

QUICK-VIEW FOOD GUIDE

148 LOW CARB FOODS

VEGETABLES



Asparagus - 4 grams per cup
 Cauliflower - 3 grams per 1/2 cup
 Endive - 1 gram per ounce
 Escarole - 1/4 gram per ounce
 Asparagus - 2 grams per 1/2 cup
 Bok Choy - 8 grams per 1 cup/ounce
 Cabbage - 8 grams per 1 stalk
 Chivey Greens - 6 grams per 1/2 cup
 Green Onions - 1 per 1 tablespoon
 Cucumber - 1 gram per 1/2 cup sliced
 Fennel - 3.6 grams per 1 cup
 Iceberg Lettuce - 1 gram per 1/2 cup
 Jicama - 2.5 grams per 1/2 cup
 Parsley - 1/4 gram per ounce
 Bell Peppers - 2.3 grams per 1/2 cup
 Radishes - 2.7 grams per 1/2 cup
 Radishes - 9 grams per 10 pieces
 Romaine Lettuce - 2 grams per 1/2 cup
 Artichoke (1/4 steamed) - 4 grams
 Artichoke Hearts in Water - 2 grams per 1 heart
 Asparagus - 2.4 grams per 6 spears
 Rainbow Shouts - 1.1 grams per 1 cup
 Brussels - 1 gram per 1/2 cup
 Brussels sprouts - 2.4 grams per 1/2 cup
 Cabbage - 2 grams per 1/2 cup
 Cauliflower - 2 grams per 1 cup
 Chard - 1.8 grams per 1/2 cup
 Cauld Greens - 4.2 grams per 1/2 cup
 Eggplant - 1.8 grams per 1/2 cup
 Hearts of Palm - 2 grams per 1 heart
 Kale - 2.4 grams per 1/2 cup
 Kohlrabi - 4.6 grams per 1/2 cup
 Leeks - 1.7 grams per 1/2 cup
 Mushrooms - 1 gram per 1/2 cup
 Olives - 2.4 grams per 1/2 cup
 Black Olives (10 small, 5 large, or 3 jumbo olives) - 1 gram
 Onions - 2.8 grams per 1/2 cup
 Pumpkin - 2.4 grams per 1/2 cup
 Sweetcorn - 1.2 grams per 1/2 cup
 Spinach - 2 grams per 1/2 cup
 Summer Squash - 2 grams per 1/2 cup
 Tomatoes (1 medium) - 4 grams
 Cherry Tomatoes - 4 grams per cup
 Turnips - 2.2 grams per 1/2 cup



MEAT/FISH POULTRY

Zero Carb Foods

All Red Meat
 Chicken
 Turkey
 Pork
 Veal
 Lamb
 Fowl (chick, goose, hen, quail)
 Organ Meats (liver, heart, liver, heart, and kidney)
 Game Meats (venison, mutton, caribou, bison, and elk)
 Exotic Meats (such as crocodile and emu)
 Cold Cuts and Bacon (read label some have added sugar)



CHEESE/DAIRY

Egg White - 3 grams
 Egg Yolk - 3 grams
 Whole Egg - 6 grams
 Heavy Cream - 5 to 7 grams per tablespoon
 Half-and-Half - 5 to 7 grams per tablespoon
 Plain Full Fat Greek Yogurt - 9 grams per cup
 Full Fat Sour Cream (4 tbsp) - 2 grams
 Unsweetened Almond Milk - 1/4 gram per cup



Cheeses In 1 Cheese Portions

Gruyere Cheese - 1 gram
 Cheddar - 1 gram
 Fontina - 1/4 gram
 Havarti - 1/2 gram
 Parmesan - 1/2 gram
 Gouda - 1/4 gram
 Mozzarella - 1/4 gram
 Ricotta - 1/4 gram
 Blue Cheese - 1 gram
 Brie - 1/4 gram
 Monterey - 1/2 gram
 Muenster - 1/2 gram
 Provolone - 1/4 gram
 Neuchâtel - 1 to 2 grams



SEAFOOD

Starling - 0 Carbs
 Crawfish - 0 Carbs
 Crab - 0 Carbs
 Lobster - 2 grams per 6 ounces
 Mussels - 8.4 per 6 ounces
 Oysters - 1.2.4 per 6 ounces
 Scallops - 3.9 per 6 ounces
 Clams - 8.7 grams per 6 ounces
 Squid - 7 grams per 6 ounces



FRUITS

Lemons - 2 grams per 1 ounce
 Lemons - 2 grams per 1 ounce
 Blueberries - 1.7 grams per 1/2 cup
 Avocado - 4.8 grams each
 Apricots - 5 grams per fruit
 Strawberries - 1.1 grams per cup
 Blackberries - 7 grams per cup
 Raspberries - 5 grams per cup
 Red Grapefruit - 9 grams per 1/2 fruit



FATS AND DRESSINGS

Grass Fed Butter - 0 Carbs
 Mayonnaise - 0 Carbs
 Olive - 0 Carbs
 Olive, avocado, and coconut oils for general use. Cold pressed or expeller-pressed canola, peanut, and grape seed oils are good for other uses.
 Blue Cheese Dressing (2 tbsp) - 2.3 grams
 Italian Dressing (2 tbsp) - 3 grams
 Caesar Dressing (2 tbsp) - 5 grams
 Ranch Dressing (2 tbsp) - 1.6 grams
 100 Island Dressing (2 tbsp) - 4.8 grams



HERBS/SPICES

All Herbs And Spices
 Have Very Few Carbs



ZERO CARB DRINKS

Water
 Unsweetened Tea
 Unsweetened Coffee
 Club Soda
 Sugar Free Sparkling Water
 No-Calorie Flavored Seltzers
 Herbal Tea (without added barley or fruit sugars)



NUTS/SEEDS

Almonds (2 tbsp, whole) - 1.4 grams
 Pecans (2 tbsp) - 1.8 grams
 Hazelnuts (2 tbsp, chopped) - 1 gram
 Macadamia Nuts (2 tbsp, chopped) - 8 grams
 Peanuts (2 tbsp, chopped) - 4 grams
 Pine Nuts (2 tbsp) - 1.7 grams
 Pistachio Nuts (2 tbsp) - 3.8 grams
 Walnuts (2 tbsp, chopped) - 1.1 grams
 Pumpkin Seeds - 9 grams per ounce
 Sunflower Seeds (2 tbsp) - 1.9 grams
 Almond Butter - 3 grams per tablespoon
 Peanut Butter - 2.4 grams per tablespoon



MISCELLANEOUS

Shirataki Noodles - 0 Carbs
 White Vinegar - 0 Carbs
 Balsamic Vinegar - 0 Carbs
 Red Wine Vinegar - 0 Carbs
 Rice Vinegar (seasoned) 3 grams per tbsp.
 Soy Sauce - 1 gram per tablespoon
 Mustard - 0 Carbs
 Unflavored, powdered gelatin (use as a binder in recipes) - 0 Carbs
 Moon Hut Sauce - 0 Carbs
 Turkey or Beef Jerky (not salted flavor) - 5 grams per ounce
 Kale Chips - 8-12 grams per ounce
 Coconut Flakes - 4 grams per ounce
 Pickles - 1 gram per pickle



SOY VEGAN PROTEIN

Soybeans - 6.2 grams per 1/2 cup
 Soy Milk - 1.2 grams per cup
 Firm Tofu - 2.2 grams per 4 ounces
 Silken Tofu - 5.2 grams per 4 ounces
 Tempeh - 16 grams per cup
 Soy Nuts - 2 grams per 1/2 ounce



ZERO CARB ALCOHOLIC DRINKS

Gin • Rum • Vodka • Whiskey • Martini • Tequila



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Publishers Weekly ,1990 *Farmer's Weekly* ,1922 Farm, Stock and Home ,1895 Comfort ,1892 **Farmers and Consumers Market Bulletin** ,2005 **Economic and Political Weekly** ,1982 **The Farmers' Advocate and Home Magazine** ,1931 *American Fruit Grower* ,1904 Books in Print Supplement ,2002 **Vegetarian Times** ,2001
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