



CARB COUNTER





CARB COUNTER

- 1 How to Use the Atkins Carb Counter
- 3 Atkins & Other Low-Carb Specialty Foods
- 6 Baking Ingredients
- 7 Beef, Lamb, Pork & Other Meats
- 9 Beverages & Alcoholic Beverages
- 12 Breads, Crackers, Tortillas & Wraps
- 14 Candy & Chewing Gum
- 15 Cereals
- 17 Condiments & Seasonings
- 18 Dairy, Eggs & Dairy Substitutes
- 21 Desserts
- 23 Fish & Shellfish
- 25 Fruit
- 28 Grains, Noodles & Pasta
- 30 Legumes
- 31 Nuts & Seeds
- 33 Oils, Fats, Vinegar & Salad Dressings
- 35 Poultry
- 36 Sauces & Marinades
- 39 Snacks
- 41 Soups
- 43 Sweeteners, Spreads & Syrups
- 45 Vegetables
- 49 Vegetarian Products
- 52 Chain Restaurants

HOW TO USE THE ATKINS CARB COUNTER

THE CARB COUNTER has one purpose only—to tell you the 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 Diet plan (Atkins 20 or Atkins 40) you're on.

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 less bad.

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—we don't tell you that an Atkins bar is "two servings" and then give you the net carbs per "serving".

***Counting Carbs?**

Atkins Net Carb Count assists you in tracking carbs that impact blood sugar. Fiber and sugar alcohols should be subtracted from the total carbs since they minimally impact blood sugar.

TOTAL CARBS **FIBER** **SUGAR ALCOHOLS**

19g - 6g - 9g =



ATKINS
4g
NET CARBS

That means you can depend on these net carb counts being reliable numbers that you can use to calculate exactly how many carbs you're consuming so that you can stay within the parameters of the Atkins Diet.

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 the Atkins Diet, and probably shouldn't be eating on any diet. We put them in so you could see the carb load of different common foods, so you could compare high net carb choices with lower carb choices, or, in some cases, so you could see just how high in sugar a given food really is.

Remember: Every single food listed here is not right for every phase; and some foods are not right for any phase! Choose wisely!

What to Avoid

For example, manufactured trans fats, which are hydrogenated or partially hydrogenated oils, have absolutely no place in a healthy diet. 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. 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 1 to 1. That's why we recommend you not cook with certain oils or eat products that contain them. Specifically, steer clear of soybean, regular safflower—the high-oleic type is fine—corn and peanut oil, as well as “vegetable” oil, which can contain any of the above.

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

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

Net Carbs. Be sure to also scan the list of ingredients to make sure that hidden sugars and other problematic ingredients discussed above aren't included.

ATKINS & OTHER LOW-CARB SPECIALTY FOODS

	Amount	Net Carbs
--	--------	-----------

Atkins Nutritionals Products

Atkins Meal Bars		
Chocolate Chip Cookie Dough	1 bar	3.0
Chocolate Chip Granola	1 bar	3.0
Chocolate Peanut Butter	1 bar	2.0
Cinnamon Bun	1 bar	3.0
Cookies 'n Crème	1 bar	3.0
Mudslide	1 bar	3.0
Peanut Butter Granola	1 bar	3.0
Peanut Fudge Granola	1 bar	2.0
Strawberry Almond	1 bar	3.0

Atkins Snack Bars

Caramel Chocolate		
Peanut Nougat	1 bar	2.0
Caramel Double		
Chocolate Crunch	1 bar	3.0
Caramel Chocolate Nut Roll	1 bar	3.0
Caramel Fudge Brownie	1 bar	3.0
Cashew Trail Mix	1 bar	5.0
Coconut Almond Delight	1 bar	2.0
Dark Chocolate Almond		
Coconut Crunch	1 bar	3.0
Dark Chocolate Decadence	1 bar	3.0
Triple Chocolate	1 bar	3.0

Amount **Net Carbs**

Atkins Ready-to-Drink Shakes

Café Caramel	1 shake	2.0
Dark Chocolate Royale	1 shake	2.0
French Vanilla	1 shake	1.0
Milk Chocolate Delight	1 shake	2.0
Mocha Latte	1 shake	2.0
Strawberry	1 shake	1.0

Atkins Day Break Bars

Apple Crisp	1 bar	3.0
Blueberry Almond		
Baked Square	1 bar	6.0
Chocolate Chip Crisp	1 bar	3.0
Chocolate Hazelnut	1 bar	3.0
Chocolate Oatmeal Fiber	1 bar	7.0
Cranberry Almond	1 bar	2.0
Oatmeal Cinnamon		
Baked Square	1 bar	6.0
Peanut Butter Fudge Crisp	1 bar	2.0

Atkins Day Break Ready-to-Drink Shakes

Creamy Chocolate	1 shake	3.0
Strawberry Banana	1 shake	2.0

Atkins Indulge Treats

Caramel Nut Chew	1 bar	2.0
Chocolate Candies	1 pack	1.0
Chocolate Caramel Mousse	1 bar	2.0
Chocolate Coconut	1 bar	3.0

**ATKINS & OTHER LOW-CARB
SPECIALTY FOODS** *continued*

	Amount	Net Carbs
Chocolate Peanut Candies	1 pack	1.0
Milk Chocolate Caramel Squares	3 pieces	2.0
Nutty Fudge Brownie	1 bar	2.0
Peanut Butter Cups	1 bar	2.0
Peanut Caramel Cluster	1 bar	3.0
Pecan Caramel Clusters	1 pack	2.0

Atkins Cuisine

Penne Pasta, dry	1/2 C	19.0
------------------	-------	------

Atkins Breakfast Frozen Meals

Bacon Scramble	1 bowl	5.0
Farmhouse-Style Sausage Scramble	1 bowl	5.0
Steak Scramble	1 bowl	5.0
Tex-Mex Scramble	1 bowl	5.0

Atkins Entrée Frozen Meals

Beef Fiesta Taco Bowl	1 tray	7.0
Beef Merlot	1 tray	6.0
Cheese Pizza	1 pizza	11.0
Chicken & Broccoli Alfredo	1 tray	5.0
Chicken Margherita	1 tray	7.0
Chile Con Carne	1 tray	4.0
Crustless Chicken Pot Pie	1 tray	5.0
Italian-Style Pasta Bake	1 tray	7.0

Amount **Net Carbs**

Mexican-Style Chicken and Vegetables	1 tray	7.0
Meatloaf w/ Portobello Mushroom Gravy	1 tray	7.0
Orange Chicken	1 tray	7.0
Pepperoni Pizza	1 pizza	11.0
Sesame Chicken Stir-Fry	1 tray	7.0
Shrimp Scampi	1 tray	7.0
Swedish Meatballs	1 tray	6.0
Three Meat Pizza	1 pizza	11.0
Vegetable Pizza	1 pizza	11.0

Other Low Carb Products

Baking & Cooking Products

Better Bowls Sugar Free

Gelatin Mix, all flavors, prepared	1/2 C	2.0
Pudding Mix, Chocolate, prepared w/ whole milk	1/2 C	7.0
Pudding Mix, Vanilla, prepared w/ whole milk	1/2 C	6.0

Big Train Low Carb

Breading & Batter Mix	1 T	1.0
Brownie Mix, baked	1 ea	1.0
Chocolate Chip Cookie Mix, prepared	1 ea	7.0
Peanut Butter Cookie Mix, prepared	1 ea	5.0

**ATKINS & OTHER LOW-CARB
SPECIALTY FOODS** *continued*

	Amount	Net Carbs
Bob's Red Mill Low Carb Bread Mix, prepared	1 sl	5.0
CarLO CARBiano Low Carb Ready to Heat Pizza Crust	1 ea	3.0

Dixie Diners' Carb Counters

Angel Food Cake Mix, prepared	5.2 oz	1.0
-------------------------------	--------	-----

Dixie Diners' Carb Counters

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, Carrot, prepared	2.3" sq	2.0
Thick It Up Thickener	1 t	0.0

LC Foods Low Carb Mixes

Banana Bread, prepared	1 sl	1.0
Frosting, Chocolate or Vanilla, prepared	1 T	0.0
Muffin Mix, prepared	1 ea	1.0

Amount **Net Carbs**

Breakfast Cereals

Dixie Diners' Carb Counters

Apple Cinnamon	1 pkt	3.0
Smaps Sweet Maple, dry	1/2 C	2.0
Kay's Naturals Protein Apple Cinnamon, dry	1.2 oz	12.0
LC Foods Cereal, Raspberry, dry	1/4 C	1.5
Nutlettes, dry	1/2 C	4.0
Nutritious Living Hi-Lo, Original, dry	1/2 C	7.0

Sensato High Fiber

Butter Pecan, prepared	1/2 C	1.0
Nut & Flax Granola, Cinnamon, dry	1/2 C	2.0

Prepared Meals

Dixie Diners' Carb Counters

Meal in a Cup Chili	1 C	5.0
Mac & Cheese	1 C	3.0
Spaghetti	1 C	5.0
Teriyaki Noodles	1 C	7.0

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 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
Flaxseed Meal	1/4 C	0.0
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

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
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
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	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

(Also see *Atkins & Other Low-Carb*

Specialty Foods)

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

	Amount	Net Carbs
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

Amount **Net Carbs**

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		
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 Nouba 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

	Amount	Net Carbs
Rolled, dry		
Steel Cut	1/3 C	19.0
(Scottish/Irish), dry		
Whole Grain	1/4 C	11.5
Whole Grain	1/4 C	21.7
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

 Amount **Net Carbs**
Special K

Original	1 C	21.0
Protein Plus	3/4 C	9.0
Spelt Flakes	1/2 C	31.0
Total		
Whole Grain	3/4 C	20.0
Protein	3/4 C	8.0
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 Adobe	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

 Amount **Net Carbs**

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

CONDIMENTS & SEASONINGS *continued*

	Amount	Net Carbs
Yellow	1 t	0.1
Nutmeg, ground	1/2 t	0.3
Olives (see <i>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

	Amount	Net Carbs
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 Soymilk "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		

	Amount	Net Carbs
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

	Amount	Net Carbs
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

	Amount	Net Carbs
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
Shellfish		
Clams		
Canned, drained		
2 oz		3.3
Deep-Fried		
2 oz		5.9

FISH & SHELLFISH *continued*

	Amount	Net Carbs
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

Amount **Net Carbs**

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 (<i>See page 54</i>)		
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

Amount **Net Carbs**

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

	Amount	Net Carbs
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
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

	Amount	Net Carbs
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
Texmati, 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 Snacks)		
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 Snacks)		
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 Vegetables)		
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 Nuts & Seeds)		
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	1/2 C	16.0
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
Oils		
Spectrum		
Organic Olive Oil Mayo	1 T	1.0
Canola Oil	1 T	0.0
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
Caesar	2 T	1.0
Green Goodness	2 T	1.0
Tuscany Italian	2 T	3.0
Drew's All Natural		
Greek Kalamata Olive	1 T	3.0
Lemon Goddess	1 T	1.0
Roasted Garlic & Peppercorn	1 T	0.0
Shiitake Ginger	1 T	0.0
Kraft		
Creamy Italian	2 T	2.0
Peppercorn Ranch	2 T	2.0
Thousand Island	2 T	5.0
Tuscan House Italian	2 T	3.0
Maple Grove Farms Sugar Free		
Balsamic Vinaigrette	2 T	1.0
Italian White Balsamic	2 T	<1.0
Raspberry Vinaigrette	2 T	1.0
Marie's		
All Natural Caesar	2 T	1.0
Blue Cheese w/ Bacon	2 T	0.0
Creamy Italian Garlic	2 T	1.0
Jalapeño Ranch	2 T	1.0
Newman's Own		
Creamy Caesar	2 T	1.0
Parmesan		
Roasted Garlic	2 T	2.0

	Amount	Net Carbs
Steel's All Natural		
No Sugar Added		
Ginger Lime	2 T	1.0
Honey Mustard	2 T	2.0
Sesame Ginger	2 T	2.0
Walden Farms Sugar Free		
Creamy Bacon	2 T	0.0
Italian	2 T	0.0
Ranch	2 T	0.0
Thousand Island	2 T	0.0
Wish-Bone		
Deluxe French	2 T	5.0
Thousand Island	2 ea	6.0
Vinegar		
Balsamic	1 T	2.7
Champagne	1 T	1.0
Cider	1 T	0.0
Red Wine	1 T	0.0
Rice, Seasoned	1 T	6.0
Rice, Unsweetened	1 T	0.0
Sherry	1 T	0.9
Ume Plum	1 t	0.0
White	1 T	0.0
White Wine	1 T	1.5

POULTRY

	Amount	Net Carbs
Chicken		
Breast	6 oz	0.0
Capon, Roast	6 oz	0.0
Drumstick	6 oz	0.0
Ground	6 oz	0.0
Leg	6 oz	0.0
Liver, Pan Fried	4 oz	1.3
Roast	6 oz	0.0
Rock Cornish Hen	8 oz	0.0
Thighs	6 oz	0.0
Wings	6 oz	0.0
Deli & Lunch Meats		
"Bologna," sliced	2 sl	0.0
Breast, Roasted, sliced	2 sl	0.0
Salad	1 oz	5.0
Precooked Products		
Breaded Strips	6 oz	19.0
Buffalo Wings	3 ea	4.0
Burgers	2 ea	0.0
Carved Breast		
Grilled	1/2 C	1.0
Grilled, Italian Style	1/2 C	4.0
Meatballs	5 ea	0.8
Roasted	1/2 C	0.0
Roasted Garlic w/ White Wine	1/2 C	3.0
Roasted, Seasoned	6 oz	2.0
Popcorn Chicken	3 oz	13.0
Sausages		
"Hot Dog"	1 ea	0.0
Spicy Jalapeño	1 ea	0.0

	Amount	Net Carbs
Sweet Italian	1 link	1.0
With Apple	1 ea	2.0
With Roasted Garlic	1 ea	3.0
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	0.0
Wings	6 oz	0.0
Sausages		
Breakfast Links	2 oz	0.9
Brown 'N Serve	3 ea	2.0
Kielbasa	3 oz	3.0
Patties	2 ea	1.0
Smoked	3 oz	2.7
Smoked, Hot	3 oz	3.2
Smoked, Italian	3 oz	3.2

POULTRY *continued*

	Amount	Net Carbs
Deli & Lunch Meats		
"Bologna," sliced	2 sl	0.0
Breast		
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 (<i>see 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
Piccaililli	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 (<i>see 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. Crackers 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 Wholly Guacamole	2 T	0.0
Pico de Gallo Style	2 T	0.0
Hummus		
Cedar's Artichoke Spinach	2 T	4.0

	Amount	Net Carbs
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	2 T	1.0
Green, No Added Sugar	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 Atkins & Other Low-Carb Specialty Foods)		
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 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

	Amount	Net Carbs
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 Hearty Vegetable	1 C	18.0
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

	Amount	Net Carbs
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

	Amount	Net Carbs
Walden Farms Fruit Spreads		
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 (see page 28)		
Corn Syrup	1 T	16.9
Fruit Syrups (see page 28)		
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 (see Sprouts, below)		
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

	Amount	Net Carbs
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 (see <i>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
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 (see <i>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 (see <i>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 (also see <i>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
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 (see <i>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 (<i>also see Sauces & Marinades</i>)		
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

Net Carbs
Amount

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

VEGETABLES PRODUCTS

	Amount	Net Carbs
Eggplant Burgers (DomineX)	1 ea	6.0
Quorn		
Chik'n Tenders	3 oz	5.0
Classic Burger	1 ea	3.0
Garlic & Herb Breaded Chik'n Cutlet	1 ea	19.0
Naked Chik'n Cutlet	1 ea	3.0
Turk'y Burger	1 ea	4.0
Turk'y Roast	4 oz	5.0
Seitan		
Upton Naturals Crumbles		
Beef Style	2 oz	7.0
Chorizo Style	2 oz	7.0
Italian Sausage Style	2 oz	7.0
WestSoy Organic		
Chicken Style	1/3 C	3.0
Cubed	1/3 C	3.0
Ground	1/3 C	3.0
Strips	1/3 C	3.0
Shiritaki Soy Noodles	1/2 C	2.0
Tempeh		
Lifeline Organic		
Flax	4 oz	5.0
Garden Veggie	4 oz	3.0

VEGETARIAN PRODUCTS *continued*

	Amount	Net Carbs
Soy	4 oz	4.0
Three Grain	4 oz	7.0
Marinated Cubes		
Tempeh-tations		
Classic BBQ	3 oz	12.0
Ginger Teriyaki	3 oz	13.0
Zesty Lemon	3 oz	4.0
WestSoy		
Five Grain	2.7 oz	10.0
Plain Soy	2.7 oz	6.0
Tempeh & Tofu "Bacon"		
Lightlife Tempeh		
Fakin' Bacon Strips	3 ea	6.0
Lightlife Soy Smart	1 sl	<1.0
Morningstar Farms	2 ea	1.5
Yves Meatless		
"Canadian Bacon"	3 sl	1.0
Tofu		
Extra Firm	4 oz	1.5
Firm	4 oz	1.7
Regular	4 oz	1.8
Silken, Firm	4 oz	2.6
Silken, Soft	4 oz	3.2
Tofu, Baked		
WestSoy Organic		
Asian Teriyaki	2 oz	2.0
Italian Garlic Herb	2 oz	1.0
Mexican Jalapeño	2 oz	2.0

	Amount	Net Carbs
Roma Tomato Basil	2 oz	2.0
Thai Sesame Peanut	2 oz	1.0
Zesty Lemon Pepper	2 oz	2.0
White Wave		
Italian	2 oz	0.0
Roma Tomato Basil	2 oz	2.0
Thai	2 oz	0.0
Wild Wood Organics		
SproutTofu		
Aloha	3 oz	10.0
Royal Thai	3 oz	12.0
Savory	3 oz	2.0
Teriyaki	3 oz	10.0
Tofu "Hot Dogs"		
Lightlife Tofu Pups	1 ea	1.0
Morningstar Farms	1 ea	2.0
Yves Veggie Cuisine	1 ea	2.0
Tofu "Sausage"		
Lightlife		
Gimme Lean	2 oz	4.0
Smart Sausages,		
Chorizo Style	1 link	4.0
Italian Style	1 link	6.0
Morningstar Farms		
Breakfast Patties	1 ea	1.8
Hot & Spicy	1 ea	2.4
Tofurky		
Beer "Brats"	3.5 oz	3.0
"Kielbasa"	3.5 oz	4.0

VEGETARIAN PRODUCTS *continued*

	Amount	Net Carbs
Veggie Burgers		
Dr. Praeger's	1 ea	9.0
Franklin Farms Original	1 ea	7.0
Gardenburger Original	1 ea	13.4
Lightlife Veggie Protein	1 ea	14.0
Morningstar Farms		
Grillers Original	1 ea	2.6
Spicy Black Bean	1 ea	8.6
Veggie "Cheese"		
Galaxy Nutritional Foods		
"Cheddar" Shreds	1 oz	2.0
"Cheddar" Slices	1 sl	3.0
"Mozzarella" Shreds	1/3 C	3.0
"Swiss" Slices	1 sl	2.0
"Parmesan," Grated	2 t	1.0
Veggie Crumbles		
Lightlife Smart Ground		
"Beef," Original	1/3 C	3.0
Tofurky "Chorizo" Style	1/3 C	1.0
Tofurky Ground		
"Beef" Style	1/3 C	4.0
Veggie Luncheon "Meats"		
Lightlife Smart Deli		
Baked "Ham"	4 sl	3.0
Chick'n Style Strips	3 oz	4.0
"Pepperoni"	13 sl	1.0
Roast "Turkey"	4 sl	3.0

	Amount	Net Carbs
"Wings," Buffalo	4 ea	2.0
"Wings," Honey BBQ	4 ea	12.0
"Bologna"	4 sl	3.0
Tofurky Deli Slices		
"Bologna"	3 sl	2.0
Oven Roasted	5 sl	3.0
Peppered	5 sl	3.0
"Pepperoni"	8 sl	2.0
"Roast Beef"	5 sl	4.0
Veggie "Meatballs"		
Gardenburger Mama Mia	5 ea	3.3
Morningstar Farms	3 oz	5.0

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

	Amount	Net Carbs
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

	Amount	Net Carbs
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



atkins.com

© 2015 Atkins Nutritionals, Inc.
111114 (1501)