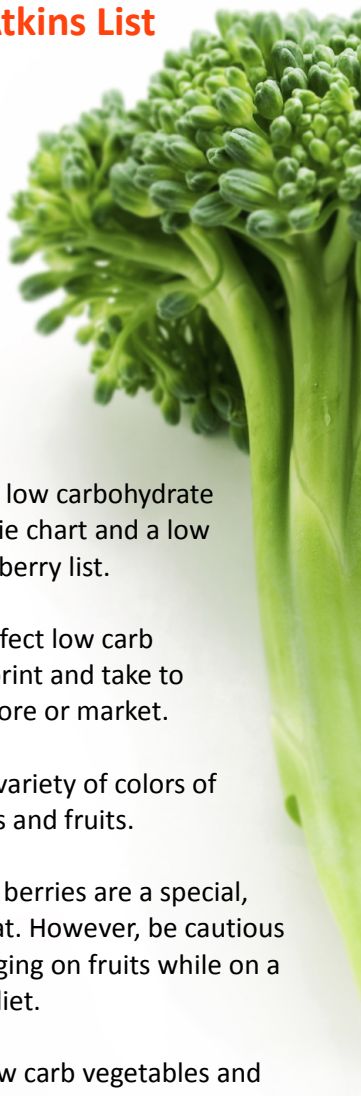


Low Carbohydrate Fruits & Veggies Atkins List



Here's a quick low carbohydrate fruit and veggie chart and a low carbohydrate berry list.

This is the perfect low carb Atkins list to print and take to the grocery store or market.

- Choose a variety of colors of vegetables and fruits.
- Fruits and berries are a special, sweet treat. However, be cautious about gorging on fruits while on a low carb diet.
- Choose low carb vegetables and learn to [guess carbs without a list](#).
- Cut your low carb kitchen prep time in half using these 10 FAST kitchen to table [veggie prep secrets](#).

The carbs listed are net carbs. Fiber gram counts have been removed.

Low Carb Vegetables

Serving Size: 1/2 cup.

Vegetable:	Carbs:
Artichoke	6.9
Asparagus (6)	2.4
Beans, green	2.9
Beets	6.5
Bok Choy	0.7
Broccoli	1.7
Brussels Sprouts	7.6
Cabbage	1.1
Carrot	5.1
Cauliflower	1.5
Celery	0.8
Collard Greens	3.0
Cucumber	1.8
Eggplant	2.0
Garlic (1 clove)	1.0
Lettuce	0.5
Mushroom	1.0
Onion	4.0
Parsnip	9.0
Peas	6.5
Peppers, Green	3.4
Peppers, Red	3.3
Pickle (1 medium)	2.0
Pumpkin	6.3
Radish	0.5
Rutabaga	4.0
Spinach	0.2
Squash, yellow	1.4
Tomato	3.2
Turnips	2.3
Zucchini (green squash)	3.3

Low Carbe Diem



Low Carb Fruit, Berries, Veggies – Atkins Quick List

Low Carb Fruit

Serving Size: 1/4 cup.

Fruit:	Carbs:
Applesauce	6.2
Apricot	3.1
Avocado	0.5
Cantaloupe	3.0
Carambola/Starfruit	3.0
Cherries	4.2
Coconut	1.3
Grapes	6.7
Grapefruit	9.0
Honeydew	3.6
Kiwi	6.5
Lemon	3.8
Mango	6.3
Orange	12.9
Passionfruit	2.0
Peach	8.9
Pineapple	4.3
Plantain	12.0
Plum	7.6
Watermelon	2.6

Low Carb Berries

Serving Size: 1/4 cup.

Berry:	Carbs:
Acai Berry (1oz)	5.0
Blackberries	2.7
Blueberries	4.1
Boysenberries	13.0
Cranberries	2.0
Currant	4.0
Elderberries	4.0
Gooseberries	9.0
Huckleberries (100g)	8.0
Loganberry (100g)	8.0
Pokeberry shoots	1.0
Raspberries	1.5
Salmonberry (100g)	8.0
Strawberries	1.8

