	Spinach		
Broccoli			Iceberg, raw, shredded	1 C	1.3	Baby	1/2 C	0.3
Florets, fresh, steamed	1/2 C	3.3	Mesclun (Mixed Salad Greens), raw	1 C	1.0	Creamed, frozen	1/2 C	1.1
Florets, raw	1/2 C	4.6	Romaine, raw, shredded	1 C	0.6	Fresh, steamed, chopped	1/2 C	1.6
Frozen, chopped, steamed	1/2 C	1.1	Romaine Hearts, raw	1/2 ea	0.2	Frozen, steamed	1/2 C	1.0
Broccoli Rabe			Mung Beans (see Sprouts, below)			Raw, chopped	1 C	0.4
Raw, chopped	1/2 C	0.1	Mushrooms			Sprouts		
Steamed	5 oz	0.8	Button, cooked	1/4 C	1.1	Alfalfa, raw	1/2 C	0.0
Broccoflower, steamed	1/2 C	1.4	Button, raw, sliced	1/2 C	0.8	Mung Bean, raw	1/2 C	2.2
Broccolini, fresh, steamed	3 ea	0.4	Chanterelle, fresh	5 ea	0.8	Sunflower Seed, raw	1/4 C	4.0
Brussels Sprouts, steamed	1/2 C	4.2	Cremini, Brown	1/2 C	1.6	Summer Squash		
Cabbage			Enoki (Straw), fresh	1/2 C	1.7	Patty Pan, raw	1/2 C	1.5
Chinese, raw, shredded	1/2 C	0.4	Portobello, cooked	1/2 C	1.4	Yellow, raw, sliced	1/2 C	1.6
Chinese, steamed, shredded	1/2 C	1.1	Shiitake, cooked, sliced	1/4 C	4.5	Yellow, steamed, sliced	1/2 C	2.7
Green/White, raw, shredded	1/2 C	1.2	Mustard Greens, steamed	1/2 C	1.2	Zucchini, raw, chopped	1/2 C	1.4
Green/White, steamed	1/2 C	2.6	Nopales (Cactus Pads), cooked	1/2 C	1.0	Zucchini, steamed, sliced	1/2 C	2.7
Napa, raw	1/2 C	0.4	Okra			Taro Leaves, steamed	1/2 C	1.5
Napa, steamed	1/2 C	1.2	Cooked	5 ea	2.4	Tomatillo, fresh, chopped	1/2 C	2.6
Red, raw, shredded	1/2 C	1.8	Pickled	1 oz	2.4	Tomatoes		
Red, steamed, shredded	1/2 C	3.3	Olives			Cherry/Grape	10 ea	4.6
Savoy, raw, shredded	1/2 C	1.1	Black, canned	5 ea	0.8	Cooked	1/4 C	1.9
Savoy, steamed, shredded	1/2 C	1.9	Black, oil cured	5 ea	3.8	Green (unripe), chopped	1/2 C	3.6
Cardoon, steamed	1/2 C	2.1	Black, salt cured	5 ea	1.7	Plum or Roma	1 ea	1.7
Cauliflower			Green, almond stuffed	5 ea	2.5	Slice	1/4" sl	0.5
Florets, frozen	1/2 C	1.6	Green, canned	5 ea	0.1	Small	1 ea	2.5
Florets, raw	7 ea	2.9	Green, garlic stuffed	5 ea	5.0	Sun-Dried, in oil	5 pieces	4.4
Steamed, chopped	1/2 C	2.1	Green, pimento stuffed	5 ea	0.5	Yellow	1 ea	4.8
Celery			Onions			Tomato Products		
Raw	1 stalk	0.9	Cooked, chopped	1/4 C	4.7	(also see Sauces & Marinades)		
Steamed, diced	1/2 C	1.8	Pearl, cooked, chopped	1/2 C	9.2	Canned, diced, in juice	1/4 C	2.0
Celery Root (Celeriac)			Pearl, frozen	2/3 C	6.2	Canned, whole, in juice	1/2 C	2.4
Raw, grated	1/2 C	5.8	Red, raw, chopped	2 T	1.5	Paste, canned	2 T	4.7
Steamed, diced	1/2 C	6.0	White, raw, chopped	2 T	1.5	Purée, canned	2 T	2.2
Chard, Swiss, steamed	1/2 C	1.8	White, raw, chopped	1/2 C	6.1	Stewed, canned	1/2 C	6.6
Chayote, steamed	1/2 C	1.8	Vidalia, raw, chopped	1/2 C	6.1	Turnips		
Chicory Greens, Raw	1/2 C	0.1	Palm, Hearts of, canned	1 ea	2.0	White, steamed, cubed	1/2 C	2.4
Collard Greens, steamed	1 C	2.9	Parsley (see Condiments & Seasonings)			White, steamed, mashed	1/2 C	3.5
Coleslaw w/ Dressing, deli style	1/2 C	8.9	Snow/Snap Peas in Pod			Turnip Greens		
Cucumber, medium, raw	1/2 ea	3.2	Cooked	1/2 C	4.3	Frozen, cooked	1/2 C	1.3
Cucumber, raw, sliced	1/2 C	1.6	Fresh, chopped	1/2 C	1.6	Fresh, steamed	1/2 C	0.6
Daikon (see Radishes, below)						Water Chestnuts, canned, sliced	1/4 C	3.4
Dandelion Greens, steamed	1/2 C	1.8				Watercress, raw, chopped	1/2 C	0.1

Vegetables continued			Amount	Net Carbs
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		
Carrots				
Fresh, steamed, sliced	1/2 C	5.5		
Frozen, sliced	1/2 C	3.0		
Raw	1 med	4.1		
Raw, shredded	1/2 C	3.7		
Cassava (Yuca), Cooked, mashed	1/2 C	30.2		
Corn				
Canned	1/2 C	8.0		
Canned, cream style	1/2 C	12.0		
Kernels Cut from Cob	1/2 C	12.1		
On the Cob	1 med	17.0		
Jerusalem Artichoke, raw	1/2 C	11.9		
Parsnips, steamed	1/2 C	10.5		
Peas				
Fresh, shelled	1/2 C	6.3		
Frozen	1/2 C	6.0		
Potato				
Baked w/ Skin	1/2 sm	22.9		
Ore-Ida French Fries, frozen	10 ea	13.6		
Hash Browns, frozen	1/2 C	17.1		
Hash Brown Toaster Patties	1 ea	16.0		
Mashed from Flakes, prepared	1/2 C	14.0		
Scalloped, from mix	1/2 C	10.9		
Steamed, diced	1/2 C	14.2		
Steamed, mashed	1/2 C	22.7		
Rutabaga				
Cooked, cubed	1/2 C	4.3		
Cooked, mashed	1/2 C	6.1		
Winter Squash				
Acorn, baked, cubed	1/2 C	10.4		
Acorn, baked, mashed	1/2 C	7.6		
Butternut, baked, cubed	1/2 C	6.2		
Hubbard, steamed, mashed	1/2 C	4.2		
Turban, raw	1/2 C	6.5		
Sweet Potato				
Baked	1/2 med	9.9		
Candied	1/2 C	35.0		
Steamed	1/2 C	15.2		
Steamed, mashed	1/2 C	25.0		
Taro, cooked, sliced	1/2 C	19.5		
Yams, canned, mashed	1/2 C	21.0		
Yautia (Arracache), sliced, cooked	1/2 C	22.1		
Vegetarian Products				
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 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		
Shirataki 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		
Wild Wood Organics SprouTofu				
Black Truffle & Sea Salt	1 pc	1.0		
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	5.0		
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		
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	7.0		
Vegan Better-For-You Classic				
Plain "Cream Cheese"	2 T	1.0		
Veggie Crumbles				
Lightlife Plant-Based Ground	4 oz	5.0		
Veggie Luncheon "Meats"				
Lightlife Smart Deli				
"Bologna"	4 sl	2.0		
"Ham"	4 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	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				
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	4 piece	10.0		
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	53.0		
Frisco Thickburger	1 ea	40.0		
Charbroiled Chicken Club	1 serv	50.0		
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		
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		
Cobb Salad	1 serv	14.0		
Ranch Dressing	1 pkt	2.0		

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Chain Restaurants

continued

	Amount	Net Carbs
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	5.0
Homestyle Cheesy Broccoli	1 serv	5.0
Shrimp 'N' Parmesan Sirloin	1 serv	7.0
USDA Select Sirloin	6 oz	0.0
Blimpie		
Buttermilk Ranch Dressing	1.5 oz	2.0
Caesar Dressing	1.5 oz	1.0
Grilled Chicken Caesar Salad – no dressing	1 serv	4.0
Peppercorn Ranch Dressing	1.5 oz	1.0
Ultimate Club Salad	1 serv	8.0
Chick-Fil-A		
Chick-Fil-A Sauce	1 serv	6.0
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

	Amount	Net Carbs
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
Outback Steakhouse		
Aussie Cobb Grilled Chicken, with Blue Cheese	1 serv	14.0
Grilled Asparagus	1 serv	3.0
Simply Grilled Salmon	1 serv	1.0
Panera		
Caesar Salad	1 serv	14.0
Greek Salad	1 serv	11.0
Green Goddess Cobb Salad with Chicken	1 serv	18.0
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

	Amount	Net Carbs
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
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	23.0
Handmade Pan Cheese Pizza	1 piece of 12" pizza	28.0
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	17.0
Personal Pan Pizza Slice – Veggie Lovers	1 slice	17.0
Udi's Gluten-Free Cheese Pizza	1 slice	14.0

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