

# QUICK-VIEW FOOD GUIDE

## 148 LOW CARB FOODS

### VEGETABLES



Asparagus - 4 grams per cup  
 Bell Peppers - 3 grams per 1/2 cup  
 Broccoli - 2.5 grams per 1/2 cup  
 Cauliflower - 2.5 grams per 1/2 cup  
 Cucumber - 1 gram per 1/2 cup sliced  
 Eggplant - 3.6 grams per 1 cup  
 Green Beans - 2.5 grams per 1/2 cup  
 Green Onions - 1 gram per 1/2 cup  
 Kale - 2.4 grams per 1/2 cup  
 Lettuce - 1 gram per 1/2 cup  
 Mushrooms - 1 gram per 1/2 cup  
 Okra - 2.4 grams per 1/2 cup  
 Onions - 2.8 grams per 1/2 cup  
 Peas - 2.5 grams per 1/2 cup  
 Potatoes - 3.6 grams per 1 cup  
 Pumpkin - 2.2 grams per 1/2 cup  
 Radishes - 1.7 grams per 1/2 cup  
 Spinach - 2 grams per 1/2 cup  
 Summer Squash - 2 grams per 1/2 cup  
 Tomatoes - 4 grams per 1/2 cup  
 Turnips - 2.2 grams per 1/2 cup



### MEAT/FISH POULTRY

Beef (steak, ground, roast, ribs, brisket)  
 Chicken (whole, breast, thigh, drumstick, wing)  
 Fish (salmon, tuna, cod, shrimp, scallops, crab, lobster)  
 Pork (loin, chops, ribs, sausage, ham, bacon)  
 Turkey (whole, breast, thigh, drumstick, wing)  
 Venison (steak, ground, roast, ribs, brisket)



### CHEESE/DAIRY

Cheddar - 3 grams  
 Cream Cheese - 3 grams  
 Gouda - 3 grams  
 Mozzarella - 3 grams  
 Parmesan - 3 grams  
 Swiss - 3 grams  
 Butter - 0.1 grams  
 Heavy Cream - 0.1 grams  
 Half-and-half - 0.1 grams  
 Sour Cream - 0.1 grams  
 Unsalted Butter - 0.1 grams



### SEAFOOD

Salmon - 0.1 grams  
 Tuna - 0.1 grams  
 Shrimp - 0.1 grams  
 Crab - 0.1 grams  
 Lobster - 0.1 grams  
 Scallops - 0.1 grams  
 Clams - 0.1 grams  
 Squid - 0.1 grams



### FRUITS

Apples - 1.3 grams  
 Bananas - 2.8 grams  
 Blueberries - 0.6 grams  
 Raspberries - 0.6 grams  
 Strawberries - 0.6 grams  
 Blackberries - 0.6 grams  
 Raspberries - 0.6 grams  
 Red Raspberries - 0.6 grams



### FATS AND DRESSINGS

Avocado - 0.1 grams  
 Olive Oil - 0.1 grams  
 Coconut Oil - 0.1 grams  
 Butter - 0.1 grams  
 Cream - 0.1 grams  
 Dressing - 0.1 grams  
 Mayo - 0.1 grams  
 Salad Dressing - 0.1 grams  
 Ranch Dressing - 0.1 grams  
 Teriyaki Sauce - 0.1 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  
 Non-Calorie Flavored Seltzers  
 Herbal Tea (without added barley or fruit sugars)



### NUTS/SEEDS

Almonds (2 tbsp, whole) - 1.4 grams  
 Brazil Nuts (2 tbsp) - 1.8 grams  
 Cashews (2 tbsp, chopped) - 1 gram  
 Macadamia Nuts (2 tbsp, chopped) - 0.9 grams  
 Pecans (2 tbsp, chopped) - 0.8 grams  
 Pine Nuts (2 tbsp) - 1.7 grams  
 Pistachios (2 tbsp) - 0.8 grams  
 Walnuts (2 tbsp, chopped) - 1.1 grams  
 Pumpkin Seeds - 1 gram per ounce  
 Sunflower Seeds (2 tbsp) - 1.3 grams  
 Almond Butter - 3 grams per tablespoon  
 Peanut Butter - 2.4 grams per tablespoon



### MISCELLANEOUS

Shirazaki 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) - 0 grams per ounce  
 Kale Chips - 0.12 grams per ounce  
 Coconut Flakes - 4 grams per ounce  
 Pickles - 1 gram per pickle



### ZERO CARB ALCOHOLIC DRINKS

Gin • Rum • Vodka • Whiskey • Martini • Tequila



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**N Noddings**



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Publishers Weekly ,1990      *Farmer's Weekly* ,1922      Billboard ,1959-08-17 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends      **Farm, Stock and Home** ,1895      **Comfort** ,1892      *Economic and Political Weekly* ,1982      **International Milk Dealer** ,1930      *Film and Video Finder* ,1997 ,1997      *The Farmers' Advocate and Home Magazine* ,1931      **Woman's Home Companion** ,1931      *Pharmaceutical Journal;* ,1907      Farmers and Consumers Market Bulletin ,2005      **Books in Print Supplement** ,2002      The Ladies' Home Journal ,2004      American Fruit Grower ,1904      **Rural New Yorker** ,1943      The Continuing Study of Newspaper Reading Advertising Research Foundation ,1939      **Practical Farmer** ,1913      *Good Housekeeping* ,2005      **The New York Times Index** ,2004

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