

Low Carb Shortcuts

When you're new to low carb, there are things you can do to gain an advantage, enter ketosis quickly, avoid the flu and make sure you're successful without expending too much effort. This guide covers the most popular shortcuts.

Inside Your Guide

- Best advice for new low carbers
- Side effects of ketosis and solutions
- What cravings *really* mean
- Avoiding keto flu and stalls
- Food secrets to free up time
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- Sweetener conversion chart
- Carb counter



Low Carbe Diem

SEIZE THE WAY

Best Advice

Keep it Simple

We've probably been eating a Standard American Diet most of our lives. Eating high amounts of carbs resulted in extra stored body fat. We suddenly find something deliciously doable, but it's practically the exact opposite of everything we've learned about eating – a ball of confusion. Avoid confusion by simplifying.

Don't overload yourself with hundreds of recipes. Start by choosing a handful of easy ones that use simple ingredients. Over the first few weeks your taste changes. You'll crave different foods and prefer more fattening versions. Simply put, keep your fats healthy and high, and your net carbs low (less than 20 grams/day). Don't make it complicated.

Forget the Scale

If you weigh yourself every day, the numbers go up and down. Weight loss happens over time in *gradual* ups and downs – not a steep plummet. Don't make yourself crazy worrying over an extra pound one morning. Weight fluctuations in short periods of time are usually caused by water, not fat.

Stored fat takes much longer to accumulate. You're not going to add pounds of fat in one day. You're also not going to lose it in one day. Keep things simple and stop weighing. *Measure* instead, with a measuring tape or clothes that currently fit. If the outfit's loose next week, you're shrinking.

Side-Effects & Solutions

Reaching ketosis rapidly has potential side effects. Unlike those in scary pharma commercials, side effects disappear quickly and won't seriously impact your health. Keto side effects may include bad breath, constipation, sugar cravings and flu-like symptoms. The following recommendations will help you minimize any discomfort – or avoid them completely.

Keto Breath

Some low carbers experience a sweet-smelling or “bad breath” in the first stages of ketosis. This is usually avoided by drinking plenty of water, brushing teeth twice a day (including your tongue) and flossing. If the fabulous breath persists, try sugar-free gum or mints after you've reached ketosis.

What Cravings Really Mean

Cravings hit out of nowhere. Are they fueled by sheer habit or is our body trying to tell us something? Naturally, it's difficult to undo decades of cravings for bad foods overnight. Don't stress out because your mind “still has bad thinking habits.”

Over time, cravings diminish – as long as we don't introduce sweet tastes or sugar into our daily plan very often. The fewer carbs you eat, the sooner the cravings will subside. Cravings are normal. We can retrain our brain. When cravings happen, ask yourself if you're really hungry.

Am I **REALLY** Hungry?

Real Hunger	Everything else
<ul style="list-style-type: none"> • Comes on gradually – intensifies with time • Not food specific (many things sound yummy) • Not triggered by events/emotions • Easy to put off for about an hour • Related to physical symptoms (stomach growl) • Not related to certain activities 	<ul style="list-style-type: none"> • Comes on suddenly and intensely • Desiring specific food • Triggered by certain events/emotions • Difficult to think about anything else • Not related to physical symptoms • Related to activities where food is normally consumed (e.g. popcorn at movies)

If you're “really hungry,” the craving is probably your body telling you it's craving a *nutrient* – a craving we can satisfy without blowing our diet.

Controlling Your Cravings	What You Need	What to Eat
Chocolate	Magnesium	Nuts, seeds
Sugary Foods	Chromium	Broccoli, Cheese
	Carbon	Spinach
	Phosphorus	Chicken, beef, eggs
	Sulphur	Cauliflower, broccoli
	Tryophan	Cheese, lamb, liver
Bread, Pasta, Carbs	Nitrogen	High protein meat
Oil/Fatty Foods	Calcium	Cheese, Broccoli, Spinach
Salty Foods	Chloride	Fish
	Silicon	Nuts, seeds

TIP: Low carbers report dill pickles and/or pickle juice resolves sweet cravings.

Water Loss

Ketosis has a diuretic effect. Drinking water is important to prevent constipation and dehydration. Water is good for your cells and banishes “keto breath.”

Replenish Electrolytes

One of the main causes of keto flu is lack of electrolytes. Electrolytes affect the amount of water in your body, the acidity of your blood (pH) and muscle function.

Drink plenty of water to combat dehydration and water retention.

Some new low carbers become electrolyte-deficient in magnesium, potassium, sodium, calcium, phosphorus or chloride. Replenish your electrolytes with supplements or introduce particular foods.

High Electrolyte Low Carb Foods

Potassium - avocados, nuts, dark leafy greens, spinach, kale, salmon, mushrooms

Magnesium - nuts, dark chocolate, artichokes, fish and spinach

Sodium - salt, soup broth, bacon, pickles and sauerkraut

Calcium - cheese, leafy greens, broccoli, seafood and almonds

Phosphorus - meats, cheese, nuts, seeds and dark chocolate

Chloride - most vegetables, olives, seaweed and salt

Keto Flu

Keto flu is the name given to symptoms some people experience when first starting keto. It's not contagious and it's not the flu, but it can last a few days or longer. Classic symptoms (one, some or all may be present):

- general tiredness, irritability or fatigue
- light/noise sensitivity or minor headache
- mild cold and cough symptoms
- GI upset or nausea

It sounds like a blast already. Everyone is different, but those of us who were very dependent on carbs tend to feel these symptoms more often. Your body is withdrawing from sugar (carbs), this is temporary and normal.

We were used to using carbs for energy, so it takes time to readjust and switch to fat burning. Sometimes, keto flu is part of adjusting. Soon, you'll be keto adapted (efficiently using fat for energy).

A benefit of being keto adapted: If you eat a cheat meal or stray from low carb, you'll get back into ketosis faster than a new low carber.

Avoiding Keto Flu

Occasionally, new low carbers experience fatigue, headaches, body aches, difficulty concentrating or other flu-like symptoms when cutting sugar.

We know sugar withdrawal symptoms are fairly mild and pass quickly, but there *are ways* to prevent it from happening in the first place.

Eat More Salt

Salt prevents Keto Flu symptoms. Drink 1-2 cups of broth per day. (Mix 1 bouillon cube with 1 cup of hot water, or make from stock.)

Broth

Broth replenishes electrolytes while you're going through the transition. Your energy levels will soon return to normal, but many low carbers enjoy the broth and continue drinking it beyond the first week.

Potassium

Potassium prevents Keto Flu symptoms. Take a supplement or go natural. Vegetables are high in potassium. Eat two cups of veggies and two cups of dark salad greens each day.

Magnesium

Magnesium keeps low carbers “regular,” and helps prevent constipation and cramps. Magnesium also improves sleep.

Protein

Protein is required to prevent muscle loss. Eat three, 4-6 oz servings of protein each a day – preferably high fat.

Eat More Fats

Fats are incredibly energizing. And healthy fats are our primary source of fuel. If you're tired, eat some healthy fats. Fats are vital ingredients in our cell membranes and necessary for optimal brain function.

Choose mainly healthy fat sources like olive oil, coconut oil, grass-fed butter, avocado oil, MCT oil, etc.

If possible, choose coconut or MCT oils. These medium chain fats aren't stored – they're used immediately for energy.

Preventing Stalls

Carb-Cycling Meal Plan

Carb cycling means eating more or less carbs, rotated in a certain way - specifically designed to promote greater fat loss. [The Keto Beginning](#) meal plan uses carb cycling to restore weight, and naturally balance hormones and mood.



[The Keto Beginning](#) is highly recommended – especially if you're not ready for a rapid start, the Atkins Maintenance phase or an increase in carbs every day.

Food Tips – Make It Easier

Top protein with herbs, spices and butter (a zero carb meal) and free up some carbs. Add dark leafy greens smothered in olive oil to up the fat and fiber.

Try to limit alcohol to one or two days per week, preferably closer together. Drinking slows fat burning (during and after). If you drink on Wednesdays and Saturdays, you may not have enough time to get back into ketosis on the other days. Save it for the weekends or limit yourself to one serving with a meal.

Cream cheese is an illusion. It seems like a good idea, but once you add 2-3 ounces, you've probably doubled your carbs in the dish. Limit yourself to one square inch (1 oz) per serving, 1 serving per meal. That's 1 oz, 1 serving, 1 meal.

Whip heavy cream and fold in a nut butter (like almond or peanut-flax). You'll use less nut butter (lowering the carbs) and wind up with a creamy mousse or spread.

Easy ways to add good fats: Start with coconut oil, butter or heavy cream in your morning coffee. Add macadamia nuts, olive oil, avocados, eggs, bacon, dark meat chicken, fatty beef and pork, or salmon to your meals.

Veggies, meat and proteins taste richer when cooked in cast iron.

Keto Cereal: Toast unsweetened shredded coconut, let cool, top with heavy cream. Perfectly crunchy and healthy. Toss in a few berries for color and flavor.

At first, think of bacon as a garnish. Small amounts still have carbs and add up fast. If you decide to “have bacon for lunch,” check the package and ration out your slices based on carbs before you cook.

Buy the larger (more economical) cartons of eggs, boil them and store in the fridge to eat during the week. Eggs have a ketogenic ratio of fat to protein to carbs. Eggs make fast snacks that are easy to eat on the go.

Make your own “diet soda.” Some low carbers report being knocked out of ketosis from artificial sweeteners. Studies show sugar cravings and artificial sweeteners are linked. Instead, drink unsweetened seltzer water with lemon or lime.

Green bell peppers have less carbs than yellow, orange or red. Peppers are firm enough to stuff with anything and bake. Chopped, they add color and crunch.

Two large cups of bulletproof coffee curb hunger for 5-7 hours – *reliably*.

Bulletproof Coffee: coffee, heavy cream, butter or coconut oil, optional flavoring: cocoa, vanilla, cinnamon... ([Bulletproof Coffee Recipes](#))

Instant Portion Control

Check the portion size on nutrition labels. Companies change the serving size to make their product appear lower in calories or healthier.

Natural whole foods usually don't have labels. You don't need one if you have hands. Follow this guide for better portion-control.

Portion Sizes



Your palm = 4 ounces.



Your fist = 1 cup.



Your thumb = 1 tablespoon.



Your thumb tip - 1 teaspoon.

These portion estimates are based on a woman's hand size. Portion estimates will change based on the size of hand used.

Measuring or weighing foods is the most accurate way to figure out portion size.

Reading Food Labels

Nutrition Facts			
Serving Size 8		(28g)	
Amount per serving			
Calories	120	Fat Calories	30
% Daily Value			
Total Fat	3.5g		5%
	Saturated Fat	1g	5%
	Trans Fat	0g	
	Polyunsaturated Fat	1.5g	
	Monounsaturated Fat	0.5g	
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	22g		7%
	Dietary Fiber	12g	3%
	Sugars	7g	
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	4%

Check the serving size. Is that how much you plan to eat?

This number is the weight of one serving.

Count the total carbs. (22)

Subtract the fiber grams to find the "net" carbs - the ones we count.

On this label:

(22 - 12 = 10 net carbs.)

Sweeteners

If you want to keep cravings to a minimum, stay away from sweet-tasting foods.

If you *must* have something sweet, choose a recipe with artificial sweeteners.

Use stevia in liquid form, sucralose in liquid form, erythritol, xylitol and monk fruit.

BRAND NAME	INGREDIENTS	CARB / CALORIES
Agave	Agave nectar from the Agave plant which consists primarily of fructose and glucose. The percentage of fructose and glucose varies by the species	1 teaspoon contains 5gm carbohydrate = 20 calories Glycemic Index is between 65-85 & its sugars are fructose and glucose
Equal	Maltodextrin, Aspartame	1 packet contains 0.25gm carbohydrate = 1 calorie
Liquid Sucralose Anabolic Innovations	Purified Water, Splenda Brand Sucralose	0 carbohydrate 0 calories
Liquid Sucralose Healthy Cheat Foods	Purified Water, Splenda Brand Sucralose	0 carbohydrate 0 calories
Our Family Sweetener Saccharin Zero Calorie	Nutritive Dextrose, Saccharin, Maltodextrin	1 packet contains 0.25gm carbohydrate = 1 calorie
PureVia Zero Calorie Sweetener All Natural	Erythritol, Isomaltulose, Reb A (Stevia Extract), Contains 1% or Less of Cellulose Powder and Each Natural Flavor	1 stick contains 0.5 calories from sugar alcohol
Smoky Mountain Sweetener (liquid)	Water soluble saccharin with benzoic acid and methyl paraben as preservatives	0 carbohydrate 0 calories
Splenda No Calorie Sweetener	Dextrose, Maltodextrin, Sucralose	1 packet contains 0.25gm carbohydrate = 1 calorie
Stevita Co. Inc® STEVIA 1. Clear Liquid Stevia 2. Simply Stevia Packets (powder) Pure	1. Stevia rebaudiana Bertoni (leaves), Distilled water, Grapefruit Seed Extract (a natural preservative) 2. Stevia rebaudiana Bertoni (leaves) (powder)	Both products: 0 carbohydrate 0 calories
Stevia Liquid Extract Non-Bitter NOW Foods - DISCONTINUED 2012	Stevia in a base of water and 18% Alcohol	4 drops contains 0.2 calories from sugar alcohol
Better Stevia NOW FOODS 1. Extract powder 2. Organic Liquid Extract	1. Stevia extract powder 2. Ionized Water, Certified Organic Stevia Extract (Stevia rebaudiana) (Leaf) and 11% Organic Alcohol	1. carbohydrate = 0, calories = 0 2. carbohydrate = 0, calories from alcohol = less than 0.1 per drop
Superose Liquid Sweetener	Water, Sodium Saccharin N.f. 2.5%, Benzoic Acid and Methyl Paraben As Preservatives	0 carbohydrate 0 calories
Sweet Leaf Stevia - Wisdom Natural Brands: Powder & Tablets Sweet Drops	Inulin Fiber (FOS), Stevia (Leaf) Extract (Standardized to a Minimum of 90% Steviosides, Including 40% Rebaudioside A)	Powder & tabs contain 0 calories. Sweet Drops contain natural flavors - less than 5mg carbohydrate per drop.
Sweetfreeze Liquid sweetener sweetfreeze.com	Sucralose, purified water. No other ingredients. One drop has the sweetness of 1-1/2 teaspoon sugar. Can be used in cooking and baking.	0 carbohydrate 0 calories
Sweet 'N Low Sugar Substitute - Liquid	Water, 2.2% Calcium Saccharin, Benzoic Acid (.054%) and Methyl Paraben (.046%) as Preservatives	0 carbohydrate 0 calories
Sweet 'N Low Sugar Substitute - Powder	Nutritive Dextrose, Soluble Saccharin, Cream of Tartar, Calcium Silicate	1 packet contains 0.25gm carbohydrate = 1 calorie
Truvia Nature's Calorie-Free Sweetener All Natural	Erythritol, Rebiana (Stevia), Natural Flavors	Packet contains 3gm carbohydrate from Erythritol (sugar alcohol) however only 10% is absorbed = 30mg/packet



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Carb Counter

BAKING INGREDIENTS

	Amount	Net Carbs
Almond Meal/Flour	1/2 C	6.0
Arrowroot	1 T	6.8
Baking Soda	1/2 t	0.0
Baking Chocolate, Unsweetened	1 oz	4.1
Baking Powder	1/2 t	0.0
Chocolate Chips, Semisweet	2 T	16.5
Cinnamon, ground	1 t	0.7
Cocoa Powder, Unsweetened	2 T	2.7
Coconut, Shredded Unsweetened	1/4 C	1.3
Sweetened	1/4 C	10.0
Coconut Flour	1/4 C	6.0
Coconut Milk, Canned, Regular	1/2 C	2.0
Cornmeal	2 T	9.7
Cream of Tartar	1 t	1.8
Dried Egg Whites	2 T	0.8
Egg Replacement	1 oz	0.5
Erythritol	1 T	0.0
Flaxseed Meal	1/4 C	0.0

	Amount	Net Carbs
Flour, White, All Purpose	1/4 C	23.0
Flour, Whole Wheat All Purpose	1/4 C	18.4
Pastry	1/4 C	19.0
Gelatin, Unflavored for Baking & Canning	1 env	0.0
Molasses	1 T	15.0
Nutmeg, ground	1 t	0.6
Oat Flour	1/4 C	12.1
Rice Flour, White	1/4 C	30.7
Rice Flour, Brown	1/4 C	28.4
Rye Flour, Medium	1/4 C	16.2
Soy Flour	1/4 C	5.4
Stevia (pure powder)	1 t	0.0
Stevia in the Raw (cup per cup)	1/4 C	5.0
Sucralose (cup per cup)	1/4 C	6.0
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 Baking Blend	1/4 C	48.0
Pure Vanilla & Other Extracts	1 t	0.0

BEEF, LAMB, PORK & OTHER MEATS

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

	Amount	Net Carbs
Lamb		
Chop, Loin or Rib	6 oz	0.0
Ground	6 oz	0.0
Leg	6 oz	0.0
Roast	6 oz	0.0
Shoulder	6 oz	0.0
Stew Meat	6 oz	0.0
Pork		
Bacon, Slab, Sliced	3 sl	0.5
Canadian Bacon	3 sl	1.4
Chop, Center Cut	6 oz	0.0
Chop, Loin	6 oz	0.0
Ground	6 oz	0.0
Ham	6 oz	0.0
Loin Roast	6 oz	0.0
Scraple	4 oz	15.6
Spam	2 oz	1.7
Spare Ribs	6 oz	0.0
Stew Meat	6 oz	0.0
Tenderloin	6 oz	0.0
Game Meats		
Beefalo	6 oz	0.0
Buffalo (Bison)	6 oz	0.0
Rabbit	6 oz	0.0
Venison	6 oz	0.0
Frankfurters		
Beef	1 frank	1.8
Beef & Pork	1 frank	3.7
Hebrew National Pork	1 frank	1.0
1 frank		0.1
Sausages		
Andouille, Pork	1 link	0.5
Beef	2 oz	0.2
Beef & Pork	1 link	1.1
Bratwurst	1 link	2.4

**BEEF, LAMB, PORK
& OTHER MEATS** *continued*

	Amount	Net Carbs
Breakfast, Pork	1 link	0.0
Bulk, Pork	3 oz	0.0
Cheddarwurst	1 link	5.0
Cheese Dog	1 link	3.8
Chicken w/ Apple	2 oz	1.3
Chicken w/ Dried Tomato	2 oz	1.3
Chicken & Turkey w/ Gruyère	2 oz	0.0
Chorizo	2 oz	1.1
Italian, Hot	2 oz	0.7
Italian, Sweet	2 oz	1.2
Kielbasa, Beef	2 oz	1.6
Kielbasa, Beef & Pork	2 oz	1.6
Kielbasa, Pork & Turkey	2 oz	2.2
Knockwurst	1 link	2.3
Linguica	2 oz	1.0
Smoked, Beef	4 oz	2.7
Smoked, Hot	4 oz	1.3
Deli, Luncheon and Cured Meats		
Bologna		
Beef	3 sl	2.1
Beef & Pork	3 sl	2.2
Ham, Deli Style		
Baked, sliced	6 oz	3.2
Boiled, sliced	6 oz	3.0
Deviled	4 oz	1.9
Honey Cured, sliced	6 oz	3.8
Liverwurst	4 sl	5.8
Mortadella	6 oz	5.2
Olive Loaf	3 sl	5.9
Pancetta	3 oz	0.0
Pastrami, Beef	1 sl	0.6
Pepperoni	6 oz	0.0
Pork Roll	5 sl	0.6
Prosciutto	6 oz	0.0

	Amount	Net Carbs
Roast Beef, Sliced	1 oz	3.0
Salami		
Beef	3 sl	1.5
Beef & Pork	3 sl	1.0
Pork	3 sl	0.5
Sopressata (dry salami)	1 oz	1.0

Frozen Heat & Eat Meals

Family Buffet		
Salisbury Steaks	1 serv	5.0
Harris Ranch Beef		
Swiss Steak Dinner	5 oz	10.0
Steak Umm Sliced Steaks	1 ea	0.0
Stouffer's Dinners		
Beef Pot Roast w/ Roasted Potatoes & Vegetables	1 serv	23.0
Creamed Chipped Beef	1 serv	11.0
Homestyle Beef Skillet Dinner	1 serv	31.0
Green Peppers Stuffed w/ Beef & Tomato Sauce	1 serv	18.0
Lasagna w/ Meat & Sauce	1 serv	24.0
Meatball Rotini	1 serv	35.0
Oven Roasted Beef w/ Broccoli & Cheese Sauce	1 serv	16.0
Salisbury Steak	1 serv	28.0
Skillet Beef		
Stroganoff	1 serv	32.0
Veal Parmigianino	1 pkg	55.0
Yankee Pot Roast	1 serv	38.0

**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 Carb Select		
Hot Cocoa Mix	1 pkt	4.0
No-Mu Hot Chocolate		
Powder	6 g	2.0
Swiss Miss, Diet,		
Hot Cocoa Mix	1 pkt	3.0
Swiss Miss Hot Cocoa,		
No Sugar Added	1 pkt	0.0
Coffee & Coffee Drinks		
Cappuccino		
Instant Powder	1 t	2.8
Instant Powder, Decaf	1 t	2.8
Sugar Free Mix	3 T	3.0
Sugar Free Mix, Decaf	3 T	3.0
Coffee		
Black, Brewed	1 C	0.0
Black, Decaf, Brewed	1 C	0.0
Decaf, Instant	1 C	0.8
With 1 T Cream	1 C	0.4
With 1 T Whole Milk	1 C	0.7
Iced, w/ 1 T Whole Milk	12 oz	0.7

	Amount	Net Carbs
Starbucks		
Caffè Americano	12 oz	2.0
Caffè Latte		
w/ Whole Milk	12 oz	14.0
Cappuccino		
w/ Whole Milk	12 oz	9.0
Espresso, Black	12 oz	0.0
Espresso w/ Whole Milk	12 oz	9.0
Frappuccino, Bottled	9.5 oz	37.0
Latte, Iced,		
w/ Whole Milk	12 oz	10.0
Mocha w/ Whole Milk	12 oz	30.0
Mocha Frappuccino	12 oz	38.3
Carbonated Beverages, Soda, Mixers		
Cherry Cola	12 oz	39.0
Cherry Cola, Diet	12 oz	0.0
Club Soda	12 oz	0.0
Cola	12 oz	35.2
Cola, Diet	12 oz	0.0
Diet Sodas, all flavors	12 oz	0.0
Fruit Refreshers,		
Sugar Free, all flavors	12 oz	0.0
Ginger Ale	12 oz	32.1
Ginger Ale, Diet	12 oz	0.0
Grape Soda	12 oz	41.7
Grape Soda, Diet	12 oz	0.0
Lemon/Lime Soda	12 oz	38.0
Lemon/Lime Soda, Diet	12 oz	0.0
Root Beer/Birch Beer	12 oz	42.0
Root Beer/Birch Beer, Diet	12 oz	0.0
Seltzer	12 oz	0.0
Seltzer, Essence Flavored	12 oz	0.0

**BEVERAGES &
ALCOHOLIC BEVERAGES** *continued*

	Amount	Net Carbs
Tonic Water	12 oz	32.2
Tonic Water, Sugar Free	12 oz	0.0
Energy Sports Drinks		
Amp Energy	8 oz	29.0
Amp Energy, Sugar Free	8 oz	0.0
Coconut Water, Fresh	8 oz	6.3
Gatorade	8 oz	15.7
Monster	8 oz	27.0
Monster, Sugar Free	8 oz	1.0
Red Bull	8.4 oz	28.0
Red Bull, Sugar Free	8.4 oz	3.0
Fruit Juices		
Apple, unsweetened	4 oz	13.8
Apricot Nectar	4 oz	17.3
Cranberry Juice Cocktail, Frozen Concentrate	2 T	18.6
Cranberry Juice Cocktail, Light	4 oz	5.5
Cranberry Juice Cocktail	4 oz	17.1
Fruitables Mixed Fruit & Vegetable	4 oz	16-18
Fruit Punch	4 oz	15.0
Grape, unsweetened	4 oz	18.4
Grapefruit, sweetened	4 oz	13.8
Grapefruit, unsweetened	4 oz	10.9
Guava Nectar	4 oz	17.4
Lemon	2 T	2.0
Lime	2 T	2.4
Mango Nectar	4 oz	16.1
Orange, fresh	4 oz	12.7
Orange, from concentrate	4 oz	12.0
Orange-Peach-Mango	4 oz	14.0
Orange-Strawberry-Banana	4 oz	14.2
Passion Fruit, fresh	4 oz	16.6
Peach Nectar, canned	4 oz	16.6
Pear Nectar, canned	4 oz	19.0
Pineapple, unsweetened	4 oz	15.8
Prune	4 oz	21.1
Tangerine-Orange	4 oz	12.5
Kool-Aid, Sugar Free Mix, all flavors	1 pkt	0.0
Lemonade / Limeade		
Canned, No Added Sugar	8 oz	0.0
Crystal Light	8 oz	0.0
Bottled, Diet	8 oz	1.3
Bottled, sweetened	8 oz	29.0
Minute Maid Light, bottled	8 oz	2.0
Prepared from concentrate	8 oz	25.8
Prepared from powder	8 oz	17.6
True Lemon Mix	1 pkt	0.0
True Lime Mix	1 pkt	0.0
True Grapefruit Mix	1 pkt	0.0
True Orange Mix	1 pkt	0.0
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

**BEVERAGES &
ALCOHOLIC BEVERAGES** *continued*

	Amount	Net Carbs
Brewed Tea		
Black	8 oz	0.0
With 1 T Milk	8 oz	0.7
With 1 T Cream	8 oz	0.4
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	1/8 pkt	1.0
Unsweetened, from instant	8 oz	0.4
With Stevia	8 oz	0.0
Vegetable Juices		
Carrot	4 oz	10.0
Clam & Tomato	4 oz	14.0
Tomato	4 oz	4.0
Vegetable Juice Cocktail	4 oz	4.5
Vitamin Water		
Glaceau	12 oz	13.0
Glaceau Zero, Sugar Free	12 oz	0.0
Nestlé, Sugar Free	12 oz	0.0
Skinny Water, Sugar Free	12 oz	0.0
Water		
Bottled	8 oz	0.0
Sparkling Mineral	8 oz	0.0
Spring	8 oz	0.0
Tap	8 oz	0.0
Alcoholic Beverages		
Beer		
"Lite"	12 oz	5.6
Low Carb	12 oz	2.5
Near (>0.5% alcohol)	12 oz	13.7
Nonalcoholic	12 oz	14.1
Bourbon	1 oz	0.0
Champagne	1 oz	2-3
Gin	1 oz	0.0
Rum	1 oz	0.0
Scotch	1 oz	0.0
Sherry, Dry	1 oz	4.7
Vodka	1 oz	0.0
Wine, Red	3.5 oz	2.6
Wine, Rosé	3.5 oz	2.4
Wine, White, Sauvignon	3.5 oz	2.0
Cocktail Mixes		
Bloody Mary	3.5 oz	3.3
Margarita	3.5 oz	13.8
Margarita, Baja Bob's Low Carb	4 oz	0.0
Margarita, Master of Mixes, Lite	4 oz	3.0
Mojito, Baja Bob's Low Carb	4 oz	0.0
Piña Colada	3.5 oz	22.2
Screwdriver	3.5 oz	8.5
Strawberry Daiquiri, Lt. Blender's Sugar Free	4 oz	5.0
Strawberry Daiquiri, Master of Mixes, Lite	4 oz	5.6
Sweet 'N Sour, Master of Mixes, Lite	4 oz	8.0

BREADS, CRACKERS, TORTILLAS & WRAPS

	Amount	Net Carbs
Breads		
Bran	1 sl	10.6
Ezekiel	1 sl	12.0
French	1 sl	15.3
Italian	1 sl	13.4
Oatmeal	1 sl	12.0
Pumpernickel	1 sl	11.6
Pumpernickel, 100% Rye Meal	1 sl	16.5
Pumpernickel, Thin Sliced	1 sl	8.2
Raisin	1 sl	12.5
Rye	1 sl	12.1
Rye, 100%	1 sl	17.0
Sourdough	1 sl	34.6
Sprouted Whole Wheat	1 sl	18.0
Sunflower Seed	1 sl	17.0
White	1 sl	12.1
Whole Grain	1 sl	9.3
100% Whole Grain	1 sl	9.0
Whole Wheat	1 sl	9.8
100% Whole Wheat	1 sl	10.0
Breadsticks		
Delallo Thin		
100% Whole Wheat	1 oz	21.0
Granforno Whole Wheat	5 ea	7.0
Pepperidge Farm Snack Sticks, Toasted Sesame	6 ea	9.0
Racconto Thin, 100% Whole Wheat	4 ea	8.0

	Amount	Net Carbs
Crackers		
Amy Lyn's Original Flax Thins	5 ea	2.0
Blue Diamond		
Almond Nut Thins	17 ea	22.0
Carr's Whole Wheat	2 ea	10.0
Cheez-It	12 ea	7.8
FlatOut Multigrain Crisps	1 ea	9.0
JJ Flats	1 ea	2.8
Matzoh, Plain	1 ea	22.6
Matzoh, Whole Wheat	1 ea	18.8
Melba Toast	1 ea	3.5
Melba Toast, Rye	1 ea	4.0
Melba Toast, Whole Wheat	1 ea	3.5
San-J Brown Rice w/ Sesame Seeds	3 ea	9.6
Stone-Ground Wheat	5 ea	10.3
100% Stone-Ground Wheat	3 ea	6.2
Triscuit	3 ea	8.0
Wheat Thins	8 ea	10.0
Crispbreads		
Ak-Mak	5 ea	16.0
Finn Crisp		
Caraway	2 sl	8.0
Multigrain	2 sl	8.0
Original	2 sl	8.0
GG Scandinavian		
Bran Crispbread	1 ea	2.0
Kavli		
Crispy Thin	3 sl	11.0
Five-Grain	1 sl	7.0
Heart Thin	1 sl	6.0
Nejaimes Lavash Crisps		
Flatbread	1 ea	10.0
Flatbread, Sesame	1 ea	9.0
Ryvita		
Dark Rye	2 sl	10.0
Flavorful Fiber	2 sl	11.0

BREADS, CRACKERS, TORTILLAS & WRAPS *continued*

	Amount	Net Carbs
Light Rye	2 sl	10.0
Rye & Oat Bran	2 sl	8.0
Sesame Rye	2 sl	8.0
Wasa		
Fiber	1 sl	6.0
Hearty Rye	1 sl	9.0
Light Rye	1 sl	11.0
Multigrain	1 sl	9.0
Sesame	1 sl	9.0
Sourdough	1 sl	7.0
100% Whole Grain	1 sl	8.0
Flatbreads & Wraps		
FlatOuts		
FoldIt 5-Grain Flax	1 ea	8.0
Hungry Girl 100% Whole Wheat	1 ea	8.0
Light	1 ea	6.1
Traditional	1 ea	21.0
Joseph's Lavash		
Flax, Oat Bran & Whole Wheat	1/2 ea	4.0
Roll-Ups	1/2 ea	20.0
Sandwich Wrap, Flax, Oat Bran & Whole Wheat	1 ea	7.0
Whole Wheat Roll-Ups	1/2 ea	17.0
Pita		
White	6.5"	32.1
Whole Wheat	6.5"	30.5
Wraps		
Don Pancho's Low-Carb		
Whole Wheat, large	1 ea	5.0
Whole Wheat, medium	1 ea	3.0

	Amount	Net Carbs
La Tortilla Factory Gourmet		
Whole Grain Rye	1 ea	8.0
Whole Grain White	1 ea	10.0
Master Choice		
Multigrain	1 ea	5.0
Rosemary	1 ea	9.0
Rye	1 ea	6.0
Muffins		
Food for Life Sprouted Whole		
Grain English Muffins	1 ea	12.0
Tortillas		
Buena Vida Whole Wheat	1 ea	4.0
Corn	6"	10.8
Flour	6"	14.5
Whole Wheat	8"	19.0
La Tortilla Company		
Whole Wheat Garlic Herb	1 ea	3.0
Green Onion	1 ea	4.0
Original, medium	1 ea	3.0
Original, large	1 ea	6.0
Mama Lupe Three-Net		
Impact Carb	1 ea	3.0
Mission Reduced Carb		
Whole Wheat	10"	8.0
Whole Wheat	12"	13.0
Santa Fe Carb Chopper		
Wheat	1 ea	4.0
Flour	1 ea	4.0
Tumaro's Gourmet Low Carb		
Garden-Vegetable	1 ea	4.0
Green Onion	1 ea	5.0
Multigrain	1 ea	4.0
Salsa	1 ea	5.0

CANDY & CHEWING GUM

	Amount	Net Carbs
Caramels		
Asher's Sugar Free		
Pecan Caramel Patties	3 oz	0.0
Almond Butter Toffee	3 oz	0.0
Judy's Sugar Free		
Almond Caramel Clusters	1 ea	2.0
Vanilla Pecan Caramels	1 ea	<1.0
Peanut Brittle	2 oz	2.0
Chewing Gum		
Eclipse Sugar Free, all flavors	2 ea	0.0
Orbit, all flavors	1 ea	0.0
Chocolate		
Asher's Sugar Free		
Cordial Cherries	3 ea	0.0
Dark Chocolate		
Raspberry Jellies	3 ea	1.0
Mint Patties	2 ea	1.0
Pretzel Bites	10 ea	9.0
Dove Sugar Free		
w/ Chocolate Crème	5 ea	2.0
Hersey's Sugar Free	3 oz	4.3
Kopper Dark Chocolate		
Covered Espresso Beans	32 ea	2.0
Lucienne's Sugar Free Dark Chocolate, all flavors	1 bar	6.2

	Amount	Net Carbs
Hard Candy		
Baskin-Robbins Sugar Free, all flavors		
	4 ea	0.0
Crystal Light Sugar Free, all flavors	4 ea	0.0
Jolly Rancher	4 ea	0.0
Lifesavers	4 ea	1.0
Lifesavers Sugar Free	4 ea	0.0
Nestlé Sugar Free Nips		
Caramel	2 ea	0.0
Coffee	2 ea	0.0
Jelly Belly Sugar-Free		
Gummie Bears	25 ea	1.0
Jelly Beans	35 ea	5.0
Jordan Almonds, Sugar Free	10 ea	1.0
Marshmallows		
La Noubia Sugar Free		
Chocolate Covered	1 ea	0.0
Plain	1 ea	0.0
Mints		
Altoids Smalls, Sugar Free, all flavors		
	1 ea	0.0
Eclipse, all flavors	3 ea	0.0
Sweet 'n Low		
Cool Peppermints	1 ea	0.0
Pep-O-Mints	4 ea	16.0
Pep-O-Mints, Sugar Free	4 ea	0.0
Winto-O-Green	4 ea	16.0
Winto-O-Green, Sugar Free	4 ea	0.0

CEREALS

	Amount	Net Carbs
Hot		
Bob's Red Mill Hot		
Cereal w/Flax Meal, dry	1/3 C	17.0
Cream of Rice, dry	1/4 C	36.0
Cream of Wheat		
Instant Healthy Grain w/		
Maple Brown Sugar	1 pkt	24.0
Instant, Original, in bowl	1.5 oz	32.0
Instant, prepared w/ water	1/2 C	14.3
Healthy Grains,		
Instant, in bowl	1.5 oz	24.0
Whole Grain, 2-Minute	3 T	19.0
Ewehorn Brown Rice Cream	1/4 C	35.0
Farina, Enriched, dry	3 T	24.0
Grits, Instant, dry	1 oz	20.0
Heartland Oat Bran		
Hot Cereal, dry	1/3 C	16.0
Lundberg Family Farms Brown		
Rice Hot Cereal, dry	1/4 C	29.0
Mother's Whole Wheat		
Hot Cereal, dry	1/2 C	26.0
Oats/Oatmeal		
Homestat Farm Quick Steel		
Cut Oats & Chia w/Flax & Rye Flakes, dry	1/4 C	20.0
Instant, Cinnamon Spice	1 pkt	32.9
Instant, Plain	1 pkt	16.0
Malt-o-Meal		
Quick Oats, dry	1/2 C	23.0
Quick Cooking, dry	1/4 C	12.5
Rolled, cooked	1/2 C	12.1
Rolled, dry		
Steel Cut	1/3 C	19.0
(Scottish/Irish), dry		
Whole Grain	1/4 C	11.5
Maltex Hot Wheat		
Cereal, dry	1/3 C	32.0
Pocono Cream		
of Buckwheat, dry	1/4 C	35.0
Hodgson Mill Bulgur		
Wheat w/ Soy Grits, dry	1/4 C	23.0
Wheatena		
Toasted Wheat, dry	1/3 C	27.0
Ready-to-Eat		
Alpen Muesli,		
No Sugar Added	2/3 C	34.0
Barbara's Organic Soy		
Essence Crispy Whole Wheat Flakes	3/4 C	20.0
Cascadian Farm Organic		
Ancient Grains	1 C	36.0
Cascadian Farm Purely O's	1 C	19.0
Cheerios, Multigrain	1 C	17.0
Corn Chex	1 C	24.0
Corn Flakes	1 C	11.7
Crispix Corn & Rice	1 C	24.0
Eden Kamut Flakes	1/2 C	30.0
Fiber One		
Heart Healthy Blend	3/4 C	31.0
Original	1/2 C	11.0
Food for Life Ezekiel	1/2 C	34.0
Health Valley Heart Wise	1 C	30.0

CEREALS *continued*

	Amount	Net Carbs
Health Valley High Fiber Skinnys F-Factor	1/2 C	9.0
Health Valley Organic Oat Bran Flakes	3/4 C	20.0
Grape-Nuts		
Flakes	3/4 C	21.0
Organic	1/2 C	38.0
Kashi		
Go Lean Crunch!	1 C	28.0
7 Wholegrain Nuggets	1/2 C	40.0
7 Wholegrain Puffs	1 C	14.0
Kellogg's All-Bran		
Buds	1/3 C	11.0
Original	1/2 C	13.0
Nature's Path Organic		
Simply Fiber	1 C	17.0
Smart Bran w/ Psyllium & Oat Bran	2/3 C	11.0
Oat Bran, raw	2 T	6.0
Product 19	1 C	24.0
Puffed Brown Rice	1 C	13.0
Puffed Corn	1 C	11.0
Puffed Kamut	1 C	9.0
Puffed Millet	1 C	10.0
Puffed Rice	1 C	12.0
Puffed Wheat	1 C	10.0
Shredded Wheat		
Large Biscuit	2	26.0
Spoon Size, w/ Bran	1 C	32.8
Spoon Size, Whole Grain	1 C	34.0

Special K

	Amount	Net Carbs
Original	1 C	21.0
Protein Plus	3/4 C	9.0
Spelt Flakes	1/2 C	31.0
Total		
Whole Grain Protein	3/4 C	20.0
Wheat Bran, raw	2 T	1.6
Wheat Germ, toasted	2 T	4.9
Wheaties Toasted Whole Wheat Flakes	3/4 C	19.0

CONDIMENTS & SEASONINGS

	Amount	Net Carbs
Allspice, ground	1 t	1.0
Anchovy Paste	1 T	0.0
Bacon Pieces, Jarred/canned	1/2 oz	0.0
Bacon Bits, Imitation	1/2 oz	2.6
Basil, fresh, chopped	1 T	0.0
Basil, dried	1 T	0.2
Bay Leaves, dried	1 ea	0.1
Bragg's Liquid Aminos	1 T	0.0
Capers, drained	1 T	0.2
Celery Salt	1 t	0.0
Chile Peppers		
Ancho, dried	1 ea	5.1
Cayenne, Roasted, Canned, whole	1 ea	5.0
Chipotle en Adobo	9 sl	1.0
Hot Cherry, fresh, whole	1 ea	2.0
Hot Cherry, canned, whole	1 oz	2.0
Jalapeño, fresh, sliced	1/2 C	1.7
Jalapeño, pickled, sliced	1 oz	0.5
Pasilla, dried, whole	1 ea	1.7
Serrano, chopped	1/2 C	1.8
Chile Powder	1 T	0.0
Chinese 5-Spice Powder	1 t	0.0
Chives, fresh, chopped	1 T	0.1
Chives, dehydrated, chopped	1 T	0.1
Cilantro, fresh, chopped	1 T	0.0
Cinnamon, ground	1 t	0.7
Clam Juice	8 oz	0.2
Cloves, ground	1 t	0.6
Coconut Milk, canned	1 C	6.4
Coconut Milk, Light, canned	1 C	4.0
Coriander, ground	1 t	0.0
Crab/Shrimp Boil Mix	1 T	0.0
Creole Seasoning	1 T	0.0
Cumin Seed, ground	1 t	0.1
Curry Powder	1 T	0.0
Dill Weed, dried	1 T	1.3
Dill Weed, fresh, chopped	1 T	0.0
Garlic		
Clove	1 ea	0.9
Minced, fresh or jarred	1 T	2.6
Minced, dried	1 T	4.7
Powder	1 t	1.6
Salt	1 T	0.0
Ginger, ground	1 T	3.1
Ginger Root, fresh, grated	1 T	1.0
Horseradish, prepared	1 t	0.4
Italian Seasoning	1 T	0.0
Lawry's Seasoned Salt	1 t	0.0
Lemon Peel, fresh, grated	1 T	0.3
Lemon-Pepper Seasoning	1 t	0.0
Liquid Smoke	1 T	0.0
Marmite Yeast Extract	1 T	0.8
Miso Paste		
Mellow Brown	1 T	3.0
Mellow Red	1 T	3.0
Mellow White	1 T	3.0
Mrs. Dash	1 t	0.0
Mustard		
Chinese	1 t	0.2
Dijon	1 t	1.0
Honey	1 t	1.0
Powder	1 t	0.4
Spicy Brown	1 t	0.0
Yellow	1 t	0.1

CONDIMENTS & SEASONINGS *continued*

	Amount	Net Carbs
Nutmeg, ground	1/2 t	0.3
Olives (<i>see Vegetables</i>)		
Onion, minced, dried	1 T	3.7
Orange Peel, grated, fresh	1/2 t	0.4
Oregano, dried	1 T	0.8
Paprika	1 T	1.3
Parsley, fresh, chopped	1 T	0.1
Pepper, black, ground	1 t	0.9
Pepper, red, crushed	1 t	0.5
Pickle Spear, Dill or Kosher	1 ea	0.5
Pickle, Dill, whole, 4-inch	1 ea	2.0
Pickle Relish	1 T	3.3
Pickle, Sweet, Midget	1 ea	1.2
Pimento (Roasted Red Pepper)	1 oz	0.9
Poultry Seasoning	1 t	0.8
Pumpkin Pie Spice Mix	1 t	0.9
Rosemary, dried	1 T	0.8
Sage, ground	1 t	0.1
Salt	1 t	0.0
Spike Seasoning, Original	1 t	0.0
Tahini (Sesame Paste)	2 T	5.0
Thai Chile Paste	1 T	0.0
Thyme, dried	1 T	0.8
Wasabi Paste	1 t	2.0
Wasabi, powdered	1 t	1.5

DAIRY, EGGS & DAIRY SUBSTITUTES

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

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

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

DAIRY, EGGS & DAIRY SUBSTITUTES *continued*

	Amount	Net Carbs
So Delicious Coconut Milk "Creamer," Original, Unsweetened	1 T	1.0
Sour cream		
Light	1 C	17.6
Regular	2 T	0.7
Regular	1 C	5.5
Eggs		
Raw	1 ea	0.4
Raw, White only	1 ea	0.2
Fried	1 ea	0.4
Poached/Boiled	1 ea	0.4
Scrambled, w/ Milk	1 ea	1.0
Scrambled Egg Substitute (from frozen)	1/4 C	2.0
Milk		
Buttermilk		
Cultured from 1% Fat (Skim) Milk	1 C	13.0
Cultured from Reduced Fat Milk	1 C	13.0
Chocolate Flavored, 2%	1 C	28.6
Evaporated, 2% Nonfat	2 T	3.0
Evaporated, Whole	2 T	3.2
Nonfat/Skim	1 C	12.2
Reduced Fat 2%	1 C	11.7
Strawberry Flavored, 2%	1 C	31.0
Whole	1 C	11.7
Milk Substitutes		
Almond Milk		
Chocolate Flavored	1 C	17.8
Plain	1 C	7.3
Plain, Unsweetened	1 C	1.0
Vanilla, Unsweetened	1 C	1.0
Coconut Milk Beverage		
Chocolate Flavored	1 C	11.0
Plain	1 C	7.0
Plain, Unsweetened	1 C	1.0
Rice Milk,		
Plain	1 C	25.0
Vanilla	1 C	28.0
Soy Milk		
Chocolate Flavored	1 C	21.7
Plain	1 C	10.0
Plain, Unsweetened	1 C	2.0
Yogurt & Kefir		
Chobani Greek Yogurt		
Nonfat Plain	6 oz	7.0
Nonfat Lemon	6 oz	20.0
Nonfat Strawberry	6 oz	20.0
Fage Total Classic Whole		
Milk Greek Yogurt, Plain, Unsweetened	4 oz	6.1
Kefir Smoothie		
Low Carb, Plain	8 oz	6.0
Whole Milk, Plain	8 oz	12.0
Oikos Whole Milk		
Greek Yogurt, Plain, Unsweetened	1/2 C	4.5
So Delicious Coconut		
Original "Yogurt" Beverage	8 oz	3.0
Yogurt, Whole Milk, Plain, Unsweetened	4 oz	5.3

DESSERTS

	Amount	Net Carbs
Cheesecake		
Cheesecake Factory		
Low Carb	1/12	11.0
Junior's Sugar Free		
Low-Carb	1/12	3.2
Gelatin		
Gelatin Mix, Sugar Free, all flavors	1 serving	0.0
Jell-O Snacks, Sugar-Free, all flavors	1 ea	0.0
Knox MixChief		
Unflavored Gelatin	1.8 g	0.0
Ready to Eat Gelatin, Sugar Free	1 ea	0.0
SmartGels Sugar Free, all flavors	1 ea	1.0
Snack Pack Sugar Free		
Juicy Gels, all flavors	1 ea	2.0
Ice Cream		
Breyer's Carb Smart		
Chocolate	1/2 C	4.0
French Vanilla	1/2 C	4.0
Breyer's, No Sugar Added		
Butter Pecan	1/2 C	5.0
French Vanilla	1/2 C	5.0
Vanilla, Chocolate, & Strawberry	1/2 C	6.0
Dreyer's/Edy's Slow Churned, No Sugar Added		
Butter Pecan	1/2 C	13.0
Coffee	1/2 C	6.0
Cookie Dough	1/2 C	8.0
Neapolitan	1/2 C	12.0
Triple Chocolate	1/2 C	7.0
Vanilla Bean	1/2 C	6.0
Frozen Treats		
Breyer's Carb Smart		
Fudge Bar	1 ea	3.0
Vanilla & Almond		
Ice Cream Bar	1 ea	5.0
Vanilla Ice Cream Bar, Chocolate Coated	1 ea	5.0
Creamsicle Sugar Free		
Healthy Bunch	1 ea	2.0
Dreyer's/Edy's Fruit Bars, No Sugar Added, all flavors	1 ea	4.0
Fudgsicle Sugar Free		
Healthy Bunch	1 ea	5.0
Klondike No Sugar Added		
Vanilla Bar	1 ea	11.0
Popsicle Sugar Free Healthy Bunch, all flavors	1 ea	2.0
Sherbet, No Sugar Added, Lemon, Lime or Orange	1/2 C	18.0

DESSERTS *continued*

	Amount	Net Carbs
Nondairy Frozen Treats		
So Delicious Coconut Milk		
“Ice Cream” No Sugar Added		
Chocolate	1/2 C	8.0
Mini Fudge Bar	1 ea	6.0
Mini Vanilla Bar	1 ea	10.0
Vanilla Bean	1/2 C	9.0
Tofutti No Sugar Added		
Coffee Break Treats	1 ea	5.0
Fudge Treats	1 ea	6.0
Chocolate Dipped		
Mint Treats	1 ea	7.0
Puddings and Pies		
Fifty50 Graham Cracker		
Crust, sugar free	1/2 C	10.0
Jell-O Sugar Free Pudding		
Singles, Mix, all flavors	1 ea	6.0
Snacks, Chocolate	3.8 oz	5.0
Swiss Miss Sugar Free		
Chocolate Pudding	3.3 oz	5.0
Syrups and Toppings		
Da Vinci Gourmet Sugar		
Free, all flavors	2 T	0.0
Hershey Sugar Free		
Chocolate	2 T	0.0
Strawberry	2 T	0.0
Smucker’s Sugar Free		
Caramel	2 T	0.0
Chocolate	2 T	0.0
Steel’s Nature Sweet		
Chocolate Syrup	2 T	1.0
Fudge Sauce	2 T	2.0
Torani Sugar Free,		
All flavors	2 T	0.0
U-Bet Sugar Free		
Chocolate Syrup	2 T	0.0
Whipped Toppings		
Cool Whip, Sugar Free	2 T	2.0
Cool Whip Lite	2 T	3.0
Cool Whip Regula	2 T	2.0
Hood Sugar Free		
Light Whipped Cream	2 T	0.0
Reddi-wip Real Cream		
Chocolate	2 T	1.0
Original	2 T	1.0
Walden Farms Sugar Free		
Marshmallow Dip	2 T	0.0

FISH & SHELLFISH

	Amount	Net Carbs
Fish		
Anchovies		
Canned in Oil	6 oz	0.0
Fresh	6 oz	0.0
Bass, all varieties	6 oz	0.0
Blackfish (Taurog)	6 oz	0.0
Bluefish	6 oz	0.0
Butterfish	6 oz	0.0
Carp	6 oz	0.0
Catfish	6 oz	0.0
Cod, fresh	6 oz	0.0
Cod, dried, salted	3 oz	0.0
Eel	6 oz	0.0
Flounder	6 oz	0.0
Fish Sticks	6 pieces	33.2
Gefilte Fish	1 piece	2.0
Grouper	6 oz	0.0
Haddock (Scrod)		
Fresh	6 oz	0.0
Smoked/Finnan Haddie	6 oz	0.0
Halibut	6 oz	0.0
Herring		
Cured	2 oz	0.0
Fresh	6 oz	0.0
In Sour Cream	1/4 C	5.0
Pickled	1/4 C	3.4
John Dory (St. Peter’s Fish)	6 oz	0.0
Kingfish (King Mackerel)	6 oz	0.0
Mackerel	6 oz	0.0
Mahi-mahi	6 oz	0.0
Monk Fish	6 oz	0.0
Orange Roughy	6 oz	0.0
Perch	6 oz	0.0
Pike, Wall-Eyed & Yellow	6 oz	0.0
Sablefish (Black Cod)	6 oz	0.0
Salmon		
Canned	6 oz	0.0
Fresh	6 oz	0.0
Lox/Smoked	6 oz	0.0
Sardines, Canned		
In Mustard Sauce	6 oz	0.0
In Tomato Sauce	6 oz	0.8
In Oil	6 oz	0.0
Shark, Blue & Mako	6 oz	0.0
Snapper/Red Snapper	6 oz	0.0
Sole	6 oz	0.0
Swordfish	6 oz	0.0
Tilapia	6 oz	0.0
Tile Fish	6 oz	0.0
Trout, all varieties	6 oz	0.0
Tuna, canned	6 oz	0.0
Tuna, Deli Salad	6 oz	16.0
Tuna, fresh	6 oz	0.0
Turbot	6 oz	0.0
Whitefish		
Fresh	6 oz	0.0
Smoked	6 oz	0.0
Salad	4 T	3.0

FISH & SHELLFISH *continued*

	Amount	Net Carbs
Shellfish		
Clams		
Canned, drained	2 oz	3.3
Deep-Fried	2 oz	5.9
Fresh, cooked	2 oz	2.9
Raw	2 oz	2.0
Stuffed	2 lg	12.0
Crab		
Cake	6 oz	0.8
Cooked	6 oz	0.0
Crabmeat,		
Canned, drained	6 oz	0.0
Soft Shell, fried	1 med	10.5
Surimi ("Sea Legs")	6 oz	24.7
Crawfish	6 oz	0.0
Lobster		
Broiled, unstuffed	1 ea	1.5
Canned	6 oz	2.2
Steamed	6 oz	1.5
Tail, frozen	8 oz	1.3
Mussels		
Canned	2 oz	4.0
Canned, in Tomato Sauce	2 oz	4.8
Smoked, Canned in Oil	2 oz	2.5
Stewed/Steamed	2 oz	4.2
Octopus (Calamari)		
Baked or Broiled	4 oz	4.3
Deep-Fried	4 oz	9.9
Pan-Fried	4 oz	3.3
Oysters		
Canned	2 oz	4.5
Eastern, Shelled	2 oz	6.2
Pacific, Shelled	2 oz	11.2
Smoked	2 oz	6.0
Scallops		
Bay	10 ea	3.6
Deep-Fried or Breaded	6 oz	17.2
Sea	4 ea	4.0
Shrimp/Prawns		
Cooked, Peeled	6 oz	2.6
Deep-Fried	6 med	34.3
Squid		
Deep-Fried	6 oz	13.3
Broiled or Steamed	6 oz	6.4

FRUIT

	Amount	Net Carbs
Acerola	1/2 C	3.2
Apples		
Cameo	1/2 med	8.5
Chips	1 oz	18.1
Dried Rings, Sulfured	5 ea	18.3
Freeze-Dried	1 oz	23.0
Fuji	1/2 med	7.9
Gala	1/2 med	7.9
Golden Delicious	1/2 med	7.9
Granny Smith	1/2 med	7.9
Honeycrisp	1/2 med	7.9
Red Delicious	1/2 med	7.9
Sauce, sweetened	1/2 C	23.8
Sauce	1/2 C	12.4
Apricots		
Canned		
In Heavy Syrup	3 halves	23.8
In Juice	3 halves	11.6
Dried	6 halves	11.6
Fresh	3 med	9.6
Avocado (See page 54)		
Bananas		
Chips	1 oz	14.4
Freeze-Dried	1 oz	23.0
Fresh	1 sm	20.4
Blackberries		
Canned in Heavy Syrup	1/2 C	25.2
Fresh	1/2 C	3.3
Frozen	1/2 C	8.1
Frozen, sweetened	1/2 C	10.3
Blueberries		
Canned in Light Syrup	1/2 C	24.5
Dried	2 T	14.5
Fresh	1/2 C	9.0
Frozen	1/2 C	7.3
Frozen, sweetened	4 oz	22.4
Boysenberries		
Canned in Heavy Syrup	1/2 C	25.2
Fresh	1/2 C	3.1
Frozen	1/2 C	4.6
Carambola		
(Star Fruit), sliced	1/2 C	2.1
Cherimoya	1/2 C	11.8
Cherries, Sour		
Canned in water	1/2 C	9.6
Fresh	1/2 C	8.2
Cherries, Sweet		
Canned in water	1/2 C	12.7
Dried	2 T	11.5
Fresh	1/2 C	10.7
Frozen	1/2 C	7.3
Clementine	1 med	7.6
Coconut, fresh, shredded	1/2 C	2.5
Cranberries		
Dried	2 T	5.8
Freeze-Dried	1/2 oz	12.1
Fresh	1/2 C	3.8
Sauce, Jellied	2 T	13.1
Sauce, Whole Berries	2 T	12.5
Currants		
Dried	2 T	12.1
Fresh	1/2 C	5.3

FRUIT *continued*

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

FRUIT *continued*

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

FRUIT *continued*

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

GRAINS, NOODLES & PASTA

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

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

Noodles & Pasta

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

Pasta

DeBoles Jerusalem		
Artichoke Fettuccini, dry	1 oz	20.0
Corn, cooked	1/2 C	16.2

	Amount	Net Carbs
Macaroni, Protein		
Enriched, cooked	1/2 C	20.3
Macaroni, Protein		
Enriched, dry	1/4 C	15.2
Quinoa, dry	1 oz	16.2
Rice, cooked	1/2 C	21.0
Semolina, Fettuccini, dry	1 oz	21.3
Semolina,		
Rigatoni, cooked	1/2 C	20.2
Semolina, Rigatoni, dry	1 oz	19.7
Spelt, Whole Grain, Elbows, dry	1 oz	17.4
Spinach,		
Spaghetti, cooked	1/2 C	15.5
Whole Wheat,		
Macaroni, cooked	1/2 C	16.6
Whole Wheat,		
Spaghetti, cooked	1/2 C	15.4

Rice & Grain Dishes

Casbah Couscous Roasted		
Garlic & Olive Oil, dry	1/4 C	31.0
Casbah Rice Pilaf, dry	1/4 C	34.0
Casbah Spanish Pilaf, dry	1/4 C	35.0
Kashi 7 Whole Grains Pilaf		
Fiery Fiesta, cooked	1 C	33.0
Moroccan Curry, cooked	1 C	35.0
Original, cooked	1/2 C	27.0
Near East		
Mediterranean Gourmet		
Meal, Herb, dry	1 oz	19.0
Taboule Mix, dry	1 oz	16.0

LEGUMES

	Amount	Net Carbs
Adzuki Beans		
Canned/cooked	1/4 C	10.1
Dry	1/4 C	21.0
Baked Beans		
Vegetarian	1/2 C	21.6
With Pork	1/2 C	18.3
Bean Dips (see <i>Snacks</i>)		
Canned w/ Pork & Tomato Sauce	1/2 C	18.1
Black/Turtle Beans		
Cooked/canned	1/4 C	6.5
Dry	1/4 C	8.0
Refried	1/4 C	7.0
Black-Eyed Peas		
Cooked/canned	1/4 C	6.2
Dry	1/4 C	13.0
Frozen	1/4 C	8.1
Butter Beans, canned	1/4 C	6.5
Butter Beans, dry	1/4 C	10.0
Cannellini Beans		
Cooked/canned	1/4 C	7.0
Dry	1/4 C	19.0
Chickpeas/Garbanzos		
Cooked/canned	1/4 C	10.9
Dry	1/4 C	15.0
Falafel Patty	2 oz	18.1
Hummus (see <i>Snacks</i>)		
Cranberry/Roman		
Cooked/canned	1/4 C	5.7
Dry	1/4 C	11.0
Fava Beans		
Cooked/canned	1/4 C	5.6
Dry	1/4 C	13.0
Great Northern		
Cooked/canned	1/4 C	10.6
Dry	1/4 C	11.0
Kidney Beans		
Cooked/canned	1/4 C	5.9
Dry	1/4 C	8.0
Lentils		
Black, cooked/canned	1/4 C	4.0
Brown, cooked/canned	1/4 C	4.0
Green, dry	1/4 C	18.0
Red, dry	1/4 C	20.0
Lima Beans (also see <i>Vegetables</i>)		
Canned,		
Seasoned w/ Pork	1/2 C	17.0
Large, cooked/canned	1/4 C	6.1
Large, dry	1/4 C	19.5
Small, dry	1/4 C	8.0
Small, cooked/canned	1/4 C	6.1
Navy Beans		
Cooked/canned	1/4 C	10.1
Dry	1/4 C	18.9
Peas, Split		
Green, cooked/canned	1/4 C	6.3
Green, dry	1/4 C	17.2
Red, cooked/canned	1/4 C	5.1
Yellow, dry	1/4 C	15.0
Pigeon		
Cooked/canned	1/4 C	7.0
Dry	1/4 C	24.5

NUTS & SEEDS

	Amount	Net Carbs
Pink		
Cooked/canned	1/4 C	9.6
Dry	1/4 C	8.0
Pinto		
Cooked/canned	1/4 C	6.4
Dry	1/4 C	22.5
Refried	1/4 C	6.1
Soybeans (also see <i>Nuts & Seeds</i>)		
Black, canned	1/2 C	1.0
Green (Edamame), shelled	1/2 C	3.0
White, canned	1/4 C	4.0
White, dry	1/4 C	7.0
Prepared Dishes		
Dr. McDougall's Asian Entrée, Lentil Curry Pilaf	2.5 oz	44.0
Taste Adventure Lentil Chili	3/4 C	22.0
Tasty Bite Meal Inspirations, Lentil Magic	1/2 pkg	24.0
Almonds		
Butter	2 T	2.7
Meal/Flour	1/2 C	6.0
Paste	1 oz	12.2
Slivered, blanched	2 T	1.3
Whole, raw	24	2.7
Whole, roasted	24	2.2
Brazil Nuts		
Raw	6 ea	1.4
Roasted	6 ea	1.4
Cashews		
Butter	2 T	8.2
Whole, raw	2 T	7.6
Whole, roasted	2 T	5.1
Chestnuts		
Peeled, dried	1 oz	22.2
Raw	1 oz	10.6
Steamed or roasted	6 ea	24.1
Chia Seeds	2 T	1.3
Coconut		
Baker's Moist-Packed Angel Flaked	1 oz	9.5
Dried, grated	2 T	0.7
Dried, grated, sweetened	2 T	4.5
Fresh, grated	2 T	0.6
Meal/Flour	1/4 C	6.0
Flaxseeds		
Meal	1/2 C	0.9
Whole	2 T	0.3

NUTS & SEEDS *continued*

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

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

	Amount	Net Carbs
Fats		
Butter, Stick or Whipped	1 T	0.0
Butter/Margarine Blend	1 T	0.0
Ghee	1 T	0.0
Lard	1 T	0.0
Margarine, Stick	1 T	0.1
Margarine, Whipped	1 T	0.2
Suet	1 T	0.0
Vegetable Shortening		
Crisco	1 T	0.0
Spectrum	1 T	0.0
Wesson	1 T	0.0
Mayonnaise & Spreads		
Bestfoods/Hellman's		
Canola Oil	1 T	<1.0
Light	1 T	1.0
Original	1 T	0.0
With Olive Oil	1 T	<1.0
Kraft		
Original	1 T	0.0
Light	1 T	1.3
Reduced Fat w/Olive Oil	1 T	2.0
Miracle Whip		
Original	1 T	2.0
Light	1 T	2.3
Smart Balance, Omega Plus	1 T	2.0
Spectrum		
Organic Olive Oil Mayo	1 T	1.0
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
Buttermilk	2 T	1.0

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

	Amount	Net Carbs		Amount	Net Carbs
Caesar	2 T	1.0	Steel's All Natural		
Green Goodness	2 T	1.0	No Sugar Added		
Tuscany Italian	2 T	3.0	Ginger Lime	2 T	1.0
Drew's All Natural			Honey Mustard	2 T	2.0
Greek Kalamata Olive	1 T	3.0	Sesame Ginger	2 T	2.0
Lemon Goddess	1 T	1.0	Walden Farms Sugar Free		
Roasted Garlic & Peppercorn	1 T	0.0	Creamy Bacon	2 T	0.0
Shiitake Ginger	1 T	0.0	Italian	2 T	0.0
Kraft			Ranch	2 T	0.0
Creamy Italian	2 T	2.0	Thousand Island	2 T	0.0
Peppercorn Ranch	2 T	2.0	Wish-Bone		
Thousand Island	2 T	5.0	Deluxe French	2 T	5.0
Tuscan House Italian	2 T	3.0	Thousand Island	2 ea	6.0
Maple Grove Farms			Vinegar		
Sugar Free			Balsamic	1 T	2.7
Balsamic Vinaigrette	2 T	1.0	Champagne	1 T	1.0
Italian White Balsamic	2 T	<1.0	Cider	1 T	0.0
Raspberry Vinaigrette	2 T	1.0	Red Wine	1 T	0.0
Marie's			Rice, Seasoned	1 T	6.0
All Natural Caesar	2 T	1.0	Rice, Unsweetened	1 T	0.0
Blue Cheese w/ Bacon	2 T	0.0	Sherry	1 T	0.9
Creamy Italian Garlic	2 T	1.0	Urme Plum	1 t	0.0
Jalapeño Ranch	2 T	1.0	White	1 T	0.0
Newman's Own			White Wine	1 T	1.5
Creamy Caesar	2 T	1.0			
Parmesan					
Roasted Garlic	2 T	2.0			

POULTRY

	Amount	Net Carbs		Amount	Net Carbs
Chicken			Sweet Italian	1 link	1.0
Breast	6 oz	0.0	With Apple	1 ea	2.0
Capon, Roast	6 oz	0.0	With Roasted Garlic	1 ea	3.0
Drumstick	6 oz	0.0	With Spinach & Feta	1 ea	1.0
Ground	6 oz	0.0	With Sun-Dried Tomato	1 ea	2.0
Leg	6 oz	0.0	Duck		
Liver, Pan Fried	4 oz	1.3	Breast	6 oz	0.0
Roast	6 oz	0.0	Leg	6 oz	0.0
Rock Cornish Hen	8 oz	0.0	Roasted	6 oz	0.0
Thighs	6 oz	0.0	Other Poultry		
Wings	6 oz	0.0	Goose, Roasted, unstuffed	6 oz	0.0
Deli & Lunch Meats			Ostrich Top Loin "Steak"	6 oz	0.0
"Bologna," sliced	2 sl	0.0	Pheasant, Roasted, unstuffed	6 oz	0.0
Breast, Roasted, sliced	2 sl	0.0	Turkey		
Salad	1 oz	5.0	"Bacon"	2 oz	1.8
Precooked Products			"Bacon" Bits	1 T	0.0
Breaded Strips	6 oz	19.0	Breast	6 oz	0.0
Buffalo Wings	3 ea	4.0	Drumsticks	6 oz	0.0
Burgers	2 ea	0.0	Ground	6 oz	0.0
Carved Breast			"Hot Dog"	1 ea	0.0
Grilled	1/2 C	1.0	Wings	6 oz	0.0
Grilled, Italian Style	1/2 C	4.0	Sausages		
Meatballs	5 ea	0.8	Breakfast Links	2 oz	0.9
Roasted	1/2 C	0.0	Brown 'N Serve	3 ea	2.0
Roasted Garlic w/ White Wine	1/2 C	3.0	Kielbasa	3 oz	3.0
Roasted, Seasoned	6 oz	2.0	Patties	2 ea	1.0
Popcorn Chicken	3 oz	13.0	Smoked	3 oz	2.7
Sausages			Smoked, Hot	3 oz	3.2
"Hot Dog"	1 ea	0.0	Smoked, Italian	3 oz	3.2
Spicy Jalapeño	1 ea	0.0			

POULTRY *continued*

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

SAUCES & MARINADES

	Amount	Net Carbs
Sauces		
Alfredo Sauce		
Bertolli Light	1/4 C	2.0
Di Giorno	1/4 C	2.0
Newman's Own	1/4 C	3.0
Ragu Classic	1/4 C	2.0
Walden Farms	1/4 C	0.0
Barbecue Sauce		
Hallman's Warm & Zesty	1 T	1.0
Smokin' Joe Jones'		
Low-Carb	2 T	2.0
Steel's All Natural	2 T	2.5
Steel's All Natural		
Chipotle	2 T	4.0
Trinity Hill Sweet		
Chili Sauce & Marinade	1 T	3.0
Trinity Hill Zesty	1 T	3.0
Walden Farms		
Hickory Smoked	2 T	0.0
Thick & Spicy	2 T	0.0
Black Bean Sauce (Ka-Me)	1 t	1.0
Buffalo Chicken		
Wing Sauce (Beano's)	1 T	0.0
Chutney		
Bombay Coriander	1 T	0.0
Major Grey Mango	1 T	12.0
Silver Palate Mango	2 T	15.0
Cocktail/Seafood Sauce		
Farmer's	1 T	3.0
Trinity Hill	1 T	3.0

	Amount	Net Carbs
Walden Farms	1 T	0.0
Cranberry Sauce (see <i>Fruit</i>)		
Enchilada Sauce		
Las Palmas,		
Hot or Medium	1/4 C	1.0
Ortega, Mild	1/4 C	3.0
Casa Corona	4 oz	5.0
Fish Sauce		
Chun's	1/2 t	0.0
Thai Kitchen	1 t	0.0
Garlic Sauce		
Pepper Plant Chunky	1 t	0.0
Roland Garlic Chili	1 T	3.0
Hoisin Sauce		
Ka-Me	1 T	6.0
Steel's All Natural	1 T	2.5
Hollandaise	2 T	1.6
Horseradish Sauce		
Prepared	1 T	0.0
Cream Style	1 T	3.0
Red (w/ Beets)	1 T	0.0
Hot Sauce		
La Victoria	1 t	0.4
Sharkey's	1 t	1.7
Tabasco	1 t	0.1
Ketchup (Catsup)		
Heinz Reduced Sugar	1 T	1.0
Walden Farms	1 T	0.0
Steel's All Natural	1 T	2.0
Trinity Hill	1 T	3.0
Peanut Sauce		
Chun's Dipping	1 T	0.0
Bali Satay	2 T	8.0

	Amount	Net Carbs
Pesto Sauce	1 T	0.6
Piccalilli	1 T	1.0
Pickapeppa	1 t	1.0
Pasta/Pizza Sauce		
Contadina Four Cheese	1/4 C	5.0
Newman's Own		
Five Cheese	1/2 C	11.0
Patsy's Marinara	1/2 C	6.0
Prego Marinara	1/2 C	7.0
Prego Traditional	1/2 C	10.0
Ragu Old World Style	1/4 C	8.0
Rao's Marinara		
Sensitive Formula	1/2 C	2.0
Walden Farms		
Marinara	1/4 C	0.0
Garlic & Herb	1/4 C	0.0
Tomato & Basil	1/4 C	0.0
Plum Sauce (Wax		
Orchards Tangy)	2 T	0.0
Salsa (see <i>Snacks</i>)		
Simmer Sauces		
Chef Shakir Curry	1/4 C	2.0
Devya Butter Chicken	1/4 C	7.0
Devya Channa Masala	1/4 C	6.5
Simmering Secrets		
Provençal	1/4 C	3.0
Tomato & Mushroom	1/4 C	5.0
Spicy Nothings Spinach		
Curry, Medium	1/4 C	2.0
Thai Kitchen Red Curry	1/4 C	3.5
Sofrito	1 T	0.5
Soy Sauce/Tamari		
Soy Sauce	1 T	1.2

SAUCES & MARINADES *continued*

	Amount	Net Carbs
San-J Tamari	1	1.0
Seal Sama Chef's Blend	1 T	4.0
Seal Sama Sugar Free	1 T	1.0
Steel's All Natural		
Teriyaki	1 T	2.5
Wasabi Teriyaki	1 T	2.0
Trinity Hill Teriyaki	2 T	3.0
Steak Sauce		
A1	1 T	3.0
Lea & Perrins	1 T	5.0
Trinity Hill	1 T	2.0
Sweet 'N Sour Sauce		
Chun's	1 T	7.0
Steel's All Natural	1 T	4.0
Taco Sauce		
Green	1 T	0.6
Ortega, Mild	1 T	0.0
Pico Pica, Medium	1 T	1.0
Red		
La Victoria, Medium	1 T	0.0
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	3.0
Muir Glen	1/4 C	2.0
Red Pack	1/4 C	4.0
Worcestershire Sauce	1 t	1.0

Marinades

	Amount	Net Carbs
A1 Steak House Classic	1 T	5.0
Annie's Naturals Organic		
Baja Lime	1 T	1.0
Mango Cilantro	1 T	3.0
Spicy Ginger	1 T	3.0
Badia Mojo	1 T	0.0
Dichicko's Lemon-Herb		
Peri-Peri	1 t	0.0
Ginger People Ginger Juice	1 T	0.0
Kikkoman Teriyaki	1 T	2.0
Simcha Classic Balsamic	1 oz	2.0
30 Minute Mesquite	1 T	1.0
Wicker's Marinade & Baste	2 T	1.0

SNACKS

	Amount	Net Carbs
Savory Snacks		
Chips, Crisps & Dippers		
Dr. Krackers Classic 3-Seed Snackers		
Klassic 3-Seed	8 ea	12.0
Pumpkin Seed Cheddar	8 ea	10.0
Seedlander	8 ea	11.0
Fiber Gourmet Crackers, all flavors	1 pkt	10.0
Flackers Flax Seed Crackers		
Dill	3 ea	1.0
Rosemary	3 ea	2.0
Savory	3 ea	1.0
Tomato & Basil	3 ea	1.0
Genisoy Low-Carb		
Tortilla Chips	15 ea	8.0
Glenny's Soy Crisps	20 ea	9.0
Just the Cheese		
Cheese Snacks		
Popped	1/2 oz	1.0
Mini Rounds	1/2 oz	1.0
Snack Bars	1/2 oz	1.0
Kale Chips, Bombay Ranch, various flavors	0.9 oz	7.0
Kitchen Table Bakers		
All Cheese Crisps		
Aged Parmesan	3 ea	<1.0
Everything	3 ea	1.0
Garlic	3 ea	1.0
Black Pepper	13 ea	18.0
Herb	13 ea	18.0
Original Seed	13 ea	18.0

	Amount	Net Carbs
RC Garcia 5-Seed Crackers		
Onion & Chive	1 oz	16.0
Rosemary & Garlic	1 oz	16.0
RW Garcia Whole		
Grain Tortilla Chips		
Flaxseed & Corn	1 oz	11.0
Veggie	1 oz	17.0
Terra Chips		
Sweet Potato	1 oz	15.0
Taro	1 oz	15.0
Vegetable Original	1 oz	13.0
Popcorn		
Homemade from Kernels	1 C	5.3
Newman's Own Natural Flavor, Microwave	1 C	4.3
PopSecret	1 C	3.0
Pork Rinds	20 ea	0.0
Pretzels		
Mary's Gone Crackers Wheat Free		
Whole Grain Pretzel Sticks		
Chipotle Tomato	15 ea	17.0
Curry	15 ea	17.0
Sea Salt	15 ea	17.0
Rice Cakes		
Lundberg Whole Grain		
Organic Wild Rice	1 ea	14.0
Eco-Farmed Brown Rice	1 ea	13.0
Weight Wise Whole Grain		
Brown Rice		
w/ Sesame Seeds	1 ea	8.0
Brown Rice w/ Popcorn	1 ea	8.0

SNACKS *continued*

	Amount	Net Carbs
Dips		
Bacon Dips		
Heluva Good Dip, w/ Horseradish	2 T	2.0
Walden Farms Bacon	2 T	0.0
Bean Dips		
Arriba! Pinto Bean w/ Chipotle	2 T	4.0
Desert Pepper, White Bean, Medium Hot	2 T	4.0
Guiltless Gourmet Spicy Black Bean	2 T	3.0
Tostitos Zesty Bean & Cheese	2 T	3.0
Cheese Dips		
El Viajero White Mexican	2 T	1.0
Heluva Good Dip, Sour Cream w/Cheddar	2 T	2.0
Italian Rose Artichoke Cheddar w/ Jalapeño	2 T	2.0
Jarlsberg Red Onion	1 oz	0.0
La Bandarita, Hot	1 T	0.0
Walden Farms Bleu Cheese	2 T	0.0
Eggplant Dips		
Joseph's Roasted Baba Ghannouj	2 T	3.0
Sabra Roasted	1 oz	2.0
Guacamole		
Miranda's Fresco	2 T	0.0
Wholly Guacamole		
Pico de Gallo Style	2 T	0.0
Hummus		
Cedar's Artichoke Spinach	2 T	4.0
Cedar's Sundried Tomato & Basil	2 T	5.0
Joseph's Garlic Lovers	2 T	3.0
Pita Pal Spicy Jalapeño	2 T	4.0
Onion Dips		
Kraft French Onion	2 T	3.0
Walden Farms French Onion	2 T	0.0
Ranch Dips		
Philadelphia Creamy Ranch	2 T	3.0
Walden Farms	2 T	0.0
Red Pepper Pesto (Cibo Naturals)	1/4 C	4.0
Tzatziki Cucumber & Garlic Dip, (Joseph's)	2 T	2.0
Jerky		
Cattano Brothers Beef	2 ea	0.0
Chipper Beef	1 oz	0.0
Shelton's Turkey	1 oz	1.0
Tasty Eats Soy	1/2 bag	1.0
Salsa		
Desert Pepper		
2 Olive Roasted Garlic Green, No Added Sugar	2 T	1.0
1 T		0.5
La Victoria, Red, No Added Sugar	1 T	2.0
Newman's Own, Chunky Roasted Garlic	2 T	1.0
Old El Paso Thick 'N Chunky	2 T	2.0
Wholly Salsa Avocado Verde	2 T	1.0

SNACKS *continued*

	Amount	Net Carbs
Vegetable Spreads		
Bruschetta		
DeLallo Diavolo Sun-Dried Tomato	1/2 C	5.0
Gia Russa Tomato	2 T	1.0
Scarpetta Tomato & Artichoke	2 T	4.0
Caponata (Marco Polo)	1 T	2.0
Tapenade		
Gaea Smoked Eggplant	2 T	3.0
Meditalia		
Black or Green Olive	2 T	1.0
Eggplant & Tomato	2 T	3.0
Roasted Red Pepper	2 T	2.0
Sweet Snacks (also see <i>Atkins & Other Low-Carb Specialty Foods</i>)		
Cookies		
Enchantment Sugar Free		
Classic Chocolate Chip	1 ea	4.0
Frosty Zesty Lemon	1 ea	4.0
Joseph's Sugar-Free		
Almond	4 ea	7.0
Bite Size Pecan		
Walnut Brownies	6 ea	8.0
Chocolate Walnut	4 ea	7.0
Lemon	4 ea	9.0
Oatmeal	4 ea	8.0
Julian's Bakery Zero!		
Sugar Free		
Cocoa Delight	1 ea	0.0
Ginger Spice	1 ea	0.0
Strawberry Banana Perfection	1 ea	0.0

SOUPS

	Amount	Net Carbs
Broth/Consommé		
Beef Broth, canned	1 C	0.0
Beef Broth, cube	1 ea	0.6
Beef Consommé, canned	1 C	1.8
Chicken Broth, canned	1 C	0.3
Chicken Broth, cube	1 ea	1.1
Chicken Consommé, canned	1 C	0.0
Vegetable Broth, canned	1 C	3.0
Vegetable Broth, cube	1 ea	1.1
Clam Chowder		
Manhattan Style		
Bookbinder's, Condensed	1/2 C	9.0
Dominique's	1 C	8.0
Progresso	1 C	15.0
New England Style		
Campbell's Chunky, Healthy Request	1 C	18.0
Gordon's, Condensed	1/2 C	11.0
Snow's	1 C	17.0
Green/Split Pea		
Amy's Organic	1 C	13.0
Campbell's Chunky, Healthy Request, w/ Ham	1 C	19.0
Colavita	1 C	15.0
Health Valley Organic	1 C	15.0
Imagine Organic	1 C	19.0
Tabatchnick	1 pkt	18.0

SOUPS *continued*

	Amount	Net Carbs
Mushroom		
Campbell's Golden Mushroom	1/2 C	9.0
Health Valley Organic Mushroom Barley	1 C	14.0
Imagine Organic Creamy Portobello	1 C	8.0
Tabatchnick Barley & Mushroom	1 pkt	13.0
Seafood Bisque		
Bookbinder's, Condensed Crab	1/2 C	10.0
Lobster	1/2 C	10.0
Shrimp	1/2 C	10.0
Gordon's Chesapeake Lobster, Condensed	1/2 C	9.0
Gordon's Down East Lobster, Condensed	1/2 C	8.0
Natural Sea Lobster	1 C	7.0
Pacific Naturals Lobster Bisque	1 C	15.0
Tomato Bisque		
Amy's Organic Chunky Campbell's	1 C	19.0
Condensed	1/2 C	22.0
Select Harvest, Zesty	1 C	18.0
Imagine Organic Fire Roasted Tomato	1 C	22.0
Pacific Naturals Hearty Tomato	1 C	15.0
Vegetable		
Campbell's Chunky, Healthy Request, Savory	1 C	20.0
Dr. McDougall's	1 C	9.0
Health Valley Organic Progresso Vegetable Classics	1 C	12.0
Tabatchnick	1 pkt	16.0
Vegetable Beef		
Campbell's		
Chunky Beef w/ Country Vegetables	1 C	19.0
Healthy Request, Vegetable Beef, Condensed	1/2 cup	12.0
Health Valley Rich & Hearty	1 C	13.0
Healthy Choice Vegetable Beef	1 C	20.0
Progresso Traditional Beef & Vegetable	1 C	16.0
Soup in a Cup		
Health Valley Organic		
Split Pea, w/ Carrots	2.3 oz	18.0
Tomato Bisque	1 C	14.0
Healthy Choice in a Cup		
Chicken Tortilla	1 C	18.0
Hearty Vegetable Barley	1 C	26.0
Traditional Lentil	1 C	22.0
Lipton Soup in a Cup		
Broccoli Cheese	1 env	17.0
Spicy Thai Chicken	1 env	12.0
Spring Vegetable	1 env	11.0
Nile Spice		
Black Bean	1.9 oz	24.0
Chicken Vegetable	1.0 oz	19.0
Lentil	1.8 oz	23.0

SWEETENERS, SPREADS & SYRUPS

	Amount	Net Carbs
Sweeteners		
Sugar		
Brown, packed	1 t	4.5
Maple	1 t	2.7
Powdered, unsifted	1 t	2.5
White	1 t	4.2
Other Sweeteners		
Batey Natural Light (stevia & turbinado sugar)	1 pkt	1.0
Equal (aspartame)	1 pkt	0.9
Equal (sucralose)	1 pkt	0.0
Equal (saccharin)	1 pkt	0.0
Fasweet (saccharin), liquid	1/8 t	0.0
Fructevia (fructose & stevia)	1 t	2.2
Ideal (xylitol & sucralose)	1 t	1.5
NatraTaste Gold (sucralose)	1 pkt	1.0
NatureSweet Brown Crystals (maltitol)	1 t	0.0
NatureSweet Crystals (maltitol)	1 t	0.0
Nectresse (luo han guo, sugar & sugar alcohol)	1 pkt	2.0
Pure Via (stevia)	1 pkt	0.0
Splenda (sucralose)	1 pkt	1.0
Splenda Sugar Blend	1 t	4.8
NuStevia (stevia & erythritol)	1 t	4.0
Sugar Twin, Brown (saccharin)	1 pkt	0.4
SweetLeaf (stevia)	1 pkt	0.0
Sweet & Slender		
(fructose & luo han guo)	1/4 t	0.0
Sweet 'N Low (saccharin)	1 pkt	1.0
Sweet 'N Low, Brown (saccharin)	1/10 t	0.0
Sweetmate		
(saccharin & sugar)	1 pkt	1.0
Sweet Simplicity		
(fructose & erythritol)	1 pkt	6.0
Truvia (stevia)	1 pkt	1.0
Whey Low Brown		
(fructose & other sugars)	1 t	4.0
Xylitol	1 t	0.0
Zsweet (erythritol)	1 pkt	0.0
Spreads		
Conventional Spreads		
Apple Butter	1 T	7.0
Fruit Preserves	1 T	13.5
Grape Jelly	1 T	12.9
Reduced Sugar	1 T	6.0
Low-Carb Spreads		
Dickenson's Sugar Free Preserves, Strawberry	1 T	4.0
Fifty50 Low Glycemic		
Fruit Spreads, Sugar Free		
Apricot	1 T	1.0
Blackberry	1 T	1.0
Strawberry	1 T	1.0
Grape	1 T	0.0
Orange Marmalade	1 T	0.0
Raspberry	1 T	0.0

SWEETENERS, SPREADS & SYRUPS *continued*

	Amount	Net Carbs
Hero Sugar Free Swiss Preserves		
Black Cherry	1 T	2.0
Raspberry	1 T	2.0
Strawberry	1 T	1.0
La Nuba Low Carb Fruit Spreads		
Blueberry	1 T	1.6
Cherry	1 T	1.6
Four Fruits	1 T	1.6
Polaner Sugar Free w/ Fiber		
Apricot	1 T	1.0
Concord Grape	1 T	1.0
Grape	1 T	2.0
Peach	1 T	1.0
Seedless Blackberry	1 T	2.0
Seedless Raspberry	1 T	2.0
Strawberry	1 T	2.0
Smucker's Sugar Free Preserves		
Apricot	1 T	3.0
Boysenberry	1 T	5.0
Orange Marmalade	1 T	5.0
Seedless Blackberry	1 T	5.0
Strawberry	1 T	5.0
Steel's Fruit Spreads		
Agave Red Raspberry	1 T	2.5
Agave Strawberry	1 T	3.0
Agave Wild Blueberry	1 T	3.6

Walden Farms Fruit Spreads

	Amount	Net Carbs
Apricot	1 T	0.0
Apple Butter	1 T	0.0
Blueberry	1 T	0.0
Grape	1 T	0.0
Orange	1 T	0.0
Raspberry	1 T	0.0
Strawberry	1 T	0.0

Syrups

Chocolate Syrups <i>(see page 28)</i>		
Corn Syrup	1 T	16.9
Fruit Syrups <i>(see page 28)</i>		
Honey	1 T	17.4
Molasses	1 T	15.0

Pancake Syrup

Ali's All Natural Sugar Free	1 T	0.0
Maple	1 T	13.4
Maple-Flavored	1 T	13.9
Maple, Reduced Calorie	1 T	6.5
Smucker's Sugar Free		
Breakfast Syrup	1 T	1.0
Steel's Maple Flavor Syrup	3 T	0.0
Walden Farms		
Pancake Syrup	1/4 C	0.0
Smart Sweet Xylitol Honey	1 T	0.0
Steel's Honey Flavor Spread	1 T	0.0

VEGETABLES

	Amount	Net Carbs
Foundation Vegetables		
Alfalfa Sprouts <i>(see Sprouts, below)</i>		
Artichoke		
Hearts, canned	1 ea	1.0
Hearts, frozen	1/2 C	2.7
Hearts, marinated	4 ea	4.0
Medium, steamed	1 ea	4.0
Arugula, raw	1 C	0.4
Asparagus		
Canned	4 ea	0.7
Fresh, steamed	6 ea	1.9
Frozen, steamed	1/2 C	0.3
White, cooked	1/2 C	1.5
Avocado		
Florida	1/2 ea	3.6
Hass	1/2 ea	1.3
Bamboo Shoots,		
sliced, canned	3 oz	1.0
Beans		
Fava, steamed	1/2 C	12.1
Green, raw	1/2 C	2.1
Green, steamed	1/2 C	2.9
Haricots Verts, frozen	1/2 C	1.5
Yellow Wax, canned	1/2 C	2.0
Yellow Wax, raw	1/2 C	1.3
Beet Greens, steamed	1/2 C	1.8
Bok Choy (Pak Choy)		
Raw	1 oz	0.3
Steamed, sliced	1/2 C	0.4
Broccoli		
Florets, fresh, steamed	1/2 C	1.8
Florets, raw	1/2 C	0.8
Frozen, chopped,		
steamed	1/2 C	2.2
Broccoli Rabe		
Raw, chopped	1/2 C	0.1
Steamed	5 oz	0.8
Broccoflower, steamed	1/2 C	1.0
Broccolini, fresh, steamed	3 ea	1.9
Brussels Sprouts, steamed	1/2 C	3.5
Cabbage		
Chinese, raw, shredded	1/2 C	0.4
Chinese, steamed,		
shredded	1/2 C	0.7
Green/White,		
raw, shredded	1/2 C	1.1
Green/White, steamed	1/2 C	2.7
Napa, raw	1/2 C	0.3
Napa, steamed	1/2 C	0.4
Red, raw, shredded	1/2 C	1.8
Red, steamed, shredded	1/2 C	3.3
Savoy, raw, shredded	1/2 C	1.1
Savoy, steamed,		
shredded	1/2 C	1.9
Cardoon, steamed	1/2 C	2.1
Cauliflower		
Florets, frozen	1/2 C	1.6
Florets, raw	1/2 C	1.6
Steamed, chopped	1/2 C	1.7
Celery		
Raw	1 stalk	1.0
Steamed, diced	1/2 C	1.8
Celery Root (Celeriac)		
Raw, grated	1/2 C	5.8
Steamed, diced	1/2 C	3.6

VEGETABLES *continued*

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

VEGETABLES *continued*

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

VEGETABLES *continued*

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

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

VEGETABLES *continued*

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

CHAIN RESTAURANTS

	Amount	Net Carbs
Applebee's		
Classic Wings w/ Classic Buffalo Sauce Appetizer	1 serv	6.0
New York Strip Steak w/o sides	12 oz	<1.0
Seasonal Berry & Spinach Salad	1 serv	9.0
Shrimp 'N Parmesan Sirloin Steak & Grilled Shrimp	1 serv	5.0
Combo w/o sides	1 serv	2.0
Topper of Grilled Onions	1 serv	5.0
Topper of Sautéed Garlic Mushrooms	1 serv	3.0
Arby's		
Grand Turkey Club w/o roll	1 serv	9.0
Ham, Egg & Cheese w/o biscuit	1 serv	5.0
Roast Beef Sandwich w/o roll	1 serv	1.0
Roast Chopped Farmhouse Salad w/ Buttermilk Ranch Dressing	1 serv	9.0
Sausage, Egg & Cheese w/o biscuit	1 serv	3.0
Blimpie's		
Beef Stew	1 serv	16.0
Blue Cheese Dressing	1.5 oz	1.0
Buffalo Chicken Salad	1 serv	6.0
Buttermilk Ranch Dressing	1.5 oz	1.0
Chicken Caesar Salad	1 serv	3.0
Chicken Gumbo	1 serv	11.0
Cream of Broccoli & Cheese Soup	1 serv	13.0
Peppercorn Dressing	3/4 oz	1.0
Tuna Salad	1 serv	3.0
Yankee Pot Roast	1 serv	10.0
Burger King		
BK Broiler		
Chicken Breast Patty	1 ea	4.0
Whopper Patty	1 ea	0.0
Carl's Jr.		
Blue Cheese Dressing	2 oz	1.0
Low-Carb Charbroiled Chicken Club w/o bun	1 serv	6.0
Charbroiled Chicken Salad w/o croutons	1 serv	14.0
Chicken Stars	4 ea	12.0
House Dressing	2 oz	3.0
Low-Carb Six-Dollar Burger (in lettuce leaves)	1 serv	8.0
Famous Star Burger Cheese w/o bun	1 serv	8.0
Chick-Fil-A		
Chargrilled Chicken Garden Salad	1 serv	7.0
Southwest Chargrilled Salad	1 serv	13.0
Chili's		
Chicken Enchilada Soup	1 C	12.0
Classic Sirloin	1 serv	7.0

CHAIN RESTAURANTS *continued*

	Amount	Net Carbs
Grilled Chicken Salad	1 serv	18.0
Grilled Salmon w/ Garlic & Herbs	1 serv	0.0
Margarita Grilled Chicken	1 serv	4.0
Monterey Chicken	1 serv	11.0
Southwest Chicken & Sausage Soup	1 C	12.0
Spicy Garlic & Lime Grilled Shrimp	1 serv	4.0
Hardee's		
Low Carb Thickburger, in Lettuce	1/3 lb	8.0
Low Carb Charbroiled Chicken Club, in Lettuce	1 serv	12.0
KFC		
Grilled Chicken, Breast or Thighs	1 ea	0.0
Creamy Ranch Dipping Sauce	2 T	1.0
McDonald's		
Chicken Fillet	1 serv	2.0
Hamburger Patty	1 ea	0.0
Premium Bacon Ranch Salad w/ Grilled Chicken	1 serv	10.0
Premium Caesar Salad w/ Grilled Chicken	1 serv	10.0
Outback Steakhouse		
Classic Wedge Blue Cheese Salad Entrée	1 serv	14.0
Grilled Asparagus	1 serv	1.0
Grilled Shrimp	1 serv	1.0
Grilled Norwegian Salmon	1 serv	1.0
Outback Special Steak	6 oz	0.0
Seared Ahi Tuna	1 serv	5.0
Subway		
Big Philly Cheesesteak Salad	1 serv	12.0
Chipotle Steak & Cheese Salad	1 serv	11.0
Double Chicken Salad	1 serv	6.0
Steak & Bacon Melt Salad	1 serv	12.0
Black Forest Ham Salad	1 serv	8.0
TGI Friday's		
Bacon & Bleu Sirloin	1 serv	6.0
Ginger-Lime Slaw	1 serv	5.0
Grilled Chicken Cobb Salad	1 serv	10.0
Grilled Salmon w/ Longostino Lobster	1 serv	5.0
Tomato Mozzarella Salad	1 serv	4.0
Wendy's		
Bacon Portobello Melt w/o bun	1 serv	3.0
Garden Sensations BLT Salad	1 lge	10.0
Son of Baconator w/o bun	1 serv	4.0
Ultimate Chicken Grill w/o bun	1 serv	6.0