



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			Endulge Treats			Meal Shakes		
	Amount	Net Carbs		Amount	Net Carbs		Amount	Net Carbs
Birthday Cake	1 bar	4.0	Almond Craze	1 bar	2.0	Creamy Chocolate	1 shake	4.0
Blueberry Greek Yogurt	1 bar	5.0	Caramel Nut Chew	1 bar	2.0	Vanilla Cream	1 shake	3.0
Chocolate Almond Butter	1 bar	4.0	Chocolate Caramel Mousse	1 bar	2.0			
Chocolate Almond Caramel	1 bar	3.0	Chocolate Coconut	1 bar	2.0			
Chocolate Chip Cookie Dough	1 bar	3.0	Chocolate Covered Almonds	1 pack	2.0			
Chocolate Chip Granola	1 bar	3.0	Chocolate Nutty Caramel	1 bar	4.0			
Chocolate Peanut Butter	1 bar	3.0	Chocolate Peanut Candies	1 pack	1.0			
Chocolate Peanut Butter Pretzel	1 bar	4.0	Crunchalicious	1 bar	1.0			
Cookies n' Creme	1 bar	4.0	Dark Chocolate Covered					
Double Fudge Brownie	1 bar	4.0	Peppermint Patties	1 piece	2.0			
Peanut Butter Granola	1 bar	4.0	Milk Chocolate Caramel Squares	3 pieces	2.0			
S'Mores	1 bar	4.0	Nutty Fudge Brownie	1 bar	2.0			
Strawberry Shortcake	1 bar	3.0	Peanut Butter Cups	2 cups	2.0			
Vanilla Caramel Pretzel	1 bar	4.0	Peanut Caramel Cluster	1 bar	3.0			
Vanilla Pecan Crisp	1 bar	4.0	Pecan Caramel Clusters	2 packs	2.0			
Anytime Snacks			KETO			Frozen Meals		
	Amount	Net Carbs		Amount	Net Carbs		Amount	Net Carbs
Bars			Caramel Almond Clusters	1 cluster	2.0	Breakfast		
Caramel Apple Pie	1 bar	3.0	Peanut Butter Cups	1 cup	2.0	Bacon Scramble	1 bowl	4.0
Caramel Chocolate Nut Roll	1 bar	3.0				Ham and Cheese Omelet	1 omelet	4.0
Caramel Chocolate Peanut Nougat	1 bar	3.0				Farmhouse-Style		
Caramel Double Chocolate Crunch	1 bar	4.0				Sausage Scramble	1 bowl	5.0
Chocolate Caramel Pretzel	1 bar	3.0						
Lemon	1 bar	3.0				Entrées		
Peanut Butter Fudge Crisp	1 bar	3.0				Asian-Style Chicken Stir Fry	1 tray	7.0
Triple Chocolate	1 bar	4.0				Bacon Cheddar		
White Chocolate Macadamia	1 bar	4.0				Cauliflower Bake	1 bowl	7.0
Protein Chips						Beef Merlot	1 tray	6.0
Chipotle BBQ	1 bag	4.0				Beef Teriyaki Stir-Fry	1 tray	7.0
Nacho Cheese	1 bag	4.0				Cheesy Chicken Risotto	1 tray	6.0
Ranch	1 bag	4.0				Chicken & Broccoli Alfredo	1 tray	6.0
Protein Cookies						Chicken Margherita	1 tray	7.0
Chocolate Chip	1 cookie	3.0				Chicken Marsala	1 tray	8.0
Double Chocolate Chip	1 cookie	3.0				Chili Con Carne	1 tray	7.0
Peanut Butter	1 cookie	3.0				Crustless Chicken Pot Pie	1 tray	6.0
Protein Wafer Crisps						Meat Lasagna	1 tray	11.0
Chocolate Crème	1 bar	4.0				Meatloaf w/ Portobello		
Peanut Butter	1 bar	3.0				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

Baking & Cooking Products

Better Bowls Sugar Free

	Amount	Net Carbs
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
Skinny Spaghetti	1 C	4.0

NutriWise

Cream of Mushroom Soup	1 pkt	5.0
ProtiDIET 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>		
Banquet Salisbury Steak	1 serv	7.0
Lean Cuisine Steak Portabella	1 serv	10.0
Steak Umm Sliced Steaks	1 ea	0.0
Stouffer's 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			Amount	Net Carbs
Chocolate Drinks				
<i>Canfield's</i>				
Diet Chocolate Fudge Soda	12 oz	0.0		
Hot Cocoa	1 pkt	22.4		
Hot Cocoa w/ Marshmallows	1 pkt	14.3		
<i>Nestlé No Sugar Added</i>				
Hot Cocoa Mix	1 serv	5.0		
<i>No-Mu</i> Hot Chocolate Powder	6g	1.0		
<i>Swiss Miss</i>				
Reduced Calorie Hot Cocoa Mix	1 pkt	4.0		
Hot Cocoa, No Sugar Added	1 pkt	14.0		
Coffee & Coffee Drinks				
Cappuccino				
Instant Powder	1 t	2.8		
Instant Powder, decaf	1 t	2.8		
<i>Caffè D'Vita</i> Sugar Free Instant				
French Vanilla Cappuccino	2 t	4.0		
<i>Hills Bros</i> Sugar Free				
French Vanilla Cappuccino	2 T	8.0		
Coffee				
Black, brewed	1 C	0.0		
Black, decaf, brewed	1 C	0.0		
Decaf, instant	1 C	1.0		
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		
<i>Starbucks</i>				
Caffè Americano	12 oz	1.0		
Caffè Latte w/ Whole Milk	12 oz	15.0		
Cappuccino w/ Whole Milk	12 oz	10.0		
Espresso, Black	1.5 oz	2.0		
Espresso w/ Whole Milk	12 oz	15.4		
Frappuccino, bottled	1 serv	37.0		
Latte, Iced, w/ Whole Milk	12 oz	10.0		
Mocha w/ Whole Milk	12 oz	30.0		
Mocha Frappuccino	12 oz	35.0		
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	38.2		
Cola, diet	12 oz	0.0		
Diet Sodas, all flavors	12 oz	0.0		
Ginger Ale	12 oz	32.1		
Grape Soda	12 oz	41.7		
Lemon/Lime Soda	12 oz	38.0		
Root Beer/Birch Beer	12 oz	39.2		
Seltzer	12 oz	0.0		
Seltzer, essence flavored	12 oz	0.0		
<i>Sweetleaf</i> Stevia Water Drops				
all flavors	1ml	1.0		
Tonic Water	12 oz	32.2		
Tonic Water, sugar free	12 oz	0.0		
Energy Sports Drinks				
Coconut Water, fresh	8 oz	6.3		
<i>Gatorade</i>	8 oz	14.7		
<i>Gatorade</i> Zero	12 oz	2.0		
<i>Monster</i>	8 oz	29.0		
<i>Monster</i> , Zero Ultra	8 oz	2.0		
<i>Red Bull</i>	8.4 oz	29.0		
<i>Red Bull</i> , sugar free	8.4 oz	2.0		
<i>Rockstar Energy</i>	8 oz	32.0		
<i>Rockstar Energy</i> , sugar free	8 oz	0.0		
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	4 oz	17.1		
Cranberry Juice Cocktail, light	4 oz	5.0		
<i>Fruitables</i> Mixed Fruit & Vegetable	6.75 oz	12.15		
Fruit Punch	4 oz	14.3		
Grape, unsweetened	4 oz	18.4		
Grapefruit, sweetened	4 oz	13.8		
Grapefruit, unsweetened	4 oz	8.8		
Guava Nectar	4 oz	19.1		
<i>Kool-Aid</i> , Sugar-Free Mix, all flavors	1 pkt	0.0		
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	10.7		
Orange-Peach-Mango	4 oz	14.5		
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		
Lemonade / Limeade				
Bottled, diet	8 oz	1.3		
Bottled, sweetened	8 oz	29.0		
<i>Crystal Light</i>	1/5 pkt	2.0		
<i>Minute Maid</i> Zero Sugar	8 oz	1.0		
Prepared from concentrate	8 oz	26.5		
Prepared from powder	8 oz	9.5		
<i>True Lemon</i> Lemonade Mix	1 pkt	3.0		
<i>True Lime</i> Mix	1 pkt	0.5		
<i>True Grapefruit</i> Mix	1 pkt	0.5		
<i>True Orange</i> Mix	1 pkt	0.5		
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		
Brewed Tea				
Black	8 oz	0.7		
With 1 T Milk	8 oz	1.4		
With 1 T Cream	8 oz	0.4		
Chamomile	8 oz	0.5		
Peppermint	8 oz	0.0		
Iced Tea				
Diet	8 oz	0.0		
<i>Lipton Pureleaf</i> , Unsweetened				
	8 oz	0.0		
Sweetened				
	8 oz	21.0		
<i>True Lemon</i> Mix	1/2 pkt	1.5		
Unsweetened, from instant	8 oz	1.0		
With Stevia	8 oz	0.0		
Vegetable Juices				
Carrot	4 oz	10.0		
Clam & Tomato	4 oz	12.7		
Tomato	4 oz	4.6		
Vegetable Juice Cocktail	4 oz	4.1		
Vitamin Water				
Energy	20 oz	27.0		
<i>Squeezed</i> , zero sugar	20 oz	4.0		
Water				
Bottled	8 oz	0.0		
<i>La Croix</i> , all flavors	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	5.8		
Low Carb	12 oz	2.5		
Near (>0.5% alcohol)	12 oz	13.7		
Nonalcoholic	12 oz	13.3		
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	2.7		
Wine, rosé	3.5 oz	4.0		
Wine, white, Sauvignon	3.5 oz	2.1		
Cocktail Mixes				
Bloody Mary	3.5 oz	3.1		
Margarita	3.5 oz	20.1		
Margarita, <i>Baja Bob's</i> Low Carb	4 oz	3.0		
Margarita, <i>Master of Mixes</i> , Lite	4 oz	2.0		
Mojito, <i>Baja Bob's</i> Low Carb	4 oz	3.0		
Piña Colada	3.5 oz	37.6		
Screwdriver	3.5 oz	8.5		
Strawberry Daiquiri, <i>Master of Mixes</i> , Lite	4 oz	3.0		
Sweet 'N Sour, <i>Master of Mixes</i> , Lite	4 oz	1.0		

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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

Flatbreads & Wraps

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
Pita		
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

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

Eclipse Sugar Free, all flavors	2 ea	0.0
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

Hard Candy

Jolly Rancher, sugar free	4 ea	0.0
Lifesavers	4 ea	15.0
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
Jordan Almonds, sugar free	13 ea	2.0
<i>Werther's Original</i>		
Sugar-Free Caramels	5 ea	0.0

Marshmallows

La Noubia, sugar free	1 ea	0.0
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Mints

Altoids Smalls, Sugar Free, all flavors	1 ea	0.0
Eclipse, all flavors	3 ea	0.0
Pep-O-Mints	4 ea	12.0
Pep-O-Mints, sugar free	4 ea	0.0
Winto-O-Green	4 ea	12.0
Winto-O-Green, sugar free	4 ea	0.0

Cereals

Hot

<i>Bob's Red Mill 7 Grain</i>		
Hot Cereal w/Flax Meal, dry	1/4 C	24.0
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
Farina, enriched, dry	3 T	26.5
Grits, instant, dry	1 oz	21.0
Maltes Hot Wheat Cereal, dry	1/3 C	33.0
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
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
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
Wheatena Toasted Wheat, dry	1/3 C	27.0
Wolff's Cream of Buckwheat	41g	34.0

Ready-to-Eat

Alpen Muesli, no sugar added	2/3 C	36.0
<i>Barbara's Organic</i>		
Multigrain Spoonfuls	3/4 C	19.5
Barbara's Puffins, original	3/4 C	19.5
<i>Cascadian Farm Cinnamon Apple</i>		
Granola, no added sugar	2/3 C	32.0
Cheerios, Multigrain	1 C	21.0
Corn Chex	1 -1/4 C	31.0
Corn Flakes	1 C	23.0
Crispix Corn & Rice	1 C	25.5
Eden Kamut Flakes	1/2 C	30.0

Cereals continued						Dairy, Eggs & Dairy Substitute		
	Amount	Net Carbs		Amount	Net Carbs		Amount	Net Carbs
<i>Fiber One</i>			Coconut Milk,			Butter & Margarine		
Honey Clusters	1 C	35.0	canned, unsweetened	1 C	0.0	Ghee	1 t	0.0
Original	2/3 C	6.0	Coconut Milk, light, canned	1 C	4.0	Stick Butter	1 C	0.1
Flax Plus Multibran Flakes	1 C	24.0	Coriander, ground	1 t	0.4	Stick Butter	1 T	0.0
Food for Life Ezekiel 4:09 Flakes	3/4 C	36.0	Crab/Shrimp Boil Mix	1 T	0.1	Stick Margarine	1 T	0.1
<i>Grape-Nuts</i>			Creole Seasoning	1 T	0.0	Whipped Butter	1 C	0.1
Flakes	1 C	29.0	Cumin Seed, ground	1 t	1.0	Whipped Butter	1 T	0.0
Original	1/2 C	40.0	Curry Powder	1 T	0.2	Whipped Margarine	1 T	0.0
<i>Kashi</i>			Dill Weed, dried	1 T	1.3	Cheese		
Go Crunch!	3/4 C	29.0	Dill Weed, fresh, chopped	1 T	0.0	American	1 sl	1.9
Warm Cinnamon Oat	1 C	30.0	Garlic			Asiago	1 oz	3.5
Whole Wheat Biscuits	32 ea	40.0	Clove	1 ea	0.9	Appenzeller	1 oz	0.0
<i>Kellogg's All-Bran</i>			Minced, fresh or jarred	1 T	2.6	Bue Cheese, crumbled	2 T	0.4
Buds	1/2 C	19.0	Minced, dried	1 T	4.7	Boursin, Garden & Fine Herb	2 T	1.0
Original	2/3 C	20.0	Powder	1 t	2.0	Brie	1 oz	0.1
Oat Bran, raw	1/3 C	15.9	Salt	1 T	0.0	Camembert	1 oz	0.1
Puffed Brown Rice	1 C	13.0	Ginger, ground	1 T	3.1	Cheddar	1 oz	0.7
Puffed Corn	1 C	10.0	Ginger Root, fresh, grated	1 T	1.0	Cheez Whiz	2 T	2.6
Puffed Kamut	1 C	9.0	Horseradish, prepared	1 t	0.4	Colby	1 oz	0.7
Puffed Millet	1 C	16.2	Italian Seasoning	1 T	1.5	Cottage Cheese		
Puffed Rice	1 C	12.0	Lawry's Seasoned Salt	1 t	0.0	Curds, 2% fat	1/2 C	5.4
Puffed Wheat	1 C	10.0	Lemon Peel, fresh, grated	1 T	0.3	Creamed, 4% fat	1/2 C	3.6
Shredded Wheat			Lemon-Pepper Seasoning	1 t	0.0	Curds, 4% fat	1/2 C	4.5
Large Biscuit	51g	34.0	Liquid Smoke	1 T	0.9	Cream Cheese, brick		
Spoon Size, w/ Bran	1-1/3 C	41.0	Marmite Yeast Extract	1 T	2.5	Fat Free	2 T	2.4
Spoon Size, Whole Grain	1-1/3 C	41.0	Miso Paste			Neufchatel	2 T	1.0
Smart Bran	3/4 C	15.0	Mellow Brown	1 T	3.0	Original	2 T	1.6
<i>Special K</i>			Mellow Red	1 T	1.9	Cream Cheese, soft		
Original	1-1/4 C	29.0	Mellow White	1 T	7.8	Blueberry	2 T	7.0
Protein	1 C	25.0	Mrs. Dash	1 t	4.0	Chive & Onion	2 T	2.0
Spelt Flakes	1 C	26.4	Mustard			Garden Vegetable	2 T	2.0
Total/Whole Grain	3/4 C	22.0	Chinese	1 t	0.1	Regular	2 T	2.1
Wheat Bran, raw	2 T	1.6	Dijon	1 t	0.2	Strawberry	2 T	5.0
Wheat Germ, toasted	2 T	5.6	Honey	1 t	1.0	Sundried Tomato & Basil	2 T	2.0
<i>Wheaties</i> Toasted			Powder	1 t	0.4	Cream Cheese, whipped		
Whole Wheat Flakes	3/4 C	20.0	Spicy Brown	1 t	0.0	Chive & Onion	2 T	2.0
			Yellow	1 t	0.1	Original	2 T	1.1
			Nutmeg, ground	1/2 t	0.3	Edam	1 oz	0.6
			Onion, minced, dried	1 T	3.7	Emmentaler	1 oz	0.4
			Orange Peel, grated, fresh	1 t	0.3	Feta	1 oz	1.2
			Oregano, dried	1 T	0.8	Fontina	1 oz	0.4
			Paprika	1 T	1.3	Goat, Aged	1 oz	0.0
			Parsley, fresh, chopped	1 T	0.1	Goat, Soft (Chèvre)	1 oz	0.0
			Pepper, black, ground	1 t	0.9	Gorgonzola	1 oz	0.7
			Pepper, red, crushed	1 t	0.5	Gouda	1 oz	0.6
			Pickle Spear, Dill or Kosher	1 ea	0.5	Gruyère	1 oz	0.1
			Pickle, Dill, whole, 4-inch	1 ea	1.9	Havarti	1 oz	0.8
			Pickle Relish	1 T	4.7	Jarlsberg	1 oz	0.4
			Pickle, Sweet, Midget	1 ea	1.2	Laughing Cow	1 wedge	1.0
			Pimento (Roasted Red Pepper)	1 oz	0.9	Limburger	1 oz	0.1
			Poultry Seasoning	1 t	0.8	Manchego	1 oz	0.0
			Pumpkin Pie Spice Mix	1 t	0.9	Mascarpone	1 oz	2.0
			Rosemary, dried	1 T	0.8	Maytag Blue	1 oz	0.6
			Sage, ground	1 t	0.1	Monterey Jack	1 oz	0.2
			Salt	1 t	0.0	Mozzarella		
			Spike Seasoning, original	1 t	0.0	Fresh Balls	1 oz	0.0
			Tahini (Sesame Paste)	2 T	5.0	Part Skim	1 oz	1.7
			Thai Chile Paste	1 T	2.6	Smoked	1 oz	1.0
			Thyme, dried	1 T	0.8	Whole Milk	1 oz	0.7
			Wasabi Paste	1 t	2.6	Muenster	1 oz	0.3
			Wasabi, powdered	1 t	1.0	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
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						
Bragg Liquid Aminos	1 T	0.0						
Capers, drained	1 T	0.2						
Celery Salt	1 t	0.0						
<i>Chile Peppers</i>								
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						

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Dairy, Eggs & Dairy Substitute continued								
	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</i> Carb Smart			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			
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			Vanilla	2/3 C	9.0			
(from frozen)	1/4 C	1.8	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</i> Carb Smart					
Whole	1 C	11.4	Fudge Bar	1 ea	3.0			
Milk Substitutes			Almond Ice Cream Bar	1 ea	5.0			
Almond Milk			Vanilla Ice Cream Bar,					
Chocolate Flavored	1 C	19.6	Chocolate Coated	1 ea	5.0			
Plain	1 C	12.3	Fudgsicle					
Plain, unsweetened	1 C	2.7	No Sugar Added Fudge Pops	1 ea	4.5			
Vanilla, unsweetened	1 C	2.7						

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

Fruit continued	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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Amount	Net Carbs
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Cranberry/Roman		
Cooked/canned	1/4 C	5.7
Dry	1/4 C	17.2
Fava Beans		
Cooked/canned	1/4 C	5.6
Dry	1/4 C	12.5
Great Northern		
Cooked/canned	1/4 C	10.6
Dry	1/4 C	19.3
Kidney Beans		
Cooked/canned	1/4 C	6.5
Dry	1/4 C	16.2
Lentils		
Black, cooked/canned	1/4 C	5.8
Brown, cooked/canned	1/4 C	5.8
Green, dry	1/4 C	15.0
Red, dry	1/4 C	21.0
Lima Beans		
Canned, Seasoned w/ Pork	1/2 C	12.0
Large, cooked/canned	1/4 C	6.1
Large, dry	1/4 C	19.8
Baby, dry	1/4 C	21.3
Baby, cooked/canned	1/4 C	7.1
Navy Beans		
Cooked/canned	1/4 C	10.1
Dry	1/4 C	23.6
Peas, Split		
Green, cooked/canned	1/4 C	6.3
Green, dry	1/4 C	18.8
Red, cooked/canned	1/4 C	6.9
Yellow, cooked	1/4 C	6.3
Pigeon		
Cooked/canned	1/4 C	7.0
Dry	1/4 C	24.5
Pink		
Cooked/canned	1/4 C	9.2
Dry	1/4 C	27.0
Pinto		
Cooked/canned	1/4 C	6.4
Dry	1/4 C	22.7
Refried	1/4 C	3.3
Soybeans (also see Nuts & Seeds)		
Black, canned	1/2 C	1.0
Green (Edamame),shelled	1/2 C	2.8
White, canned	1/4 C	4.0
White, dry	1/4 C	5.0
Prepared Dishes		
<i>Amy's Soups</i> , Curried Lentil	1 C	21.0
<i>Tasty Bite</i>		
Madras Lentils	1/2 pkg	11.0
Chana Masala	1/2 pkg	14.0

Nuts & Seeds	Amount	Net Carbs
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Almonds		
Butter	2 T	2.7
Meal/Flour	1/2 C	8.0
Paste	2 T	17.2
Slivered, blanched	2 T	1.2
Whole, raw	24	2.6
Whole, roasted	24	2.8
Brazil Nuts		
Raw	1 oz	1.2
Roasted	1 oz	2.0
Cashews		
Butter	2 T	8.7
Whole, raw	1 oz	7.6
Whole, roasted	2 T	4.7

	Amount	Net Carbs
Chestnuts		
Peeled, dried	1 oz	22.2
Raw	1/4 C	13.6
Steamed or roasted	1 oz	13.6
Chia Seeds	2 T	0.3
Coconut		
Baker's Moist-Packed		
Angel Flaked	2 T	5.0
Dried, grated	2 T	0.7
Dried, grated, sweetened	2 T	4.9
Fresh, grated	2 T	0.6
Meal/Flour	1/4 C	5.3
Flaxseeds		
Meal	1/2 C	0.9
Whole	2 T	0.3
Hazelnuts (Filberts)		
Butter	2 T	1.0
Meal/Flour	1/4 C	4.0
Nutella	2 T	20.5
Raw	12 ea	1.2
Roasted	1 oz	2.3
Hemp Seeds		
Meal/Flour	2 T	1.0
Seeds	2 T	0.6
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	2.5
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 or Crunchy	2 T	5.0
Honey	2 T	9.0
Smucker's Natural		
Chunky or Creamy	2 T	4.0
Peanuts		
Dry roasted	1 oz	3.7
Meal/Flour	1/2 C	4.6
Oil roasted	22 ea	1.1
Raw	2 T	1.4
Pecans		
Butter	2 T	1.0
Raw	1 oz	1.2
Roasted	1 oz	1.2
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

	Amount	Net Carbs
Sunflower Seeds		
Butter	2 T	5.6
Hulled, raw	2 T	2.3
Hulled, roasted	2 T	2.2
Walnuts		
Butter	2 T	2.0
Halves, raw or roasted	1 oz	2.0
Meal	1/2 C	2.8

Oils, Fats, Vinegar & Salad Dressings	Amount	Net Carbs
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	Amount	Calories
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, Light</i>	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
Pam	0.0

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Oils, Fats, Vinegar & Salad Dressings			Sausages & Marinades		
continued					
	Amount	Net Carbs		Amount	Net Carbs
Salad Dressings			Sauces		
<i>Annie's Naturals</i>			Alfredo Sauce		
Balsamic Vinaigrette	2 T	2.0	<i>Bertolli d'Italia</i>	1/4 C	2.0
Caesar	2 T	2.0	<i>Prego</i>	1/4 C	3.0
Green Goddess	2 T	1.0	<i>Newman's Own</i>	1/4 C	3.0
Shitake Sesame	2 T	2.0	<i>Ragu Classic</i>	1/4 C	2.0
<i>Bolthouse Farms Yogurt Dressings</i>			<i>Walden Farms</i>	1/4 C	0.0
Cilantro Avocado	2 T	2.0	Barbecue Sauce		
Creamy Caesar	2 T	3.0	<i>Guy's Sugar Free</i>	2 T	2.0
Honey Mustard	2 T 5.0		<i>Simple Girl</i>		
<i>Drew's Organics</i>			Carolina Kick	2 T	1.0
Rosemary Balsamic	2 T	0.5	Southern Blend	2 T	1.0
Tahini Goddess	2 T	1.0	Country Sweet	2 T	2.0
Roasted Garlic & Peppercorn	2 T	0.5	<i>Trinity Hill Barbecue</i>	1 T	2.0
Classic Italian	2 T	0.5	Walden Farms		
<i>Kraft</i>			Hickory Smoked	2 T	0.5
Creamy Italian	2 T	2.0	Thick & Spicy	2 T	0.5
Peppercorn Ranch	2 T	2.0	Buffalo Chicken Sandwich Sauce (<i>Beano's</i>)	1 t	0.0
Thousand Island	2 T	4.0	Chutney		
Zesty Italian	2 T	3.0	<i>Bombay Coriander</i>	1 T	0.5
<i>Maple Grove Farms, sugar free</i>			<i>Major Grey Mango</i>	1 T	11.0
Balsamic Vinaigrette	2 T	1.0	<i>Silver Palate Mango</i>	2 T	15.0
Raspberry Vinaigrette	2 T	1.0	Cocktail/Seafood Sauce		
<i>Marie's</i>			<i>Heinz</i>	1 T	4.0
All Natural Caesar	2 T	1.0	<i>Walden Farms</i>	1 T	0.0
Chunky Blue Cheese	2 T	1.0	Cranberry Sauce (see Fruit)		
Garlic Parmesan Italian	2 T	2.0	Enchilada Sauce		
Chipotle Ranch	2 T	1.0	<i>Frontera, red chili</i>	1/4 C	3.0
<i>Newman's Own</i>			<i>Las Palmas, hot or medium</i>	1/4 C	2.0
Creamy Caesar	2 T	1.0	<i>Ortega, mild</i>	1/4 C	3.0
Parmesan Roasted Garlic	2 T	2.0	Fish Sauce		
<i>Walden Farms, Sugar Free</i>			<i>Ka-Me</i>	1 t	0.0
Creamy Bacon	2 T	0.5	<i>Thai Kitchen</i>	1 t	1.0
Italian	2 T	0.5	Garlic Sauce		
Ranch	2 T	0.0	<i>Pepper Plant Chunky</i>	1 t	0.0
Thousand Island	2 T	0.0	<i>Roland Garlic Chili</i>	1 T	5.0
<i>Wish-Bone</i>			Hoisin Sauce		
Creamy French	2 T	5.0	<i>Dynasty</i>	1 T	4.5
Thousand Island	2 T	4.0	<i>Ka-Me</i>	1 T	6.0
Vinegar			Hollandaise	2 T	0.6
Balsamic	1 T	3.0	Horseradish Sauce		
Champagne	1 T	2.0	Prepared	1 T	1.2
Cider	1 T	0.1	Cream Style	1 T	1.6
Red Wine	1 T	0.0	Red (w/ beets)	1 T	0.0
Rice, Seasoned	1 T	4.8	Hot Sauce		
Rice, Unsweetened	1 T	0.0	<i>La Victoria</i>	1 t	1.0
Sherry	1 T	0.0	<i>Frank's Red Hot Original</i>	1 t	0.0
Ume Plum	1 t	0.0	<i>Tabasco</i>	1 t	0.0
White	1 T	0.0	Ketchup (Catsup)		
White Wine	1 T	1.0	<i>Heinz No Sugar Added</i>	1 T	1.0
Poultry			<i>Primal Kitchen</i>	1 T	2.0
Chicken			<i>True Made Lower Sugar</i>	1 T	3.0
Breast	6 oz	0.0	<i>Walden Farms</i>	1 T	0.5
Capon, Roast	6 oz	0.0	Peanut Sauce		
Drumstick	6 oz	0.0	<i>Annie Chun's Dipping</i>	2 T	7.0
Ground	6 oz	0.0	<i>Thai Kitchen Peanut Satay</i>	2 T	7.0
Leg	6 oz	0.0	Pesto Sauce	1 T	0.7
Liver, Cooked	4 oz	0.8	Piccalilli	1 T	1.4
Roast	6 oz	0.0	<i>Pickapeppa</i>	1 t	1.2
Rock Cornish Hen	8 oz	0.0	Pasta/Pizza Sauce		
Thighs	6 oz	0.0	<i>Contadina Original</i>	1/4 C	5.0
Wings	6 oz	0.0	<i>Patsy's Marinara</i>	1/2 C	5.0
			<i>Prego Marinara</i>	1/2 C	8.0
			<i>Prego Traditional</i>	1/2 C	9.0
			<i>Ragu Old World Style, traditional</i>	1/2 C	8.0
			<i>Rao's Marinara</i>	1/2 C	5.0
			<i>Walden Farms</i>		
			Garlic & Herb	1/4 C	0.0
			Tomato & Basil	1/4 C	0.0
Deli & Lunch Meats			Sauces		
"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			

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Sauces & Marinades

continued

	Amount	Net Carbs
<i>Dynasty Plum Sauce</i>	2 T	14.0
Salsa (see Snacks)		
Simmer Sauces		
<i>Patak's Butter Chicken</i>	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 Curry Sauce</i>	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 Sugar Free</i>	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, mild</i>	1 T	2.0
<i>Pico Pica, medium</i>	1 t	0.0
Red		
<i>La Victoria, medium</i>	1 T	1.0
<i>Old El Paso, medium</i>	1 T	1.0
<i>Ortega Thick & Smooth, hot</i>	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

Marinades

<i>A1 Steak House Chicago</i>	1 T	3.0
<i>Badia Mojo</i>	1 T	1.0
<i>DiChickO's Lemon-Herb Peri-Peri</i>	1 T	1.0
<i>Ginger People Ginger Juice</i>	1 T	3.0
<i>Lawry's Marinades</i>		
Baja Chipotle	1 T	2.0
Herb & Garlic	1 T	2.0
Caribbean Jerk	1 T	4.0
<i>Primal Kitchen Balsamic</i>	2 T	3.0
<i>Lawry's Mesquite with Lime</i>	1 T	2.0
<i>Wicker's Marinade & Baste</i>	2 T	1.0

Snacks

Savory Snacks

Chips, Crisps & Dippers

<i>Julian Bakery</i>		
Primal Thin Crackers	14g	3.0
Paleo Thin Crackers	14g	5.0
<i>Flackers Flax Seed Crackers</i>		
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 Cheese Snacks</i>		
Snack Bars	1 serv	<1.0
Kale Chips, <i>Rhythm Superfoods,</i>		
Kool Ranch	1 oz	5.0
<i>Kitchen Table Bakers All Cheese</i>		
Crisps, aged parmesan	1 oz	1.0
<i>RW Garcia Crackers</i>		
Sweet Beet	1 oz	15.0
Kale	1 oz	15.0
<i>Terra Chips</i>		
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 Homestyle Pretzel Rings</i>	30g	22.0
<i>Fit Joy Grain Free</i>	1 oz	21.0
<i>From the Ground Up Cauliflower</i>	20 ea	22.0
Rice Cakes		
<i>Lundberg Whole Grain</i>		
Organic Brown Rice	1 ea	15.0
Organic Kettle Corn	1 ea	18.0
Organic Wild Rice	1 ea	15.0
<i>Quaker Oats</i>		
Lightly Salted	1 ea	7.0
Butter Popcorn	1 ea	7.0
Tomato & Basil	1 ea	8.0
Dips		
Bacon Dips		
<i>Heluva Good Dip, w/ Horseradish</i>	2 T	2.0
Bean Dips		
<i>Arriba! Pinto Bean, w/ chipotle</i>	2 T	4.0
<i>Bush's Black Bean Dip</i>	2 T	4.0
<i>Desert Pepper, pinto bean,</i>		
Medium Hot	2 T	2.0
<i>Tostitos Fiesta Bean & Cheese</i>	2 T	3.0
Cheese Dips		
<i>El Viajero White Mexican</i>	1 oz	1.0
<i>Heluva Good Dip,</i>		
Jalapeño w/cheddar	2 T	3.0
<i>La Terra Fina Queso Cheese Dip</i>	2 T	2.0
Spinach, Artichoke &		
Parmesan Dip	2 T	1.0
<i>La Bandrita, hot</i>	2 T	1.0
Eggplant Dips		
<i>Joseph's Roasted</i>		
Baba Ghannouj	2 T	4.0
Guacamole		
<i>Sabra Classic</i>	2 oz	3.0
<i>Wholly Guacamole Spicy Pico</i>		
Over Guacamole	2 T	1.0
Hummus		
<i>Cedar's Artichoke Spinach</i>	2 T	3.0
Sundried Tomato & Basil	2 T	3.0
<i>Sabra Roasted Garlic</i>	2 T	4.0
CAVA Spicy	2 T	3.0
Onion Dips		
<i>Kraft French Onion</i>	2 T	3.0
Ranch Dips		
<i>Lay's Smooth Ranch</i>	2 T	1.0
<i>Cibo Naturals</i>		
Red Pepper Pesto	2 oz	2.0
<i>Joseph's Tzatziki Cucumber</i>		
& Garlic Dip	1 T	1.0

	Amount	Net Carbs
Jerky		
<i>Jack Link's Original</i>	1 oz	6.0
<i>Mission Meats Beef Stick</i>	1 oz	1.0
<i>Shelton's Turkey</i>	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 Tomatillo</i>	2 T	1.5
<i>La Victoria Suprema Salsa, Mild</i>	2 T	2.0
<i>Newman's Own Medium</i>	2 T	6.0
<i>Wholly Salsa Avocado Verde</i>	2 T	2.0
Vegetable Spreads		
Bruschetta		
<i>DeLallo Diavolo</i>		
Sun-Dried Tomato	2 T	7.0
<i>Gia Russa Tomato</i>	1 oz	1.0
<i>Elki Artichoke Tomato</i>	2 T	2.0
<i>Marco Polo Caponata</i>	1 T	2.2
Tapenade		
<i>Gaea Smoked Eggplant</i>	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 Sugar Free</i>		
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, condensed</i>	1/2 C	11.0
<i>Campbell's Chunky,</i>		
<i>Healthy Request</i>	1/2 C	20.0
Snow's	1/2 C	11.0

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