

ATKINS  
COMPREHENSIVE  
CARB  
COUNTER AND  
ACCEPTABLE  
FOOD LISTS.



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CARB COUNTER  
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# ATKINS COMPREHENSIVE CARB COUNTER

## ABBREVIATIONS AND SYMBOLS

C = cup	med. = medium	t = teaspoon
dia. = diameter	N/A = not applicable	T = tablespoon
fl. oz. = fluid ounce	oz. = ounce	w/ = with
g = gram	pkt. = packet	w/o = without
lb. = pound	sm. = small	" = inch
lg. = large	sq. = square	< = less than

### Atkins and Net Carbs

On Atkins, you count grams of Net Carbs, which are the only carbs you need to concern yourself with. Unlike total carbs, Net Carbs don't include fiber (or sugar alcohols and glycerine), which have little impact on your blood-sugar levels. We have also supplied information on fat, protein and calories for reference only.

**Note:** The inclusion of a food doesn't mean that it's recommended on the Atkins Diet. A broad array of common foods is included, allowing you to compare those high in carbs with more appropriate foods.

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>BEVERAGES</b>						
<b>CHOCOLATE DRINKS</b>						
Hot cocoa, Carnation, w/marshmallows (1 pkt.)	23	0.8	22.2	1	3	120
Hot cocoa, Nestle, no sugar added (1 pkt.)	10	0	10	2	0.4	50
Hot cocoa, Nestle Rich Chocolate (1 pkt.)	15	0	15	1	3	80
Nesquik Chocolate Drink (8 fl. oz.)	33	1	32	7	8	230
YooHoo (8 fl. oz.)	40	0	40	3	1.5	180
<b>COFFEE</b>						
Brewed (regular, decaf) (8 fl. oz.)	0.1	0	0.1	0.3	0	2
Cappuccino, sugar free ultra creamy mix (3 T)	3	0	3	1	2	50
Instant powder (1 t)	0.7	0	0.7	0.2	0	4
<b>GATORADE</b>						
Most flavors (8 fl. oz.)	15.2	0	15.2	0	0	6
<b>JUCES, FRUIT</b>						
Apple (4 fl. oz.)	14.5	0.1	14.4	0.1	0.1	58
Apricot nectar (4 fl. oz.)	18.1	0.8	17.3	0.5	0.1	70

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Cranberry juice cocktail, frozen, concentrate (2 T)	18.6	0	18.6	0	0	73
Cranberry juice cocktail, light, Ocean Spray (4 fl. oz.)	5.6	0	5.6	0	0	23
Cranberry juice cocktail (4 fl. oz.)	18.2	0.1	18.1	0	0.1	72
Fruit punch (4 fl. oz.)	14.8	0.1	14.6	0	0	58
Grape (4 fl. oz.)	18.9	0.1	18.8	0.7	0.1	77
Grapefruit, sweetened (4 fl. oz.)	13.9	0.1	13.8	0.7	0.1	58
Grapefruit, unsweetened (4 fl. oz.)	11.1	0.1	11	0.6	0.1	47
Guava nectar (4 fl. oz.)	19	1	18	0.2	0.1	74
Lemon (2 T)	2	0.1	1.9	0.1	0	6
Lime (2 T)	2.1	0.1	2	0.1	0	6
Mango nectar (4 fl. oz.)	18.9	0.9	18	0.3	0.1	73
Orange, fresh (4 fl. oz.)	12.9	0.3	12.7	0.9	0.3	56
Orange, from concentrate (4 fl. oz.)	13.4	0.3	13.2	0.9	0.1	56
Orange Peach Mango, Dole (4 fl. oz.)	14	0	14	0.5	0	60
Orange Strawberry Banana, Dole (4 fl. oz.)	14	0	14	0.5	0	60

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Passion fruit (4 fl. oz.)	16.8	0.2	16.6	0.5	0.1	63
Peach nectar (4 fl. oz.)	17.3	0.8	16.6	0.3	0	67
Pear nectar (4 fl. oz.)	19.7	0.8	19	0.1	0	75
Pineapple (4 fl. oz.)	16.1	0.3	15.8	0.4	0.1	66
Prune (4 fl. oz.)	22.3	1.3	21.1	0.8	0	91
Tangerine Orange, Tropicana (4 fl. oz.)	12.5	0	12.5	1	0	55
<b>JUCES, VEGETABLE</b>						
Carrot (4 fl. oz.)	11	1	10	0.9	0.2	47
Clam & tomato (4 fl. oz.)	13.2	0.48	12.7	0.7	0.2	58
Tomato (4 fl. oz.)	5.2	0.5	4.7	0.9	0.1	21
Vegetable juice cocktail (4 fl. oz.)	5.5	1	4.5	0.8	0.1	23
<b>LEMONADE</b>						
Crystal Light, prepared (8 fl. oz.)	0	0	0	0	0	5
Prepared from concentrate (8 fl. oz.)	34	0	34	0.2	0.2	131
Prepared from powder (8 fl. oz.)	26.9	0	26.9	0	0	103

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>MILK, FLAVORED</b>						
Chocolate, Reduced Fat, Hershey's (4 fl. oz.)	15	0	15	4	2.5	100
Double Chocolate, Nesquik (8 fl. oz.)	30	1	29	8	9	230
Strawberry, Low Fat, Parmalat (8 fl. oz.)	27	0	27	7	3	150
<b>NANTUCKET NECTAR</b>						
100% Apple Juice (8 fl. oz.)	25	1	24	0	0	100
Squeezed Blueberry Tea (8 fl. oz.)	19	0	19	0	0	80
Squeezed Diet Lemon Tea (8 fl. oz.)	0	0	0	0	0	0
<b>SNAPPLE</b>						
Cranberry Raspberry Drink, Diet (8 fl. oz.)	2	0	2	0	0	10
Kiwi Strawberry Juice Drink (8 fl. oz.)	28	0	28	0	0	110
Tea, Lemon, Sweetened (8 fl. oz.)	21	0	21	0	0	80
Tea, Lemon, Diet (8 fl. oz.)	0	0	0	0	0	0

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>SODA (ALL BRANDS)</b>						
Cola (12 fl. oz.)	35.6	0	35.6	0	0	153
Diet soda (12 fl. oz.)	0	0	0	0	0	0
Ginger ale (12 fl. oz.)	31.8	0	31.8	0	0	124
Grape (12 fl. oz.)	41.7	0	41.7	0	0	160
Lemon-lime (12 fl. oz.)	38.3	0	38.3	0	0	147
Root beer (12 fl. oz.)	39.2	0	39.2	0	0	152
Seltzer/club soda (12 fl. oz.)	0	0	0	0	0	0
<b>STARBUCKS</b>						
Cappuccino, w/whole milk (12 fl. oz.)	11	0	11	7	7	140
Frappuccino, bottled (1 bottle)	37	0	37	7	3.5	200
Latte, Iced, w/low-fat milk (12 fl. oz.)	10	0	10	7	3	9
Latte, w/low-fat milk (12 fl. oz.)	17	0	17	12	6	170
Latte, w/whole milk (12 fl. oz.)	17	0	17	11	11	210
Mocha, w/whole milk (12 fl. oz.)	33	1	32	12	20	340
Mocha Frappuccino (12 fl. oz.)	44	0	44	6	3	230

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>TEA</b>						
Brewed (8 fl. oz.)	0.7	0	0.7	0	0	2
Herbal, brewed (8 fl. oz.)	0.5	0	0.5	0	0	2
Iced, Diet, Nestea (8 fl. oz.)	1.2	0	1.2	0	0	3
Iced, Sweetened, Nestea (8 fl. oz.)	18	0	18	0	0	65
<b>ALCOHOLIC BEVERAGES</b>						
<b>BEER</b>						
Beer (12 fl. oz.)	12.8	0	12.8	1.7	0	154
light beer (12 fl. oz.)	4.6	0	4.6	0.7	0	99
Near beer (12 fl. oz.)	5	0	5	1.1	0	32
Non-alcoholic, O'Doul's (12 fl. oz.)	15	0	15	0.7	0	70
Non-alcoholic, Sharp's (12 fl. oz.)	12.1	0	12.1	0.4	0	58
<b>COCKTAILS</b>						
Bloody Mary (3½ fl. oz.)	3.5	0.3	3.2	0.5	0.1	88
Margarita (3½ fl. oz.)	15	0.1	14.9	0.1	0.1	236
Piña Colada (3½ fl. oz.)	23.4	0.3	23.1	0.5	2	181
Screwdriver (3½ fl. oz.)	9.1	0.2	8.9	0.5	0.1	90

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>HARD LIQUOR</b>						
Bourbon, gin, rum, vodka, etc., any proof (1 fl. oz.)	0	0	0	0	0	82
<b>SHERRY</b>						
Sherry, dry (3½ fl. oz.)	1.4	0	1.4	0.2	0	72
Dessert, dry (3½ fl. oz.)	4.2	0	4.2	0.2	0	130
Dessert, sweet (3½ fl. oz.)	12.2	0	12.2	0.2	0	158
Non-alcoholic (3½ fl. oz.)	1.1	0	1.1	0.5	0	6
<b>WINE</b>						
Red (3½ fl. oz.)	2.7	0	2.7	0.2	0	88
White (3½ fl. oz.)	2.7	0	2.7	0.1	0	85
Wine cooler (3½ fl. oz.)	5.9	0	5.9	0.1	0	49
<b>BREADS, MUFFINS AND CRACKERS</b>						
<b>BAGELS</b>						
Cinnamon raisin (4½" dia.)	65.1	2.7	62.4	11.6	2	323
Plain (3½" dia.)	37.9	1.6	36.3	7.5	1.1	195
Plain, poppy, sesame (4½" dia.)	55.5	2.4	53	11.6	1.8	283

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>BISCUITS</b>						
Homemade (2½" dia.)	26.8	0.9	25.9	4.2	9.8	212
Gold Medal (1)	22	0.5	21.5	3	7	160
Grands! (1)	25	0.8	24.3	4	9	200
Hungry Jack Refrigerated Fluffy (1)	11.4	0.4	11	1.7	4.1	89
Pillsbury Buttermilk Refrigerated (1)	30.4	0	30.4	5	1.4	154
<b>BREADS</b>						
Breadsticks, brown & serve (1)	28	1	27	7	1.5	150
Breadsticks, sesame (1 sm.)	2	0	2	0	0	15
Cornbread (2½" sq.)	22.7	1.9	20.7	4	4.9	152
French (1 oz. slice)	16	0.68	15.3	3.3	0.5	82
Italian (1 oz. slice)	14.2	0.8	13.4	2.5	1	77
Oatmeal (1 oz. slice)	13.8	1.1	12.6	2.4	1.3	76
Pita, white (6½" dia.)	33.4	1.3	32.1	5.5	0.7	165
Pita, whole wheat (6½" dia.)	47.4	4.5	42.9	8.9	1.2	232
Pumpernickel (1 oz. slice)	13.5	1.8	11.6	2.5	0.9	71
Raisin (1 oz. slice)	14.8	1.2	13.6	2.2	1.3	78
Rye (1 oz. slice)	13.7	1.6	12.1	2.4	0.9	73
Sourdough (1 oz. slice)	14.7	0.9	13.9	2.5	0.9	78
White (1 oz. slice)	14	0.7	13.4	2.3	1	76

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Whole grain (1 oz. slice)	14.3	1.9	12.4	3.1	1.2	77
Whole wheat (1 oz. slice)	14.6	2	12.6	3.1	1	75
<b>CRACKERS</b>						
100% Stoned Wheat (3)	8.2	1.2	7	1.1	2.1	53
Brown-rice snaps (8)	11	1	10	1	0	50
Cheez-It (27)	17	1	16	3	8	150
<b>CRISP BREAD</b>						
Bran-a-Crisp (11)	6	2	4	1	0	20
Finn Crisp (3)	27	6	21	3	0	105
Kavli Crispy Thin (3)	13	2	11	1	0	60
Ryvita Flavorful Fiber (2)	16	4	11	2	0	60
Wasa Hearty Rye (1)	9	2	7	1	0	45
<b>FLAT BREAD</b>						
JJ Flats (1)	9	1	8	2	2	60
Nejames Lavash (½)	10	1	9	2	2	70
Harvest Crisp 5-Grain (13)	23	1	22	3	3.5	130
<b>HEALTH VALLEY</b>						
Sesame, Low Fat (5)	10	1	9	2	1.5	60
Stoned Wheat, Low Fat (5)	10	1	9	2	1	60
Matzoh, plain (½)	11.8	0.4	11.4	1.4	0.2	56
Melba Toast (2)	7.7	0.6	7	1.2	0.3	39

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Rite Lite Rounds, Barbara's (5)	12	0	12	1	<1	55
Ritz (5)	10	0	10	1	4	80
Salines (5)	10.8	0.4	10.4	1.4	1.8	65
Teriyaki Brown Rice, SanJ (3)	13	0.5	12.5	1.5	0.5	60
Town House (4)	8.3	0.3	8	1	4.2	75
Triscuit (3)	10	1.5	8.5	1.5	2	60
Uneeda Biscuits (2)	10.5	0.2	10.3	1.5	1.5	65
Water Biscuit, Pepperidge Farm (4)	11.4	0	11.4	1.7	1.3	61
Water Biscuit, Carr's (5)	13	1	12	2	1.5	70
Wheat Thins (8)	10	0.4	9.6	1.2	5.9	68
Wheatworth (5)	10	1	9	2	3.5	80
Whole Wheat, Carr's (2)	11	1	10	1	3.5	80
Zweiback (1)	6	0	6	1	1	35
<b>ENGLISH MUFFINS</b>						
Cinnamon raisin (1)	27.9	1.5	26.4	4.3	1.5	139
Plain (1)	26.2	1.5	24.7	4.4	1	134
Sourdough (1)	26.2	1.5	24.7	4.3	1	132
Whole wheat (1)	26.7	4.4	22.2	5.8	1.4	134



<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>GARLIC BREAD</b>						
Pepperidge Farm (1)	20.8	0	20.8	5	10	186
<b>MUFFINS (2 OZ.)</b>						
Banana nut (1)	29	1	28	3	7	190
Blueberry (1)	27.2	1.5	25.8	3.1	3.7	157
Blueberry, toaster (1)	17.6	0.6	17	1.5	3.1	103
Bran (1)	23.7	4	19.7	4	7.3	163
Corn (1)	28.9	1.9	26.9	3.4	4.8	173
<b>ROLLS</b>						
Crescent, Pillsbury, refrigerated (1)	11	0	11	2	6	110
Croissant, Sara Lee, Original (1)	20	1	19	4	8	170
Dinner, brown & serve (1 oz.)	14.6	0.6	14	3	1.8	87
Hamburger (1½ oz.)	21	6.9	20.1	4	1.8	120
White, hard (1 oz.)	14.9	0.7	14.3	2.8	1.2	83
Whole wheat (1 oz.)	14.5	2.1	12.4	2.5	1.3	75
<b>STUFFING</b>						
Cornbread, Stove Top (½ C)	19	1	18	3	8	160
Turkey, Stove Top (½ C)	20	1	19	4	9	170

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>TORTILLAS</b>						
La Tortilla Factory, Low Carb, all flavors (1)	10	7	3	5	2	60
Corn (1) (without added salt)	12.1	1.4	10.7	1.5	0.6	58
Flour (1) (medium) (6")	15.4	0.9	14.5	2.5	2.2	94
Whole wheat (1)	20	1.9	18.1	2.9	0.4	73
<b>CEREALS AND CEREAL BARS</b>						
<b>CEREAL, HOT, COOKED</b>						
Cream of Rice (½ C)	13.9	0.1	13.8	1.1	0.1	63
Cream of Wheat, instant, prepared w/water (½ C)	15.8	1.5	14.3	2.2	0.2	77
Cream of Wheat, flavored (1 pkt.)	29	0.5	28.5	2.4	0.5	132
Farina (½ C)	12.2	0.4	11.8	1.7	0.1	55
Grits (½ C)	15.7	0.2	15.5	1.7	0.2	73
Maltex (½ C)	19.7	1.1	18.6	2.9	0.5	95
<b>OATMEAL</b>						
Cinnamon spice (1 pkt.)	35.9	3	32.9	3.9	2.1	172
Blueberry & cream (1 pkt.)	26.1	2	24.1	2.7	2.7	135
Instant (1 pkt.)	18.1	3.1	15.1	4.4	1.7	105

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Plain (all cuts of oats) (½ C)	12.6	2	10.7	3	1.2	73
Wheatena (½ C)	14.3	3.3	11.1	2.4	0.6	68
<b>CEREAL, READY-TO-EAT</b>						
AllBran (½ C)	23.5	10	13.5	3.8	1	82
Apple Jacks (½ C)	13.7	0.5	13.2	0.5	0.3	58
Bran Buds (½ C)	33	19.4	13.6	4.5	1.5	120
Cheerios (½ C)	11.1	1.8	9.3	1.8	0.8	55
Cheerios, Multigrain (½ C)	12.5	1.5	10	1	0.5	55
Cocoa Puffs (½ C)	13.4	0.1	13.3	0.6	0.5	59
Complete Bran Flakes (½ C)	15.4	3.1	12.4	2	0.4	63
Corn Chex (½ C)	13	0.5	12.5	0.5	0.25	60
Corn Flakes (½ C)	12.1	0.7	11.4	0.9	0.1	51
Cracklin' Oat Bran (½ C)	23.8	3.9	19.9	2.7	4.1	134
Crispix (½ C)	12.5	0.3	12.2	1.1	0.1	54
Fiber One (½ C)	24	14.3	9.8	2.8	0.8	62
Frosted Flakes (½ C)	18.9	0.4	18.4	0.8	0.1	80
Frosted Mini-Wheats (½ C)	21.3	2.7	18.6	2.6	0.4	91
Froot Loops (½ C)	13.1	0.4	12.7	0.8	0.5	60
Granola (½ C)	20.5	2	18.5	4.5	5.5	150
Grape Nuts Flakes (½ C)	15.8	1.7	14.1	1.9	0.6	71
Kashi, Honey Puffed (½ C)	12.5	1	11.5	1.5	0.5	60

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Kashi, Puffed (½ C)	9.6	0.82	8.8	1.5	0.5	47
Kashi Medley (½ C)	17.3	2	15.3	2	0.5	76
Kix (½ C)	9.3	0.4	8.9	0.7	0.4	44
Life (½ C)	16.8	1.4	15.4	2.2	0.9	83
Mother's Harvest Oat Flakes (½ C)	15.6	1.5	14.1	1.8	0.8	73
Nut & Honey Crunch (½ C)	15.3	0.3	15	1.3	0.8	74
Nutlettes All-In-One Cereal (⅓ C)	12	7	5	25	2	133
Oatmeal Squares (½ C)	21.7	2.1	19.5	3.6	1.3	108
Organic Soy Essence (½ C)	16.8	3.4	13.4	2	0.3	67
Product 19 (½ C)	12.5	0.5	12	1.3	0.2	55
Protein Crunch Plain (½ C)	6	1	5	26	4	170
Puffed Rice (½ C)	6.3	0.1	6.2	0.4	0	28
Raisin Bran (½ C)	21.4	3.3	18.1	2.4	0.8	90
Rice Krispies (½ C)	11.1	0.1	11	0.8	0.2	50
Shredded Spoonfuls (½ C)	20.2	2.9	18	2.7	1	80
Shredded Wheat, lg. biscuit (2 biscuits)	38.8	5.6	33.2	5.2	0.8	163
Shredded Wheat, sm. biscuit (½ C)	17.2	2.1	15.1	2.4	0.4	76
Special K (½ C)	11	0.4	10.6	3.5	0.2	59

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Spelt Flakes (½ C)	11	1.5	9.5	2.5	0.5	50
Puffed Wheat (½ C)	10	1	9	1.5	0.3	45
Total Wheat (½ C)	15.9	1.8	14.2	2	0.5	70
Trix (½ C)	13	0.5	12.5	0.5	0.8	60
Wheaties (½ C)	12.1	1.5	10.6	1.6	0.5	55
<b>CEREAL BARS</b>						
Chocolate-Coated Granola (1)	22.7	1.2	21.5	2.2	7.3	158
Nature's Choice Carob Chip Granola (1)	16	2	14	2	2	80
Nutri-Grain Strawberry (1)	27	1	26	2	3	140
Peanut Butter Granola (1)	14.7	0.7	14	2.3	5.6	114
SnackWell's Blueberry (1)	29.3	1.2	28.1	1	0.3	121
<b>PANCAKES, WAFFLES AND BREAKFAST PASTRIES</b>						
<b>CINNAMON ROLLS</b>						
Pepperidge Farm (1)	33	2	31	4	12	250
Pillsbury w/icing, refrigerated (1)	23	1	22	2	5	150

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Pillsbury Grands Sweet Rolls, frozen (1)	54	1	53	4	9	310
Coffeecake, crumb topping (2 oz.)	30	0.7	29.3	4	14.7	263
<b>DANISH</b>						
Cinnamon (2 oz.)	25.3	0.7	24.6	4	12.7	229
Entenmann's Pecan Pastry Ring (2 oz.)	24.6	1.1	23.5	3.2	16.1	246
Pepperidge Farm Cheese (2 oz.)	21.8	0.9	20.9	5.2	9.6	201
<b>DOUGHNUTS</b>						
Apple Fritter, Dunkin Donuts (1)	63	2	61	5	15	400
Bow Tie, Dunkin Donuts (1)	39	1	38	4	15	310
Cake (1)	23.4	0.7	22.7	2.4	10.8	198
Chocolate Cake, Dunkin Donuts (1)	19	1	18	3	14	210
Glazed Yeast (1)	26.6	0.7	25.9	3.8	13.7	242
<b>FRENCH TOAST</b>						
Aunt Jemima, frozen (1 slice)	18.5	0.5	18	4	2.2	110
Homemade (2 oz. piece)	17.5	0.7	16.8	5	7	149
Pepperidge Farm, frozen (1 slice)	23	1	22	5	5	160

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>PANCAKES</b>						
Blueberry, Aunt Jemima (1)	14.3	0.3	14	2	2	83
from mix (1) (6")	28.3	1	27.3	6	5.9	168
Frozen (6-inch)	28.7	1.8	26.9	3.8	2.4	167
Pancakes w/Sausage, Great Start (1 pkg.)	52	3	49	14	25	490
<b>TOASTER PASTRIES</b>						
Frosted Pop-Tart (1)	37.4	0.5	36.9	2.2	5.3	204
Health Valley Low Fat Fruit Tart (1)	28	1	27	2	2	130
Pop-Tart (1)	32.2	0.8	31.5	2.7	9.2	219
Toaster Strudel Pastry, Cream Cheese, frozen (1)	24	1	23	3	11	200
<b>WAFFLES</b>						
Aunt Jemima Blueberry (1)	16.5	0.5	16	2	3	95
Eggo Buttermilk (1)	13	0.5	12.5	2.5	4	110
Hungry Jack Homestyle (1)	14.5	0.5	14	1.5	3	90
<b>FRUIT</b>						
Acerola (½ C)	3.8	0.5	3.2	0.2	0.2	16
Apple (½ med.)	9.5	1.7	7.8	0.2	0.1	36

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>APPLESAUCE</b>						
Sweetened (½ C)	25.4	1.5	23.9	0.2	0.2	97
Unsweetened (½ C)	13.8	1.5	12.3	0.2	0.1	52
<b>APRICOTS</b>						
Canned, in juice (3 halves)	13.3	1.7	11.6	0.7	0	52
Dried (6 halves)	13	1.9	11.1	0.8	0.1	50
Fresh (3 whole)	11.7	2.1	9.6	1.5	0.4	50
<b>AVOCADOS</b>						
California (Haas) (½ C)	9.9	7.8	2.1	2.3	17.7	192
Florida (½ C)	9	6.4	2.6	2.6	11.6	138
<b>BANANAS</b>						
Banana, sm. (1)	23.1	2.6	20.5	1	0.3	90
Banana chips (¼ C)	14.9	1.6	13.3	0.6	1.2	66
<b>BLACKBERRIES</b>						
Fresh (½ C)	6.9	3.8	3.1	1	0.4	31
Frozen, unsweetened (½ C)	11.8	3.8	8.1	0.9	0.3	48
<b>BLUEBERRIES</b>						
Fresh (½ C)	10.5	1.7	8.8	0.5	0.3	41
Frozen, sweetened (½ C)	25.2	2.4	22.8	0.5	0.2	93
Frozen, unsweetened (½ C)	9.4	2.1	7.4	0.3	0.5	40

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>BOYSENBERRIES</b>						
Fresh (½ C)	6.9	3.8	3.1	0.5	0.3	31
Frozen, unsweetened (½ C)	8.0	3.5	4.5	0.7	0.2	33
Cherimoya (½ C)	13.8	1.8	12	1.3	0.5	58
<b>CHERRIES</b>						
Sour, canned, in water (½ C)	10.9	1.3	9.6	0.9	0.1	44
Sour, fresh (½ C)	6.3	0.8	5.5	0.5	0.2	26
Sweet, canned, in water (½ C)	14.6	1.9	12.7	1	0.2	57
Sweet, fresh (½ C)	9.7	1.3	8.3	0.7	0.6	42
Cranberries, raw, no sugar (½ C)	6	2	4	0.2	0.1	23
<b>DATES</b>						
Chopped (½ C)	62	6	56	1.8	0.4	240
Fresh (3)	18.3	1.9	16.4	0.5	0.1	68
<b>FIGS</b>						
Canned, in water (½ C)	17.4	2.7	6.4	0.3	0.1	30
Fresh, sm. (1)	7.7	1.3	6.4	0.3	0.1	30
<b>FRUIT COCKTAIL</b>						
Canned, in heavy syrup (½ C)	23.5	1.2	22.2	0.5	0.1	91
Canned, in water (½ C)	10.1	1.2	8.9	0.5	0.1	38

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Gooseberries, raw, no sugar (½ C)	7.6	3.2	4.4	0.7	0.4	33
<b>GRAPEFRUIT</b>						
Fresh (½ C)	9.5	1.7	7.8	0.7	0.1	37
Sections (½ C)	9.3	1.3	8	0.7	0.1	37
<b>GRAPES</b>						
Green seedless (½ C)	14.2	0.8	13.4	0.5	0.5	57
Slip skin (purple Concord, ½ C)	7.9	0.5	7.4	0.3	0.2	31
Tokay/Empress/Redflame (red seedless) (½ C)	14.2	0.8	13.4	0.5	0.5	57
<b>GUAVA</b>						
Guava (½ C)	11.8	4.5	7.3	2.1	0.8	56
Guava paste (2 T)	27.7	0.41	27.3	0	0	107
Kiwifruit (1)	11.3	2.6	8.7	0.8	0.3	46
Kumquat (4)	12.1	5	7.1	1.4	0.7	54
Lemon juice (2 T)	2.6	0.1	2.5	0.1	0	8
Loganberries (½ C)	9.2	3.8	5.4	0.5	0.3	37
Loquat, sm. (10)	16.5	2.3	14.2	0.6	0.3	64
<b>LYCHEES</b>						
Fresh (½ C)	15.7	1.2	14.5	0.8	0.4	63
Fresh, whole (10)	15.9	1.3	14.6	0.8	0.4	63

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>MANGOS</b>						
Dried (1 piece)	4.1	0.3	3.8	0.1	0.1	16
Fresh (½ C)	14	1.5	12.5	0.4	0.2	54
<b>MELONS</b>						
Cantaloupe, balls (½ C)	7.4	0.7	6.7	0.8	0.3	31
Cantaloupe, med. (5" dia.) (½)	23.1	2.2	20.9	2.4	0.8	97
Crenshaw melon, balls (½ C)	5.3	0.7	4.6	0.8	0.1	22
Honeydew, balls (½ C)	7.8	0.5	7.3	0.4	0.1	30
Watermelon, balls (½ C)	5.5	0.4	5.1	0.5	0.3	25
Nectarine (1)	14.3	2.3	12	1.4	0.4	60
<b>ORANGES</b>						
Sections (½ C)	10.6	2.2	8.4	0.9	0.1	42
Whole (1)	16.3	3.4	12.9	1.4	0.1	64
<b>PAPAYAS</b>						
Dried (1 piece)	14.9	2.7	12.2	0.9	0.2	59
Fresh, sm. (1)	14.9	2.7	12.2	0.5	0.1	59
Passion Fruit (¼ C)	13.8	6.1	7.7	1.3	0.4	57
<b>PEACHES</b>						
Canned, in water (½ C)	7.5	1.6	5.9	0.5	0.1	29
Dried, halves (2)	16	2.1	13.8	0.9	0.2	62
Fresh, sm. (1)	7.5	1.2	6.3	0.7	0.2	31

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>PEARS</b>						
Canned in water, halves (½ C)	9.5	2	7.6	0.2	0	35
Fresh, med., Bartlett (1)	25.1	4	21.1	0.7	0.7	98
Fresh, sm., Bosc (1)	21	3.3	17.7	0.5	0.6	82
Persimmon, lg. (½ C)	15.6	3	12.6	0.5	0.2	59
<b>PINEAPPLE</b>						
Canned, in water (½ C)	10.2	1	9.2	0.5	0.1	39
Fresh, chunks (½ C)	9.6	0.9	8.7	0.3	0.3	38
<b>PLUMS</b>						
Dried (prune) (4)	21.1	2.4	18.7	0.9	0.2	80
Dried (prune), canned, in heavy syrup (½ C)	32.5	4.5	28.1	1	0.2	123
Fresh, sm. (1)	3.7	0.4	3.3	0.2	0.2	16
Purple, canned, in water (½ C)	13.7	1.3	12.5	0.5	0	51
Pomegranate (¼)	6.6	0.2	6.4	0.4	0.1	26
<b>RAISINS</b>						
Golden (1 T)	8.2	0.4	7.8	0.4	0	31
Seedless (1 T)	8.1	0.7	7.4	0.3	0.1	31

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>RASPBERRIES</b>						
Fresh (½ C)	7.1	4.2	3	0.6	0.3	30
Frozen, sweetened (½ C)	32.7	5.5	27.2	0.9	0.2	129
Rhubarb, fresh (½ C)	2.8	1.1	1.7	0.6	0.1	13
<b>STRAWBERRIES</b>						
Fresh, whole (½ C)	5.5	1.4	4.1	0.5	0.23	24
Frozen, sweetened (½ C)	33	2.4	30.6	0.7	0.2	122
Frozen, unsweetened (½ C)	10.1	2.3	7.8	0.5	0.1	39
Tangerines, sm. (1)	9.3	1.3	8	0.6	0.2	37
<b>FRUIT JUICES (SEE BEVERAGES, JUICES, FRUIT)</b>						
<b>EGGS AND CHEESE</b>						
<b>EGGS</b>						
Fried (1)	0.4	0	0.4	6.2	6.8	87.3
Poached/broiled (1)	0.38	0	0.38	6.3	5	73
Scrambled, w/milk (1)	1.3	0	1.3	6.8	7.5	101
Scrambled, egg substitute (1¼ C)	1.4	0	1.4	3.6	4.1	58
White, before cooking (1¼ C)	0.4	0	0.4	6.6	0.1	32

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>CHEESE</b>						
American Cheese (1 slice, ⅔ oz.)	1.2	0	1.2	5	6.8	86
American Cheese Food (1 slice, ⅔ oz.)	1.5	0	1.5	4.1	5.2	69
Blue, crumbled (2 T)	0.4	0	0.4	3.6	4.9	60
Boursin (2 T)	1	0	1	2	13	120
Brie (1 oz.)	0.1	0	0.1	5.9	7.9	95
Camembert (1 oz.)	0.1	0	0.1	5.6	6.9	85
Cheddar (1 oz.)	0.4	0	0.4	7.1	9.4	114
Cheez Whiz (2 T)	3	0.1	2.9	4	6.9	91
Cottage (2% fat, ½ C)	4.1	0	4.1	15.5	2.2	101
Cottage, creamed (½ C)	2.8	0	2.8	13.1	4.7	109
Cracker Barrel (2 T)	4	0	4	5	8	100
<b>CREAM CHEESE</b>						
Chive & onion (2 T)	2	0	2	2	10	110
Plain (2 T)	0.8	0	0.8	2.2	10.1	101
Strawberry (2 T)	5	0	5	1	9	100
Edam (1 oz.)	0.4	0	0.4	7.1	7.9	101
Feta (1 oz.)	1.2	0	1.2	4	6	75
Fontina (1 oz.)	0.4	0	0.4	7.3	8.8	110
Goat, soft (1 oz.)	0.3	0	0.3	5.3	6	76

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Gorgonzola (1 oz.)	0	0	0	7	9	111
Gouda (1 oz.)	0.6	0	0.6	7.1	7.8	101
Havarti (1 oz.)	0.8	0	0.8	6.6	8.4	105
Jarlsberg (1 oz.)	1	0	1	8.1	7.8	107
Laughing Cow (1 wedge)	1	0	1	2.5	2	35
Mascarpone (1 oz.)	0.6	0	0.6	2	13.2	126
Mozzarella, whole milk (1 oz.)	0.6	0	0.6	6.3	6.3	85
Mozzarella, part skim (1 oz.)	0.8	0	0.8	6.9	4.5	72
Muenster (1 oz.)	0.3	0	0.3	6.6	8.5	104
Neufchatel (2 T)	2	0	2	3	5	70
Parmesan, chunk (1 oz.)	0.9	0	0.9	10.1	7.3	111
Parmesan, grated (1 T)	0.2	0	0.2	1.9	1.4	22
Port wine spread (2 T)	4	0	4	5	8	100
Provolone (1 oz.)	0.6	0	0.6	7.3	7.6	100
Ricotta, whole milk (¼ C)	1.9	0	1.9	6.9	8	107
Ricotta, part skim (1¼ C)	3.2	0	3.2	7	4.9	85
Romano, chunk (1 oz.)	1	0	1	9	7.6	110
Romano, grated (1 T)	0.2	0	0.2	2	1.4	22
Swiss (1 oz.)	1.5	0	1.5	7.6	7.8	107
Swiss Knight (1 wedge)	0	0	0	6	6	82
Velveeta (1 oz.)	2.8	0	2.8	4.6	6.2	86

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>BUTTER, CREAM, MILK AND YOGURT</b>						
<b>BUTTER</b>						
Butter (1 T)	0	0	0	0.1	11.5	102
Butter, whipped (1 T)	0	0	0	0	7	70
<b>CREAM</b>						
Half and half (1 T)	0.6	0	0.6	0.4	1.7	20
Heavy, liquid (1 T)	0.4	0	0.4	0.3	5.5	51
Heavy, whipped (1 T)	0.4	0	0.4	0.3	5.5	52
Light (1 T)	0.6	0	0.6	0.4	2.9	29
<b>CREAMER, NON-DAIRY</b>						
Coffee-mate, fat-free hazelnut (1 T)	5	0	5	0	0	25
Coffee-mate, plain (1 T)	2	0	2	0	1	20
<b>BUTTERMILK</b>						
Cultured from 1% milk (1 C)	13	0	13	9	2.5	110
Cultured from skim milk (1 C)	11.7	0	11.7	8.1	2.2	99
<b>MILK</b>						
Condensed, canned (2 T)	20.8	0	20.8	3	3.3	123
Evaporated (2%, 2 T)	3.5	0	3.5	2.3	0.6	29
Evaporated, whole (2 T)	3.2	0	3.2	2.2	2.4	42



<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Low fat (1 C)	12.2	0	12.2	8.2	2.4	102
Nonfat (skim, 1 C)	12.2	0	12.2	8.3	0.2	83
Reduced fat (2%, 1 C)	11.4	0	11.4	8.1	4.8	122
Whole (1 C)	11	0	11	8	7.9	146
<b>FLAVORED MILK</b> (SEE BEVERAGES, MILK, FLAVORED)						
<b>ALMOND MILK</b>						
Vanilla, unsweetened	2	1	1	1	3	40
<b>RICE MILK</b>						
Plain (1 C)	25	0	25	1	2	120
Vanilla (1 C)	26	0	26	1	2.5	130
<b>SOY MILK</b>						
Chocolate, Soy Dream (8 fl. oz.)	37	1	36	7	3.5	210
Light, Vitasoy (8 fl. oz.)	37	1	36	7	3.5	210
Plain, unsweetened (8 fl. oz.)	4	1	3	7	4	80
Vanilla, Soy Dream (8 fl. oz.)	22	0	22	7	4	150
<b>SOUR CREAM</b>						
Light (2 T)	2.3	0	2.3	1.1	3.4	44
Regular (2 T)	1.2	0	1.2	0.9	6	62

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>YOGURT</b>						
<b>BREYERS</b>						
Blueberry, Low fat (8 oz.)	48	0	48	8	2.5	250
Coffee, Lemon or Vanilla, Low fat (8 oz.)	38	0	38	10	3	220
Strawberry, Low fat (8 oz.)	41.3	0.5	40.8	8.6	1.8	218
<b>COLOMBO</b>						
Classic (8 oz.)	42	0	42	7	2	220
light (8 oz.)	21	0	21	7	1	120
<b>DANNON</b>						
Blended Snack Packs (4 oz.)	20– 21	0	21	5	0	100
Flavored (8 oz.)	36– 37	0	36– 37	11	3.5	220– 230
Fruit on the Bottom (8 oz.)	39– 44	0.1	39– 44	9	2–3	210– 240
<b>FAGE</b>						
Plain Total Classic Greek Yogurt ( 4 oz.)	3.5	0	3.5	7.5	11.5	150
Plain Total 2% Greek Yogurt (4 oz.)	4.5	0	4.5	10	2.3	75
Plain Total 5% Greek Yogurt (5.3 oz.)	6	0	6	13	9	160

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>PLAIN, ALL BRANDS</b>						
Low fat (8 oz.)	15	0	15	11	3	130
Whole milk (8 oz.)	11	0	11	9	8	150
<b>STONYFIELD FARM</b>						
Nonfat Raspberry (6 oz.)	23	2	21	7	0	120
Whole Milk Vanilla (6 oz.)	37	0	37	7	5	220
<b>YOPLAIT</b>						
Custard (6 oz.)	32	0	32	7	3.5	190
Expresse (1)	11	0	11	2	1.5	70
Light (6 oz.)	20	0	20	5	0	100
Original (6 oz.)	33	0	33	5	1.5	170
<b>SWEETENERS, JAMS AND SYRUPS</b>						
<b>JAMS/PRESERVES</b>						
Apple butter (1 T)	8	0	8	0	0	30
Artificially sweetened (1 T)	3.6	0.2	3.4	0	0	10
Grape jelly (1 T)	13	0	13	0	0	50
Jam/preserves (1 T)	13.9	0.1	13.9	0.1	0	55
Reduced sugar (1 T)	6.6	0.3	6.3	0.1	0.04	26
Steele's jams, assorted flavors (1 T)	1-2.3	0	1-2.3	0	0	6-10

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>CHOCOLATE SYRUP</b>						
Hershey's (1 T)	11.9	0.5	11.4	0.5	0.2	51
Hershey's Lite (1 T)	5.5	0.25	5.25	0	0	22.5
Corn syrup (1 T)	15.7	0	15.7	0	0	58
Honey (1 T)	5.8	0	5.8	0	0	21
Molasses (1 T)	4.9	0	4.9	0	0	19
<b>PANCAKE SYRUP</b>						
Maple (1 T)	13.4	0	13.4	0	0	52
Maple, flavored (1 T)	12	0	12	0	0	48
Reduced calorie (1 T)	6.6	0	6.6	0	0	25
Steel's Sugar Free Chocolate Fudge Sauce (1 T)	2.5	1	1.5	0.5	1.5	23
<b>SUGAR</b>						
Brown, packed (1 T)	4.5	0	4.5	0	0	17
Maple (1 T)	2.7	0	2.7	0	0	11
Powdered, unsifted (1 T)	2.5	0	2.5	0	0	10
White (1 T)	4.2	0	4.2	0	0	16
<b>SWEETENERS, NON-CALORIC</b>						
Equal (1 pkt.)	0	0	0	0	0	0
Splenda (1 T)	1.6	0	1.6	0	0	6
Splenda (1 pkt.)	1	0	1	0	0	4

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Stevia (1 pkt.)	1	0	1	0	0	4
Sugar Twin, brown (1 T)	0.4	0	0.4	0	0	1
Sweet'N Low (1 pkt.)	1	0	1	0	0	0
<b>SAUCES, GRAVIES AND MARINADES</b>						
<b>SAUCES</b>						
<b>BARBECUE SAUCE</b>						
Forgione (2 T)	1	0	1	0	0	15
Hunt's Bold Original (1 T)	6.5	0	6.5	0	0	30
Kraft Hickory Smoke (1 T)	4.5	0	4.5	0	0	20
Kraft Thick'n Spicy (1 T)	6	0	6	0	0	25
Rocky Mountain Sweetened (2 T)	1	0	1	0	0	15
<b>COCKTAIL SAUCE</b>						
Kraft (2 T)	5.5	0.25	5.25	0.5	0.2	30
Steel's Sugar Free (2 T)	0.5	0.3	0.3	0.5	0	18
Cranberry sauce, whole or jellied (2 T)	13	0.5	12.5	0	0	50

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>PASTA SAUCE</b>						
Contadina Four Cheese (¼ C)	6	1	5	1	0.5	30
DiGiorno Alfredo (¼ C)	2	0	2	4	22	230
Newman's Own Five Cheese (¼ C)	14	3	11	2	3	90
Newman's Own Sockarooni (¼ C)	9	3	6	2	2	60
Prego Marinara (¼ C)	6	1.5	4.5	1	3	55
Prego Traditional (¼ C)	10.4	2	8.4	1.1	2.5	68
Ragu Old World Style (¼ C)	6.1	1.3	4.8	0.9	1.3	40
Rao's (¼ C)	2	1	1	2.5	2	30
Peanut sauce (2 T)	3.4	0.4	3	3.6	7.2	86
Pesto sauce (2 T)	1.5	0.4	1.1	5.4	15	160
<b>SWEET AND SOUR SAUCE</b>						
Kraft (2 T)	19	16	3	0	0.5	80
Steel's Sugar Free (2 T)	2	0	1	0	0	10
<b>TACO SAUCE</b>						
Green (1 T)	0.9	0.1	0.8	0.1	0	5
Red, Old El Paso, medium (1 T)	2	0	2	0	0	10

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Red, Ortega Thick & Smooth (1 T)	2	0	2	0	0	10
Tartar sauce, Kraft (2 T)	4	0	4	0	5	60
<b>TOMATO SAUCE</b>						
Canned (¼ C)	4.4	0.9	3.5	0.8	0.1	18
Hunt's Seasoned Tomato Sauce for Pizza (¼ C)	5	1	4	1	0	25
Redpack (¼ C)	5	1	4	0	0	20
<b>GRAVY, JARRED/ CANNED</b>						
Au Jus (2 T)	0.8	0	0.8	0.4	0.1	5
Beef (2 T)	1.4	0.1	1.3	1.1	0.7	15
Chicken (2 T)	1.6	0.1	1.5	0.6	1.7	24
Mushroom (2 T)	1.6	0.1	1.5	0.4	0.8	15
Turkey (2 T)	1.5	0.1	1.4	0.8	0.6	15
Hollandaise sauce (2 T)	0.6	0.01	0.59	1.5	14.2	134
<b>MARINADES</b>						
A1 Steak House Classic (1 T)	3	0	3	0	0	15
Annie's Naturals Organic Smoky Campfire (1 T)	0	0	0	0	3	30
Annie's Naturals Organic Spicy Ginger (1 T)	2	0	2	0	1	18

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Consorzio California Teriyaki (1 T)	5	0	5	1	2	40
Consorzio Tropical Grill (1 T)	3	0	3	0	0	15
KC Masterpiece Hickory & Spice (1 T)	7.5	7.5	7	0	0	30
Kikkoman Teriyaki (1 T)	2	0	2	1	0	15
Lawry's 30 Minute Mesquite (1 T)	1	0	1	0	0	5
<b>SALSA</b>						
Desert Pepper 2 Olive Roasted Garlic (2 T)	2	1	1	0	0	10
Doritos Medium (2 T)	3	1	2	1	0	15
Green (2 T)	1	0	1	0	0	10
Newman's Own Roasted Garlic (2 T)	2	1	1	1	0	10
Old El Paso Thick N Chunky (2 T)	2	0	2	0	0	10
Red (2 T)	2	0.5	1.5	0.4	0.1	9
<b>SEASONINGS AND CONDIMENTS</b>						
Anchovies, in oil, drained (5)	0	0	0	5.7	1.9	42
Bac'n Pieces, McCormick (1T)	2	0	2	3	1	30

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Bacon Bits, Oscar Mayer (1 T)	0	0	0	2	1.5	25
Basil, fresh (1 T)	0.1	0.1	0	0.1	0	1
Basil, ground (1 T)	2.7	1.8	0.3	0.6	0.2	11
Capers (1 T)	0.4	0.3	0.1	0.2	0.1	2
Caponata (2 T)	2	2	0	0	2	25
Catsup/ketchup (1 T)	3.8	0.05	3.75	0.3	0.05	14.5
Catsup, Steel's sugar free (1 T)	2	0	2	0	0	10
Chili powder (1 T)	4.1	2.6	1.5	0.9	1.3	24
Chives (1 T)	0.1	0.1	0.1	0.1	0	1
Cilantro, fresh (1 T)	0.1	0.1	0	0.1	0	1
Clam juice (8 fl. oz.)	0.1	0	0.1	0.4	0	2
Cumin seed (1 t)	0.9	0.2	0.7	0.4	0.5	7
Dill, fresh (1 T)	0	0	0	0	0	0
Fish sauce (1 t)	0.2	0	0.2	0.3	0	2
Garlic, clove (1)	0.6	0.04	0.6	0.2	0	4
Ginger root (1 T)	0.9	0.1	0.8	0.1	0	4
Herbs, dried (oregano, thyme, etc.) (1 T)	1	0.6	0.4	0.2	0.2	5
Hoisin sauce, Steel's (2 T)	2	1	1	0	0	15
Horseradish, prepared (1 T)	0.2	0.03	0.17	0.1	1	10
Miso paste (1 T)	3	0.4	2.6	1.9	0.8	27

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Mustard, Dijon (1 T)	0.6	0.1	0.5	0.3	0.5	3
Mustard, yellow (1 T)	0.4	0.2	0.2	0.2	0.2	3
Olives, black, lg. (5)	1.4	0.7	0.7	0.2	2.4	25
Olives, green (5)	0.3	0.2	0.1	0.3	2.5	23
Parsley, fresh (1 T)	0.2	0.1	0.1	0.1	0	1
<b>PEPPERS</b>						
Hot cherry (1)	2	1	1	0	0	10
Hot red, canned (1)	3.7	1	2.8	0.7	0.1	15
Jalapeno, pickled (1)	1	0.1	0.8	0.1	0	4
Roasted red (1)	1.5	0	1.5	0	0	5
Pickle, dill (1) (small)	1.5	0.4	1.1	0.2	0.1	12
Pickle relish (1 T)	5.4	0.2	5.2	0.1	0.1	20
Pickle, sweet (1)	8	0	8	0	0	35
Sofrito (1 T)	0	0	0	0	0	0
Soy sauce (1 T)	1.2	0.1	1.1	1	0.01	8
Soy sauce, low sodium (1 T)	1.5	0.1	1.4	0.9	0.01	10
Soy sauce, tamari (1 T)	1	0.1	0.9	1.9	0	11
Steak sauce (1 T)	2.4	0.3	2.1	0.2	0	9
Steak sauce, Newman's Own (1 T)	4	0	4	0	0.5	20
Tabasco sauce (1 T)	0	0	0	0.1	0	1

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>VINEGAR</b>						
Balsamic (1 T)	2.7	0	2.7	0.1	0	14
Cider (1 T)	0.1	0	0.1	0	0	3
Red (1 T) (red wine)	0.04	0	0.04	0	0	3
Rice (1 T)	0	0	0	0	0	0
Rice, seasoned (1 T) (Trader Joes)	5	0	5	0	0	20
White (1 T)	0	0	0	0	0	5
Worcestershire Sauce (1 T)	1	0	1	0	0	4
<b>FATS, OILS AND SALAD DRESSINGS</b>						
Lard (1 T)	0	0	0	0	12.8	116
Vegetable shortening (Crisco, 1 T)	0	0	0	0	12.8	113
<b>OILS, SALAD/COOKING</b>						
Canola (1 T)	0	0	0	0	14	124
Corn (1 T)	0	0	0	0	13.6	120
Olive (1 T)	0	0	0	0	13.5	119
Peanut (1 T)	0	0	0	0	13.5	119
Safflower (1 T)	0	0	0	0	13.6	120
Sesame (1 T)	0	0	0	0	13.6	120
Soybean (1 T)	0	0	0	0	13.6	120

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>SALAD DRESSINGS</b>						
Annie's Natural Balsamic Vinaigrette (2 T)	3	0	3	0	10	100
Annie's Natural Caesar (2 T)	2	0	2	1	12	120
Kraft Creamy Italian (2 T)	3	0	3	0	11	110
Kraft French (2 T)	5	0	5	0	14	150
Kraft House Italian (2 T)	3	0	3	0	12	120
Kraft Peppercorn Ranch (2 T)	1	0	1	1	19	170
Kraft Thousand Island (2 T)	5	0	5	0	10	110
Marie's Caesar (2 T)	1	0	1	1	19	170
Marie's Parmesan Ranch (2 T)	3	0	3	0.5	19	180
Marie's Tangy French (2 T)	8	0	8	0	11	130
Newman's Own Creamy Caesar (2 T)	1	0	1	0	18	170
Newman's Own Parmesan Roasted Garlic (2 T)	2	0	2	0	11	110
Walden Farms Calorie Free (2 T)	0	0	0	0	0	0
Wish-Bone Chunky Blue Cheese (2 T)	1	0	1	0	15	150
Wish-Bone Creamy Roasted (2 T)	3	0	3	0	13	140

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Wish-Bone Deluxe French (2 T)	5	0	5	0	11	120
Wish-Bone Honey Dijon (2 T)	9	0	9	0.5	10	130
Wish-Bone Italian (2 T)	3	0	3	0	7	80
Wish-Bone Ranch (2 T)	2	0	2	0	13	120
Wish-Bone Russian (2 T)	15	0	15	0	6	110
Wish-Bone Thousand Island (2 T)	6	0	6	0	12	130
<b>MARGARINE</b>						
Hard (1 T)	0.3	0	0.3	0.03	11.2	100
Soft (1 T)	0.1	0	0.1	0.1	11.4	102
<b>MAYONNAISE</b>						
Best Foods/Hellman's (1 T)	0.2	0	0.2	0.2	11.6	110
Kraft (1 T)	0	0	0	0	10	90
Light (1 T)	1.3	0	1.3	0.1	4.9	50
Soybean (1 T)	0.5	0	0.5	0.2	11	99
Miracle Whip (1 T)	3.5	0	3.5	0.1	4.9	57
Miracle Whip Light (1 T)	2	0	2	0	1.5	20
<b>SOUPS</b>						
Broth/Bouillon, beef (8 oz.)	0.1	0	0.1	2.6	0.5	16
Broth, cube, all flavors (1)	0.6	0	0.6	0.6	0.1	6

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>CAMPBELL'S, PREPARED FROM CONDENSED</b>						
Bean w/Bacon (½ C)	25	8	17	8	4	170
Beef Broth (⅔ C)	1	0	1	3	0	15
Beef Noodle (8 fl. oz.)	8	1	7	5	2.5	70
Cream of Celery (½ C)	9	3	6	1	6	90
Chicken broth (½ C)	1	0	1	1	1	20
Consommé, beef (½ C)	1	0	1	4	0	20
Cream of Chicken (½ C)	10	2	8	3	8	120
Chicken Gumbo (½ C)	10	1	9	2	1	70
Chicken Noodle (½ C)	10	0.5	9.5	4	2	70
Chicken Rice (½ C)	13	1	12	2	1.5	70
Clam Chowder, Manhattan (8 fl. oz.)	12	2	10	2	0.5	60
Clam Chowder, New England (½ C)	10	1.5	8.5	3.5	6.5	115
Golden Mushroom (½ C)	10	1	9	2	3.5	80
Green Pea (8 fl. oz.)	29	5	24	9	3	180
Minestrone (½ C)	17	3	14	4	1	90
Tomato (½ C)	20	1	19	2	0	90
Turkey Vegetable (½ C)	10	3	7	3	2.5	80
Vegetable (½ C)	20	3	17	4	0.5	100

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Vegetable Beef (8 fl. oz.)	15	3	12	3	0.5	80
'Just Heat And Enjoy' Soup						
Vegetarian Vegetable (½ C)	18	2	16	3	0.5	90
<b>CAMPBELL'S CHUNKY</b>						
Beef w/Country Vegetables (8 fl. oz.)	21	3	18	9	3	150
Classic Chicken Noodle (½ C)	14	4	10	8	2	120
Minestrone (½ C)	19	4	15	4	0.5	100
Vegetable (8 fl. oz.)	22	4	18	3	3	130
<b>FANTASTIC IN A CUP</b>						
Country Lentil (1)	43	13	30	16	2	250
Creamy Mushroom (1)	24	2	22	6	0	120
Minestrone (1)	3	4	26	8	2	170
Split Pea (1)	35	8	27	12	1	190
<b>HEALTH VALLEY</b>						
Black Bean (1 C)	25	5	20	7	1	130
14 Garden Vegetable (1 C)	17	4	13	6	0	80
Garden Split Pea w/Carrots (1 C)	17	4	13	6	0	80

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>HEALTHY CHOICE</b>						
Hearty Chicken (8 fl. oz.)	18	3	15	8	2	130
Chicken w/Rice (8 fl. oz.)	17	3	14	7	1.5	110
New England Clam Chowder (8 fl. oz.)	19	2	17	5	1	110
Split Pea/Ham (8 fl. oz.)	27	6	21	12	2.5	160
Garden Vegetable (8 fl. oz.)	24	5	19	5	0.5	120
<b>KNORR IN A CUP</b>						
Beef Vegetable Soup (1)	27	1	26	5	2	150
Red Bean Chili (1)	32	8	24	9	1	170
<b>LIPTON IN A CUP</b>						
Beefy Mushroom (1)	6.6	0.1	6.5	0.9	0.4	33
Harvest Vegetable (1)	17	2	15	1	1.5	90
Vegetable (1)	8	0	8	2	1	45
<b>NILE SPICE IN A CUP</b>						
Black Bean (1)	36	12	24	12	1.5	170
Cheddar Broccoli (1)	20	1	19	6	3	130
Chili & Beans (1)	24.7	5.7	19	8.2	2.2	151
Tomato & Rice (1)	22.7	1.4	21.3	4.6	2.8	135



<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>PROGRESSO</b>						
Lentil Soup (8 fl. oz.)	30	5	25	9	2	160
Escarole in Chicken Broth (8 fl. oz.)	2	0	2	3	0	20
Healthy Classics Cream of Broccoli (8 fl. oz.)	13.3	2.4	10.9	2.4	2.8	88
Traditional Beef Barley (8 fl. oz.)	17	2	15	8	2.5	120
Meatballs & Pasta (8 fl. oz.)	13	0	13	7	7	140
Tomato Vegetable (8 fl. oz.)	15	4	1	3	2	90
<b>RAMEN IN A CUP</b>						
Fantastic Mandarin Broccoli Big Soup Noodle Bowl (1)	21	2	19	6	0	110
Nissin Noodles Chicken Ramen (1)	36.8	0	36.8	5.6	14.1	296
<b>FISH AND SHELLFISH</b>						
<b>FISH</b>						
<b>BASS</b>						
Sea bass, baked (6 oz.)	0	0	0	37.7	10	252
Striped bass, baked (6 oz.)	0	0	0	38.7	5.1	211

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Bluefish, baked (6 oz.)	0	0	0	43.7	9.3	270
Catfish, baked (6 oz.)	0	0	0	31	20	313
<b>COD</b>						
Baked (6 oz.)	0	0	0	35.6	6.1	208
Dried, salted (3 oz.)	0	0	0	53.4	2	247
<b>FISH STICKS</b>						
Mrs. Paul's Breaded (6 pieces)	20	0.9	19.1	11	10	220
Mrs. Paul's Crunchy Fish Fillet (2 fillets)	23	1	23	13	12	250
Mrs. Paul's Healthy Treasures (6 pieces)	30	3	27	15	4.5	255
Van de Kamp's Battered Fillet (2 fillets)	18	0	18	8	13	240
Flounder, baked (6 oz.)	0	0	0	37.4	7.2	225
Gefilte, no sugar added (1 piece)	3	1	2	7	3	80
Gorton's Garlic Butter Fillets (1 piece)	1	0	1	17	3	100
<b>HADDOCK</b>						
Baked (6 oz.)	0	0	0	38	6.3	218
Smoked (6 oz.)	0	0	0	42.9	1.6	197

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Van de Kamp's Battered (2 pieces)	18	0	18	8	13	240
Halibut, baked (6 oz.)	0	0	0	45.4	5	238
<b>HERRING</b>						
Vita Herring in Sour Cream (1 ¼ C)	8	0	8	7	7	120
Vita Herring Party Snacks (1 ¼ C)	10	0	10	9	5	120
Mackerel, baked (6 oz.)	0	0	0	38	23.5	377
Mahi-mahi, baked (6 oz.)	0	0	0	42	1.6	193
Perch, baked (6 oz.)	0	0	0	42.3	2	199
<b>SALMON</b>						
Baked (6 oz.)	0	0	0	40.8	13	291
Canned (6 oz.)	0	0	0	35	10.7	245
Smoked (6 oz.)	0	0	0	31.1	7.4	199
<b>SARDINES</b>						
Canned in mustard (6 oz.)	1.3	0.17	1.1	35.5	17.8	316
Canned in oil (6 oz.)	0	0	0	41.9	19.5	354
Canned in tomato sauce (6 oz.)	0	0	0	35.5	17.8	316
Scrod, baked (6 oz.)	0	0	0	37.6	6.3	218
Shad, baked (6 oz.)	0	0	0	26.9	30	429

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Swordfish, baked (6 oz.)	0.8	0	0.8	40.5	14	301
Trout, baked (6 oz.)	0	0	0	41.5	15.6	319
<b>TUNA</b>						
Baked (6 oz.)	0	0	0	46.4	6.7	259
White, canned in oil (6 oz.)	0	0	0	45.1	13.7	316
White, canned in water (6 oz.)	0	0	0	40.6	1.4	194
<b>SHELLFISH</b>						
<b>CLAMS</b>						
Canned, drained (6 oz.)	5.5	0	5.5	27.2	2.1	157
Fried, Gorton's (15 pieces)	20	0	20	8	15	250
Fried, Mrs. Paul's (6 oz.)	58	2	56	16	32	560
<b>CRAB</b>						
Canned, drained (6 oz.)	0	0	0	25.6	1.5	124
Steamed (6 oz.)	0	0	0	34.4	3	174
Surimi (imitation crabmeat) (6 oz.)	17.4	0	17.4	20.5	2.2	174
Crawfish (6 oz.)	0	0	0	25	1.6	122
Lobster, steamed (6 oz.)	2.2	0	2.2	34.9	1	167
Mussels, steamed (6 oz.)	12.6	0	12.6	40.5	7.6	293

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>OYSTERS</b>						
Canned (6 oz.)	5.9	0	5.9	10.6	3.7	104
Raw (6 oz.)	6.7	0	6.7	12	4.2	116
Smoked (6 oz.)	10.7	6	10.7	19.3	6.7	186
<b>SCALLOPS</b>						
Baked (6 oz.)	4.9	0	4.9	34.7	6.7	228
Fried, Mrs. Paul's (13 pieces)	27	1	26	12	7	220
Mrs. Paul's (6 oz.)	38.2	1.7	36.5	17.4	13.9	365
<b>SHRIMP</b>						
Cocktail (6 oz.)	12.3	3.4	8.9	18.6	1.3	144
Cooked (6 oz.)	2.1	0	2.1	46.4	3.9	241
Gorton's Popcorn (22 pieces)	28	0	28	10	11	250
Mrs. Paul's Cajun (21 pieces)	4	1	3	130	1.5	90
Prawns, steamed (6 oz.)	0	0	0	35.6	1.8	168
Van de Kamp's Crunchy Butterfly (7 pieces)	30	3	27	10	15	300
Squid, cooked (6 oz.)	6.4	0	6.4	32.2	8	236

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>BEEF, PORK AND LAMB</b>						
<b>BEEF AND VEAL</b>						
<b>BEEF MEALS</b>						
Thomas E. Wilson Seasoned Beef Meatloaf (5 oz.)	12	1	11	17	16	270
Time for Dinner Beef Pot Roast (5 oz.)	7	0	7	23	5	170
<b>BEEF, COOKED</b>						
Brisket (6 oz.)	0	0	0	44	41.7	563
Chuck (6 oz.)	0	0	0	50.1	31.6	498
Chuck eye steak (6 oz.)	0	0	0	46.2	41.1	568
Corned beef brisket (6 oz.)	0.3	0	0.3	33.3	33.8	449
Cubed steak (6 oz.)	0	0	0	53.9	8.3	306
Eye round (6 oz.)	0	0	0	45.3	24	410
Ground chuck (6 oz.)	0	0	0	38.9	44	562
Ground round (6 oz.)	0	0	0	46.7	28.1	454
Jerky (5 oz.) (1 Slim Jim)	1.1	0.2	0.9	3.2	2.5	39
Prime rib (6 oz.)	0	0	0	37	56.4	667
Rib eye roast (6 oz.)	0	0	0	37	56.4	667
Rib eye steak (6 oz.)	0	0	0	42.4	37.9	522
Roast (6 oz.)	0	0	0	38.7	45.6	576

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Roast, deli (6 oz.)	2.3	0	2.3	34.4	5.2	193
Shell steak (6 oz.)	0	0	0	48.7	16	352
Short ribs (6 oz.)	0	0	0	24	62	660
Sirloin steak (6 oz.)	0	0	0	34.2	21.6	344
Skirt steak (6 oz.)	0	0	0	35	13.8	276
Tenderloin (6 oz.) (Lean)	0	0	0	37	11	258
Top loin (6 oz.)	0	0	0	51.7	12.3	332
Top sirloin (6 oz.)	0	0	0	34	21.6	342
Liver, calf (6 oz.)	4.9	0	4.9	33.6	8.2	240
<b>VEAL, COOKED</b>						
Arm shoulder (6 oz.)	0	0	0	43.3	14	311
Breast (6 oz.)	0	0	0	39.6	33.5	472
Cutlet (6 oz.)	0	0	0	51.4	29.3	483
Ground (6 oz.)	0	0	0	41.5	12.9	293
Loin (6 oz.)	0	0	0	32	16	246
Rib chop (6 oz.)	0	0	0	34.3	23.2	354
Round steak (6 oz.)	0	0	0	47.6	7	265
Scallops (6 oz.)	0	0	0	47.8	5.8	255
Shank (6 oz.)	0	0	0	32.5	5.9	192
Stew meat (6 oz.)	0	0	0	40.2	13.4	292

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>GOAT, COOKED</b>						
Goat (6 oz.)	0	0	0	34	3.9	186
<b>LAMB, COOKED</b>						
Ground (6 oz.)	0	0	0	28	40	481
Leg, bone-in (6 oz.)	0	0	0	48.1	13.2	325
Rack, bone-in (6 oz.)	0	0	0	44.5	22.6	395
Rib chop (6 oz.)	0	0	0	37.6	50.3	614
Shoulder (6 oz.)	0	0	0	48.1	13.2	325
Stew meat (6 oz.)	0	0	0	57.3	15	379
<b>LUNCH MEATS AND SAUSAGES</b>						
Bologna, beef (3 slices)	2.3	0	2.3	6.4	10.3	129
Bologna, beef & pork (3 slices)	1.3	0	1.3	4.7	11.6	128
Breakfast sausage (1 link)	0	0	0	7	7	90
Chorizo (2 oz.)	1.1	0	1.1	13.7	21.7	258
<b>Frankfurters</b>						
Beef & pork (1)	0.77	0	0.77	5.2	12.4	137
Beef (1)	2.5	0	2.5	6.8	17.3	194
Hebrew National (1)	1	0	1	6	14	150
Pork (1)	0.2	0	0.2	9.7	18	204
Ham (6 oz.)	1.8	0	1.8	28.2	6.6	174

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Liverwurst (6 oz.)	5.3	0	5.3	24.7	48.5	556
Olive loaf (3 slices)	7.8	0	7.8	10	14	200
Pastrami, beef (6 oz.)	0	0	0	37	9.9	248
Pepperoni (5 pieces)	1.1	0	1.1	5.6	11.1	128
Pork and beef sausage (1)	0.4	0	0.4	1.7	4.7	51
Pork sausage (1)	0.2	0	0.2	3.9	7.3	82
Spam (2 oz.)	1.7	0	1.7	7.4	15.8	174
<b>SALAMI</b>						
Beef (3 slices)	0.8	0	0.8	5.3	9.3	110
Beef and pork (3 slices)	1	0	1	6.3	8.1	104
Pork (3 pieces)	0.5	0	0.5	6.8	10.1	122
<b>PORK</b>						
<b>PORK MEALS</b>						
Hormel Pork Roast au Jus (5 oz.)	0	0	0	29	7	180
Time for Dinner Pork Loin Roast (5 oz.)	3	0	3	27	9	200
<b>PORK, ROASTED/COOKED</b>						
Bacon (3 pieces)	0.2	0	0.2	5.6	6.3	81
Canadian bacon (3 pieces)	0.9	0	0.9	16.9	5.9	129
Chop, center cut, bone-in (6 oz.)	0	0	0	50.7	14.1	344

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Ground (6 oz.)	0	0	0	28.8	36	448
Ham, boneless (6 oz.)	0.7	0	0.7	30	14	276
Kielbasa, w/beef (2 oz.)	2.2	0	2.2	7.6	9.9	126
Loin chop, bone-in (6 oz.)	0	0	0	37.3	43.3	549
Loin roast (6 oz.)	0	0	0	46.1	24.9	422
Pancetta (1 oz.)	0	0	0	12	16	200
Prosciutto (6 oz.)	0.5	0	0.5	47	14.2	331
Sausage, Italian (2 oz.)	2.4	0	2.4	10.7	15.3	192
Spare ribs (6 oz.)	0	0	0	31	32.6	427
Tenderloin (6 oz.)	0	0	0	47.9	8.2	279
<b>POULTRY</b>						
<b>CHICKEN, COOKED</b>						
Breast filet, skinless (6 oz.)	0	0	0	44	6.2	243
Breast, w/skin, boneless (6 oz.)	0	0	0	50.7	13.2	335
Drumstick, skinless, boneless (6 oz.)	0	0	0	48	15.8	348
Drumstick, w/skin (6 oz.)	0	0	0	46	19	367
Ground (6 oz.)	0	0	0	45.5	22.7	398
leg, boneless, w/skin (6 oz.)	0	0	0	44.2	22.9	395

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Light and dark (6 oz.)	0	0	0	40.8	22.8	379
Thigh, boneless, w/skin (6 oz.)	0	0	0	42.6	26.4	420
Wing, boneless (6 oz.)	0	0	0	45.7	33.1	493
<b>CHICKEN DISHES, FROZEN</b>						
Banquet Popcorn Chicken (11 pieces)	18	0	18	8	9	180
Bird's Eye Zesty Garlic Chicken (1 C)	32	2	30	17	10	300
Goya Chicken Croquettes (3)	30	3	27	13	12	280
<b>POT PIES</b>						
Banquet (1)	35	3	32	10	21	370
Morton (1)	32	2	30	8	18	320
Pepperidge Farm (1)	36	1	35	10	22	390
<b>"SKILLET" MEALS</b>						
Bird's Eye Chicken Voila! Pesto Chicken Primavera (1 C)	24	2	22	15	8	230
Chicken Helper Four Cheese (1 C)	27	0	27	24	12	310
Green Giant Chicken Teriyaki Skillet Meal (1½ cups)	43	6	37	13	1	240

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Stouffer's Skillet Sensations Teriyaki Chicken (½ package)	41	5	36	18	4	270
Uncle Ben's Fiesta Bowl (1)	55	4	51	22	6	350
Weaver Chicken Breast Strips (3 each)	13	2	11	14	11	210
Weaver Original Style Chicken Rondelets (1 each)	10	1	9	10	11	210
<b>CHICKEN, REFRIGERATED, PREPARED</b>						
Purdue Short Cuts Carved Chicken Breast (½ C)	3	0	3	15	2	90
Tyson Roasted Whole Chicken (3 oz.)	1	0	1	16	11	160
Chicken Sausage, Aidell's Smoked Chicken and Apple (1 each)	1	0	1	16	16	210
Cornish hen, roasted (6 oz.)	0	0	0	26.6	21.8	310
<b>DUCK, COOKED</b>						
Breast, w/o skin (6 oz.)	0	0	0	46.9	4.2	238
Whole (6 oz.)	0	0	0	26.1	89.2	916
Goose, Roasted (6 oz.)	0	0	0	42.8	37.3	519

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>TURKEY, COOKED</b>						
Breast, w/o skin (6 oz.)	0	0	0	51.1	1.3	230
Ground (6 oz.)	0	0	0	46.5	22.4	400
light and dark (6 oz.)	0.1	0	0.1	47.6	16.1	349
Sausage (2 oz.)	0.3	0	0.3	9.6	6.4	97
<b>TURKEY POT PIES</b>						
Banquet (1)	36	3	35	10	21	370
Swanson (1)	31	5	26	9	17	320
Turkey Jerky, Shelton's (½ oz.)	1	0	1	9	0.5	50
<b>NUTS, NUT BUTTERS AND SEEDS</b>						
<b>ALMONDS</b>						
Butter (2 T)	6.8	1.2	5.6	4.8	18.9	203
Paste (1t.)	13.6	1.4	12.2	2.6	7.9	130
Slivered, blanched (2 T)	3.3	1.6	1.7	3.5	8.6	102
Whole, roasted (24)	5.7	3.4	2.3	6.1	14.6	166
Brazil nuts, roasted (6)	3	2	1	4.1	18.8	186
<b>CASHEWS</b>						
Butter (2 T)	8.8	0.6	8.2	5.6	15.8	188
Whole, roasted (2 T)	5.6	0.5	5.1	2.6	7.9	98

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Chestnuts, roasted (6)	30	2.9	27.1	1.8	1.2	138
Coconut, dried, unsweetened (2 T)	2.4	1.6	0.8	0.7	6.3	64
Hazelnuts, roasted (2 T)	2.8	1.6	1.2	2.5	10.3	106
<b>MACADAMIA NUTS</b>						
Butter (2 T)	5	0	5	3	24	230
Roasted (2 T)	2.3	1.4	0.9	1.3	12.7	120
Nutella (2 T)	22	1	21	3	11	190
<b>PEANUTS</b>						
Butter, natural (2 T)	6.9	3	3.9	7.7	15.9	187
Butter, smooth (2 T)	6.2	1.9	4.3	8.1	16.3	190
Oil-roasted (2 T)	3.4	1.7	1.8	4.7	8.9	105
Pecans, roasted (2 T)	1.9	1.3	0.6	1.2	9.7	93
Pine nuts (2 T)	2.4	0.8	1.7	4.1	8.6	96
Pistachios (2 T)	4.7	1.6	3.1	3.3	6.9	88
Pumpkin seeds, hulled (2 T)	4.3	0.3	4	1.5	1.6	36
Sesame seeds (2 T)	4.2	2.1	2.1	3.2	8.9	103
Soybeans, roasted (1 oz.)	9.5	5	9.5	10	7.2	133
Sunflower seeds, hulled (1 oz.)	6.8	2.6	4.2	5.5	14.1	165
Walnuts, halves (1 oz.)	3.9	1.9	2	4.3	18.5	185

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>VEGETABLES</b>						
<b>ARTICHOKES</b>						
Whole (1 medium)	13.4	6.9	6.5	4.2	0.2	60
Hearts, frozen (½ C)	7.8	6	1.8	2.7	0.4	38
Hearts, marinated (4 pieces)	7	1	6	2	0	35
<b>ASPARAGUS</b>						
Steamed, spears (4)	2.6	1.2	1.4	1.5	0.2	25
Canned, spears (4)	1.9	1.2	0.7	1.6	0.5	24
Frozen, steamed (½ C)	4.4	1.4	2.9	2.7	0.4	25
Bamboo shoots, canned, sliced (½ C)	2.1	0.9	1.2	1.1	0.3	12
<b>BEANS, STRING</b>						
Green, boiled (½ C)	5.3	2.1	3.2	1.3	2.2	41
Green Giant Green Bean Casserole (⅔ C)	9	1	8	2	8	110
Yellow wax, boiled (½ C)	4.9	2.1	2.9	1.2	0.2	22
Beets, canned (½ C)	5.7	1.4	4.3	0.7	0.1	24
Bok choy (½ C)	0.75	0.4	0.35	0.5	0.1	4.5
Broccoli, steamed (½ C)	2.6	1.3	1.3	1.2	0.1	13

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>BROCCOLI</b>						
Florets, raw (½ C)	2.4	0.9	1.5	1	0.1	12
Frozen, chopped, steamed (½ C)	4.9	2.8	2.2	2.9	0.1	26
<b>BROCCOLI DISHES</b>						
Bird's Eye Broccoli w/Cheese Sauce (½ C)	7.1	1.9	5.2	4.3	3.2	70
Green Giant Broccoli & Three Cheese Sauce (½ C)	7	2	5	3	1.5	45
Broccoli Rabe, raw (½ C)	0.6	0.5	0.1	0.6	0.1	4.4
Broccolini, steamed (½ C)	8	1.3	6.7	4	0	47
Brussels sprouts, steamed (½ C)	6.4	3.2	3.2	2.8	0.3	32
<b>CABBAGE</b>						
Chinese (½ C)	1.4	1.4	0	0.9	0.1	8
Green, shredded, raw (½ C)	0.8	0.4	0.4	0.5	0.1	4.7
Green, steamed (½ C)	3.3	1.7	1.6	0.8	0.3	17
Red, shredded, raw (½ C)	3.3	0.9	2.4	0.6	0.1	13.8
Savoy, steamed (½ C)	4.4	2.2	2.2	1.4	0.1	19.5
Cardoon, steamed (½ C)	3.9	1.2	2.7	0.6	0.1	16



<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>CARROTS</b>						
Sliced, steamed (½ C)	5.7	2.4	3.3	0.9	0.4	43
Whole, 7½" long, raw (1)	6.9	2	4.9	0.7	0.1	30
<b>CAULIFLOWER</b>						
Raw (½ C)	2.6	1.3	1.4	1	0.1	13
Steamed (½ C)	3.6	2.2	1.4	1.6	0.3	19
<b>CAULIFLOWER DISHES</b>						
Bird's Eye Cauliflower w/Cheese Sauce (½ C)	6.8	1.8	5	3.8	2.9	64
Green Giant Cauliflower & Cheese Flavored Sauce (½ C)	6	1	5	2	2.5	50
Celeriac, cooked (½ C)	4.6	0.9	3.6	0.7	0.2	21
<b>CELERY</b>						
Steamed (½ C)	3	1.2	1.8	0.6	0.1	14
Raw (1 stalk)	1.2	0.6	0.6	0.3	0.1	6
Chard, steamed (½ C)	3	1.5	1.5	1.4	0.1	14
Chayote, steamed (½ C)	4.1	2.2	1.8	0.5	0.4	19
Coleslaw, w/dressing (½ C)	7.5	0.9	6.6	0.8	1.6	41
Collards, steamed (½ C)	4.1	2.4	1.7	1.8	0.3	22

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>CORN</b>						
Canned (½ C)	15.2	1.6	13.6	2.2	0.8	83
Cob (1)	14	1.8	12.2	2	0.5	58
Cream style, canned (½ C)	23.2	1.5	21.7	2.2	0.5	92
Kernels (½ C)	14.7	2.1	12.6	2.5	0.9	66
Cucumber Slices (½ C)	1.4	0.4	1	0.4	0.1	7
Dandelion greens (½ C)	3.4	1.5	1.8	1.1	0.3	17
Eggplant, broiled (½ C)	3.3	1.2	2.1	0.4	0.1	14
Endive (½ C)	0.8	0.8	0	0.3	0.1	4.2
Fava beans, steamed (½ C)	16.7	4.6	12.1	6.5	0.3	94
<b>FENNEL</b>						
Braised (½ C)	2.8	1.3	1.5	0.6	0.1	12
Raw (½ C)	3.2	1.4	1.8	0.5	0.1	13
Garlic cloves (1)	0.6	0.4	0.6	0.1	0	3
Jerusalem artichoke, raw (½ C)	13.1	1.2	11.9	1.5	0	57
Jicama, raw (½ C)	5.7	3.2	2.5	0.5	0.1	25
Kale, steamed (½ C)	3.6	1.3	2.3	1.2	0.3	18
Kohlrabi, steamed (½ C)	5.5	0.9	4.6	1.5	0.1	24
<b>LETTUCE</b>						
Boston/Bibb (½ C)	0.6	0.3	0.3	0.4	0.1	4

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Iceberg (½ C)	0.8	0.4	0.4	0.3	0.1	4
Looseleaf/mesclun (½ C)	1	0.5	0.5	0.4	0.1	5
Romaine (½ C)	0.7	0.5	0.2	0.5	0.1	4
<b>BIRD'S EYE, FROZEN</b>						
Asparagus Stir Fry (1 C)	8	1.5	16.5	2.5	0.3	45
California Style Vegetables (½ C)	9	3	6	3	5	100
Pepper Stir-Fry (1 C)	5	1	4	1	0	25
Rotelle Pasta & Vegetables (½ C)	9	0.5	8.5	1.5	0.75	50
<b>GREEN GIANT, FROZEN</b>						
Mixed Vegetables (¾ C)	14	3	11	2	0.5	70
Teriyaki Vegetables (1 ¼ C)	9	2	7	2	0	40
<b>MUSHROOMS</b>						
Portobello (4 oz.)	5.6	2.5	3.1	4.8	0.8	40
Shiitake, cooked (½ C)	10.4	1.5	8.8	1.1	0.2	40
Straw, canned (½ C)	4.2	2.3	2	3.5	0.6	29
Whole, raw (½ C)	1.6	0.5	1.1	1.5	0.2	11
Mustard greens, steamed (½ C)	2.3	2.1	0.2	1.7	0.2	14
Nopales (cactus pads), cooked (½ C)	2.4	1.5	1	1	0	11

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Okra, steamed (½ C)	4.7	2.4	2.3	1.8	0.2	23
Onions, chopped, raw (½ C)	7.5	1.4	6.1	0.9	0.1	32
Parsnips, steamed (½ C)	13.2	2.8	10.4	1	0.2	55
Pea pods/Snow peas (½ C)	5.6	2.2	3.4	2.6	0.2	34
Peas, frozen (½ C)	9.9	3	6.9	3.8	0.3	55
<b>PEPPERS</b>						
Green, raw (½ C)	3.5	1.3	2.2	0.6	0.1	15
Red, raw (½ C)	4.5	1.6	2.9	0.7	0.2	19
<b>POTATOES</b>						
Au Gratin, Betty Crocker (2/3 C)	21	1	20	2	6	150
Baked, sm. (½ potato)	14.7	1.5	13.2	1.7	1.6	78
Boiled (½ C)	15.7	1.4	14.3	1.5	1.8	83
French fries, frozen, fried (10)	15.8	1.5	14.3	1.6	7.2	134
Hash browns, frozen, cooked (½ C)	21.9	1.6	20.4	2.5	9	170
Hash browns, toaster, Ore-Ida (2 patties)	25	2	23	2	12	220
Idahoan Real Potato Hash Browns (½ C)	27	1.5	25.5	3	3.7	135
Mashed, Boston Market (per 1 side)	23	1	22	3	9	180

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Mashed, from flakes, prepared (½ C)	15.8	2.4	13.4	2	5.9	119
Scalloped, Betty Crocker (½ C)	26	1	22	3	0	130
<b>PUMPKIN</b>						
Boiled (½ C)	6	1.4	4.6	0.9	0.1	25
Canned (½ C)	9.9	3.5	6.4	1.3	2.2	58
Radicchio (½ C)	0.9	0.2	0.7	0.3	0.1	5
Radishes (10)	1.6	0.7	0.9	0.3	0.2	9
Rutabaga, boiled (½ C)	7.4	1.5	5.9	1.1	0.2	33
Sauerkraut (½ C)	3	2.1	0.9	0.7	0.1	14
Scallions/green onions (½ C)	3.7	1.3	2.4	0.9	0.1	16
Shallots (½ C)	13.4	0.6	12.9	2	0.1	58
Sorrel, cooked (½ C)	1.5	1.3	0.2	0.9	0.3	10
<b>SPINACH</b>						
Creamed, Bird's Eye (½ C)	9	4	5	3	4	90
Creamed, Green Giant (½ C)	9	1	8	3	2.5	70
Frozen, steamed (½ C)	5.3	3.8	1.5	4.1	0.5	33
Raw (½ C)	0.5	0.4	0.1	0.4	0.1	3

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>SPROUTS, RAW</b>						
Alfalfa (½ C)	0.4	0.3	0.1	0.7	0.1	4
Mung bean (½ C)	3.1	1	2.1	1.6	0	16
<b>SQUASH</b>						
Acorn, baked (½ C)	14.9	4.5	10.4	1.2	0.1	57
Acorn, boiled (½ C)	10.8	3.2	7.6	0.8	0.1	42
Butternut, baked, cubes (½ C)	10.8	0	10.8	0.9	0.1	41
Butternut, boiled, mashed (½ C)	12.1	0	12.1	1.5	0.1	47
Hubbard, boiled, mashed (½ C)	7.6	3.4	4.2	1.8	0.4	35
Spaghetti, cooked (½ C)	5	1.1	3.9	0.5	0.2	21
Summer/Yellow, raw (½ C)	1.9	0.6	1.3	0.7	0.1	9
Summer/Yellow, steamed (½ C)	3.9	1.3	2.6	0.8	0.3	18
Zucchini, raw (½ C)	1.9	0.8	1.1	0.8	0.1	9
Zucchini, steamed (½ C)	4	1.4	2.6	1.3	0.1	19
<b>SWEET POTATOES</b>						
Baked, med. (½ potato)	11.8	1.9	9.9	1.1	0.1	51
Boiled (½ C)	17.6	2.5	15.1	1.4	0.1	76
Candied (½ C)	28.2	2.4	25.8	0.9	3.5	146

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Mashed (½ C)	29.6	2.2	27.4	2.5	0.3	128
Taro leaves, cooked (½ C)	2.9	11.4	1.5	2	0.3	17
Tomatillo, chopped (½ C)	3.9	1.3	2.6	0.6	0.7	21
<b>TOMATOES</b>						
Cherry (10)	6.7	2	4.7	1.5	0.3	31
Plum (1)	2.4	0.7	1.7	0.6	0.1	11
Small (1, 3 oz.)	3.6	1.1	2.5	0.8	0.2	16
Sundried, in oil (5 pieces)	3.5	0.85	2.7	0.75	2.1	32
<b>TOMATO PRODUCTS, CANNED</b>						
Diced, in juice (1¼ C)	2.5	0.5	2	0.5	0	13
Paste (2 T)	6.3	1.3	5	1.2	0.2	27
Pomi (½ C)	5	3	2	1	0	30
Purée (2 T)	2.7	0.6	2.1	0.5	0.1	11
Recipe Ready Diced, Contadina (½ C)	6	1	5	1	0	30
Sauce, Del Monte (¼ C)	4	1	3	1	0	20
Sauce, Contadina (1¼ C)	3	1	2	1	0	15
Stewed, Contadina (½ C)	9	1	8	1	0	35
<b>TURNIP GREENS</b>						
Frozen, chopped (½ C)	3	2.1	1	2	0.3	18
Raw, steamed (½ C)	3.6	2.9	0.7	0.9	0.2	35

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>TURNIPS</b>						
Boiled, cubes (½ C)	3.8	1.6	2.3	0.6	0.1	16
Boiled, mashed (½ C)	5.8	2.3	3.5	0.8	0.1	25
Water chestnuts (½ C)	9.7	2	7.7	0.7	0	40
Watercress (½ C)	0.2	0.2	0	0.4	0	2
Yams, canned, mashed (½ C)	29.7	2.2	27.5	2.5	0.3	129
Yuca (cassava), raw (½ C)	39.2	1.9	37.3	1.4	0.3	165
<b>GRAINS, PASTA AND RICE</b>						
<b>GRAINS</b>						
Barley, cooked (½ C)	22.2	3	19.2	1.8	0.4	97
<b>BRAN</b>						
Oat bran (2 T)	3	0.7	2.3	0.8	0.2	10
Wheat bran (2 T)	4.7	3.1	1.6	1.1	0.3	16
Bulgur, cooked (½ C)	16.9	4.1	12.8	2.8	0.2	76
Cornmeal (2 T)	13.4	1.3	12.1	1.5	0.3	63
Hominy, cooked (½ C)	11.5	2	9.5	1.2	4.3	89
Kasha (buckwheat groats), cooked (½ C)	16.7	2.3	14.4	2.8	0.5	77
Masa (corn flour) (2 T)	10.4	1.3	9.1	1.3	0.5	50

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Millet, cooked (½ C)	20.6	1.1	19.5	1.1	0.1	104
Quinoa, dry (1¼ C)	29.3	2.5	26.8	5.6	2.5	159
Tabbouleh, dry (1¼ C)	26	6	20	4	0.5	120
Wheat germ, toasted (2 T)	7	1.8	5.2	4.1	1.5	54
<b>COUSCOUS</b>						
Couscous, cooked (½ C)	18.2	1.1	17.1	3	0.1	88
Casbah Sahara Cheddar Broccoli (½ C)	9.8	0.3	9.6	2.2	1.1	55
Fantastic, w/lentils, Meal in a Cup (1)	47	9	38	12	1	220
Near East Couscous Broccoli & Cheese (⅓ C)	41	3	38	7	0.5	190
<b>MACARONI AND CHEESE</b>						
Amy's, frozen (½ C)	20.5	1.5	19	7	7	180
Kraft, prepared (½ C)	24.5	0.5	24	4.5	9.5	205
Morton, frozen (½ C)	17	1.5	15.5	4.5	4	120
<b>NOODLES, COOKED</b>						
Egg (½ C)	19.9	0.9	19	3.8	12	106
Japanese somen (½ C)	24.2	1.4	22.8	3.5	0.2	115
Rice (½ C)	21.9	0.9	21	0.8	0.2	96
Thai rice (½ C)	24.5	1	23.5	1.5	0.1	105
Udon (brown rice), dry (1 oz.)	19.6	1.6	18	4.1	1	103

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>PASTA, COOKED</b>						
Fresh (4½ oz.)	70.5	0	70.5	14.5	2.9	369
Macaroni, protein-enriched (½ C)	18.2	0	18.2	4.6	0.1	94
Plain, all shapes (½ C)	19.5	3.4	16	1.8	0.5	88
Ravioli, Celentano, frozen (12)	35	2	33	10	3.5	210
Spinach (½ C)	18.3	2.5	15.9	3.2	0.4	91
Whole wheat (½ C)	27	3.3	23.7	4.6	1	140
<b>PASTA, SPECIALTY, COOKED</b>						
Corn (½ C)	22.5	3.1	19.4	2.1	0.6	101
Quinoa (½ C)	17.5	1.2	16.3	2	1	90
Rice (½ C)	21.8	0.3	21.5	2.1	0	106
Semolina (½ C)	60.8	3.3	57.8	10.6	0.9	300
Sesame rice (½ C)	18.5	2	16.5	4	1	100
Spelt (½ C)	20	2.5	17.5	4	0.8	95
<b>PASTA DISHES</b>						
Angel Hair Pasta w/Herbs, Pasta Roni (2 oz.)	42	2	40	9	13	320
Lasagne w/Sauce, Celentano, frozen (7 oz.)	29	2	27	11	12	270
Noodles & Sauce, Beef Flavor, Lipton (1 C)	42	2	40	8	10	280

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Penne w/Tomato Mushroom Sauce, Classico (1 container)	98	12	86	15	6	510
Ravioli, beef in tomato and meat sauce, canned (1 C)	33.4	1.3	32.1	12.68	7.25	248
Spaghetti, w/tomato sauce & cheese, canned (½ C)	19.3	1.3	18	2.8	0.8	95
<b>RICE</b>						
Basmati, dry (¼ C)	36	0	36	4	0	160
Brown, cooked (½ C)	22.4	1.8	20.6	2.5	0.9	108
Short grain risotto, cooked (½ C)	26.7	0.9	25.8	2.2	0.2	121
White, cooked (½ C)	26.7	0	26.7	2.2	0.2	121
Wild, cooked (½ C)	17.5	1.5	16	3.3	0.3	83
<b>RICE AND GRAIN DISHES</b>						
Casbah Spanish Pilaf, cooked (½ C)	24	0.7	23.3	2.7	0.3	107
Lipton Rice & Sauce, Chicken Flavor, cooked (1 ¼ C)	24	0.5	23.5	3.5	1	120
Lipton Rice & Sauce, Chicken Risotto, cooked (1 ¼ C)	22	0.5	21.5	3.5	1	115
Near East Brown Rice Pilaf, cooked (½ C)	20	1.5	18.5	2.5	2.2	105
Near East Wheat Pilaf, cooked (½ C)	20	4	16	3.5	0.5	100

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>BEANS, LEGUMES AND TOFU</b>						
<b>BEANS/LEGUMES, COOKED</b>						
Baked beans w/pork (½ C)	25.7	5	20.7	7.1	3.8	157
Baked beans, vegetarian (½ C)	26.8	5.2	21.6	6	0.5	119
<b>BEAN DIP</b>						
Regular (2 T)	5.5	11.3	4.2	1.9	1.7	45
Black bean (2 T)	4	1	3	1	2	35
Beans w/pork & tomato sauce, canned (½ C)	24.5	6.1	18.5	6.5	1.3	124
Black beans (½ C)	20.4	7.5	12.9	7.6	0.5	114
Black-eyed peas (½ C)	20.1	5.4	14.7	7.2	0.6	111
Chickpeas/garbanzo beans (½ C)	24.6	7.1	17.5	7.8	2.4	147
<b>CHILI, CANNED</b>						
Con carne w/beans (½ C)	10.5	3.4	7.1	10.3	5.4	130
Vegetarian w/beans (½ C)	15.2	5.6	9.6	7.3	7	143
Falafel (2 oz. patty)	18.1	0	18.1	7.6	10.1	189
Great northern beans (½ C)	20	6	14	7	2	130
Hummus (2 T)	6.2	1.6	4.6	1.5	2.6	53
Kidney beans (½ C)	19.8	8.2	11.6	8.1	0.1	110

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Lentils (½ C)	19.1	7.5	11.6	8.6	0.4	110
Lima beans, baby (½ C)	21.2	7	14.2	7.3	0.4	115
Navy beans (½ C)	23.7	9.6	14.1	7.5	0.6	127
Peas, split (½ C)	20.7	8.1	12.6	8.2	0.4	116
Pink beans (½ C)	23.6	4.5	19.1	7.7	0.4	126
Pinto beans (½ C)	21.9	7.4	14.6	7	0.4	117
Refried beans, canned (½ C)	19.6	6.7	12.9	6.9	1.6	118
Soybeans, green (½ C)	10	3.8	6.2	11.1	5.8	127
<b>TOFU</b>						
Firm (½ C)	5.4	2.9	2.5	19.9	11	183
Regular (½ C)	2.3	0.4	2	10	5.9	94
Silken, firm (½ C)	2.7	0.1	2.6	7.8	3.1	70
Silken, soft (½ C)	3.2	0.1	3.1	5.4	3.1	62
<b>DESSERTS</b>						
<b>FROZEN YOGURT</b>						
<b>BEN &amp; JERRY'S</b>						
Cherry Garcia (½ C)	31	0	31	4	3	170
Chocolate Fudge Brownie (½ C)	35	2	33	3	2.5	180

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>EDY'S/DREYERS</b>						
Heath Toffee Crunch (½ C)	18	0	18	2	4	120
Vanilla (½ C)	17	0	17	2	2.5	100
<b>HAAGEN-DAZS</b>						
Chocolate (½ C)	28	0.8	27.3	6	0	140
Vanilla (½ C)	31	0	31	9	0	180
<b>GELATIN</b>						
Gelatin dessert, prepared (½ C)	18.9	0	18.9	1.6	0	80
Handi-Snacks Gel Snacks (1)	20	0	20	0	0	80
Sugar-Free Jell-O Gelatin Snacks (1)	0	0	0	1	0	10
Sugar-free gelatin (½ C)	0	0	0	1	0	10
<b>ICE CREAM</b>						
<b>BEN &amp; JERRY'S</b>						
Cherry Garcia (½ C)	25	0	25	4	16	240
Chocolate Chip Cookie Dough (½ C)	26	0	26	4	12	220
Chocolate Fudge Brownie (½ C)	31	2	29	4	12	250
NY Fudge Crunch (½ C)	29	2	27	5	19	300

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>BREYERS</b>						
Butter Pecan (½ C)	14	0	14	3	12	170
Chocolate (½ C)	18	1	17	2	9	160
French Vanilla (½ C)	15	0	15	3	8	140
Vanilla (½ C)	15	0	15	3	9	150
<b>HAAGEN-DAZS</b>						
Chocolate (½ C)	22	1	21	5	18	270
Coffee (½ C)	21	0	21	5	18	270
Rum Raisin (½ C)	22	0	22	4	17	270
Strawberry (½ C)	23	0.8	22.3	4	16	250
<b>STARBUCKS</b>						
Classic Coffee (½ C)	26	0	26	5	12	230
Java Chip (½ C)	29	0	29	4	13	250
<b>MOUSSE</b>						
Expert Food Mousse Mix (1 t)	4	4	0	2	0	24
From instant (½ C)	23	0	23	5	9	190
<b>NON-DAIRY</b>						
Rice Dream Vanilla Non-Dairy Dessert (½ C)	23	1	22	0	6	150
Sherbet, various flavors (½ C)	27	0	27	1	1	120

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Soy Delicious Creamy Fudge Bar (1)	25	2	23	3	4	140
Tofutti Life Lite Tofutti, various flavors (½ C)	21	0	21	2	11	200
Tofutti Life Lite Chocolate Cutie (1)	21	0	21	2	5	140
<b>MISCELLANEOUS</b>						
<b>FROZEN TREATS</b>						
Dove Miniatures (1)	4.2	0.4	3.8	0.6	2.6	42
Edy's Whole Fruit Fruit Bar (1)	13	0	13	0	0	60
Frozen fruit bar, most flavors (3 oz.)	26	1	25	0	0	110
Frozen fruit bar w/cream (2 oz.)	19.3	0.1	19.2	1	1.3	86
Fudgsicle, No Sugar Added (1)	10	2	8	2	1	40
Klondike No Sugar Added Bar (1)	22	4	18	4	10	170
Nestle Crunch No Sugar Added Vanilla Bar (1)	16	0	16	1	8	140
Nestle Ice Creamers Nesquik Bars (1)	14	2	12	1	4.5	100
Ocean Spray No Sugar Added Fruit Juice Bar (1)	6	0	6	0	0	25



<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Popsicle (1)	11	0	11	0	0	45
Popsicle, sugar free (1)	3	0	3	0	0	15
Starbucks Mocha Frappuccino Bar (1)	22	3	19	4	2	120
Yoplait Double Fruit Smoothies (1)	11	0	11	1	0	45
<b>PUDDING MIXES</b>						
Banana, made w/whole milk (½ C)	22.3	0	22.3	3.1	3.3	130
Chocolate, made w/whole milk (½ C)	27.6	1.5	26.2	4.6	4.6	163
Egg custard, made w/whole milk (½ C)	19.6	0	19.6	5.5	5.5	137
Rice, made w/whole milk (½ C)	23.5	0	23.5	3.7	3.2	137
Tapioca, made w/whole milk (½ C)	22	0	22	3.2	3.3	130
Vanilla, made w/whole milk (½ C)	28	0	28	3.8	4.1	162
<b>READY-MADE PUDDING</b>						
Jell-O Chocolate Fat-Free (1)	23	0	23	1	1	90
Jell-O Vanilla (1)	23	0	23	2.4	0.2	100
Kozy Shack Rice (½ C)	22	0	22	4	3	130

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Swiss Miss Chocolate Vanilla Swirl (1)	27	0	27	2	3.5	140
Swiss Miss Lemon Meringue (1)	30	0	30	0	3	150
<b>SORBETS</b>						
Häagen-Dazs Chocolate (½ C)	28	2	26	2	0	120
Häagen-Dazs Raspberry (½ C)	31	2	29	0	0	120
Häagen-Dazs Zesty Lemon (½ C)	31	0.5	30.5	0	0	120
<b>WHIPPED TOPPING</b>						
Cool Whip Lite (2 T)	3	0	0	0	1	20
Cool Whip Regular (2 T)	2	0	2	0	1.5	25
<b>BROWNIES, CAKES AND PIES</b>						
<b>BROWNIES</b>						
Pillsbury (1)	23	1	22	1	2.5	170
Sara Lee Brownie Bites (1)	12	1	11	1	4	90
<b>CAKES</b>						
Angel food, from mix (1/12 cake)	29.2	0.1	29	3	0.2	128
Cheesecake, from mix-to-bake (1/12 cake)	35.1	1.9	33.2	5.4	12.6	271

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Chocolate cheesecake, Mrs. Smith's (1/6 cake)	50	2	48	8	37	550
Chocolate pudding, from mix (1/12 cake)	34.2	1.5	32.7	3.5	14.3	270
Devil's food, from mix, Pillsbury (1/12 cake)	33	2	31	2	14	270
Entenmann's Chocolate Fudge Cake (1 slice)	47	2	45	3	14	310
Entenmann's Sour Cream Chip & Nut Loaf (1 slice)	28	0.5	27.5	3	14	240
Gingerbread, from mix (1/9 cake)	36	0	36	2.9	12.1	263
Pepperidge Farm 3-Layer Vanilla (1/8 cake)	35	1	34	1	9	220
Pound cake w/butter (1/12 cake)	13.8	0.1	13.7	1.6	5.6	110
Sara Lee All Butter Pound (1/12 cake)	14	0	14	2	6	120
Sara Lee Original Cheesecake Bites (1)	43	1	42	7	27	140
Sponge, commercial (16 oz., 1/12 cake)	23.2	0.2	23	2.1	1	110
White, from mix, Betty Crocker (1/12 cake)	34	0	34	2	10	230

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>PIES</b>						
Yellow, from mix, Duncan Hines (1/12 cake)	36	0	36	3	11	250
Apple, 9", frozen (1/8 pie)	42.5	2	40.5	2.4	13.8	296
Banana cream (9", frozen, 1/8 pie)	29.1	0.6	28.5	3.1	11.9	231
Blueberry (9", frozen, 1/8 pie)	43.6	1.3	42.3	2.3	12.5	290
Cherry (9", frozen, 1/8 pie)	49.8	1	48.8	2.5	13.8	325
Chocolate cream (9", 1/8 pie)	44.3	2.8	41.5	6.8	22.9	400
Coconut custard (8", 1/8 pie)	31.4	1.9	29.5	6.1	13.7	270
Dutch Apple, Mrs. Smith's (1/8 pie)	52	2	50	3	16	360
Lemon meringue (9", homemade, 1/8 pie)	49.7	1.5	48.1	4.8	16.4	362
Peach (9", homemade, 1/8 pie)	55.4	2	53.5	3.2	16.3	375
Peach, Mrs. Smith's (1/10 pie)	40	2	38	3	15	310
Pecan (9", homemade, 1/8 pie)	63.7	6.1	57.6	6	27.1	503
Pumpkin (9", homemade, 1/8 pie)	40.9	4.2	36.7	7	14.4	316
Pumpkin, Banquet (1/8 pie)	40	3	37	4	8	250
Rhubarb (9", 1/8 pie)	48.7	2.2	46.5	3.3	16.6	336
Strawberry cream tart (1)	33.4	1.4	32	2.5	15.8	281

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>PIE CRUST</b>						
Pie crust (9", frozen, 1/8 pie)	7.9	0.2	7.8	0.7	5.3	82
Graham cracker crust (9", 1/8 pie)	19.2	0.5	18.7	1.2	7.3	145
<b>SNACKS, COOKIES AND CANDIES</b>						
<b>CANDY</b>						
Almond Joy (1.72 oz. bar)	28.6	2.4	26.2	2.1	13.1	229
Andes Mints (8)	22	1	21	2	13	200
Cadbury Caramello (1.6 oz. bar)	28	1	27	3	9	200
Cadbury Dairy (10 blocks)	24	1	23	3	12	220
Cadbury Fruit and Nut (10 blocks)	24	1	23	4	9	200
Caramel Twix (2 oz. bar)	37.4	0.6	36.8	2.6	13.9	284
Chunky (1.4 oz. bar)	22.8	1.9	20.9	3.6	11.7	198
Crunch (1.4 oz. bar)	30	1	29	20	11	220
Good & Plenty (33 pieces)	33	0	33	1	0	130
Gumdrops (10 pieces)	35.6	0	35.6	0	0	139
Hard candy, all flavors (4 pieces)	23.5	0	23.5	0	0.1	95
Kisses (8 pieces)	22.4	1.3	21.1	2.6	11.6	194

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Jellybeans (10 pieces)	10.2	0	10.2	0	0.1	40
Kit Kat (1/2 oz.)	9.2	0.1	9.1	0.9	3.7	73
M&M's Peanut (10 pieces)	12.1	0.7	11.4	1.9	5.3	103
M&M's Plain (20 pieces)	10	0.4	9.6	0.6	3	69
Milk Chocolate (1 1/2 oz. bar)	24.4	0.7	23.7	3.6	12.8	226
Milk chocolate w/almonds (1.4 oz. bar)	22.6	2.6	20	3.8	14.6	224
Milky Way (2.1 oz. bar)	42.3	0.6	41.7	2.4	10.3	271
Peppermint Patties (1.5 oz.)	34.8	0.86	34	1	3.1	165
Raisinets (1/4 C)	31.9	1	30.9	2	7.7	190
Reese's Peanut Butter Cups (2)	25	1.6	23.4	4.6	13.7	252
Reese's Pieces (C)	9.6	0.5	9.1	2	4	79
Snickers (2 oz. bar)	34.5	1.4	33.1	4.6	14	273
Starburst Fruit Chews (5 pieces)	20.6	0	20.6	0.1	2.1	102
3 Musketeers (2.1 oz. bar)	46.1	1	45.1	1.9	7.7	250
Twizzlers (3 pieces)	27	0	27	0.9	0.8	118
<b>COOKIES</b>						
Animal Crackers (1.5)	27.8	0.4	27.4	2.6	5.2	167
<b>ARCHWAY</b>						
Chocolate Chip (2)	11.3	0	11.3	0.7	4.7	87

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Iced Molasses (2)	39	0.6	38.4	2.1	7.2	228
Oatmeal (2)	33.4	1.5	32	3	7.5	212
<b>BARBARA'S</b>						
Old Fashioned Oatmeal Crisp (1)	10	1	9	1	2.5	60
Traditional Shortbread Crisp (1)	3	1	2	1	4	80
Chips Ahoy! (2)	13.5	0.5	13	1	4.5	95
Famous Amos Oatmeal Raisin (2)	10	0	10	1	3	70
Fig bar (2)	22.7	1.5	21.2	1.2	2.3	111
Fudge Shoppe Deluxe Graham Crackers (2)	12.1	0.5	11.5	0.9	4.5	91
Ginger snaps (2)	11	0.3	10.8	0.5	1.3	60
<b>HEALTH VALLEY</b>						
Chocolate Chocolate Chip (1)	13	2	11	1	5	100
Peanut Crunch Oatmeal (1)	14	1	13	2	4	100
Keebler Droxies (2)	14	0	14	1.3	4	94
Keebler Oatmeal (2)	15.9	0.7	15.2	1.4	4.7	111
Lorna Doone (2)	9.5	0	9.5	1	3.5	70
<b>NEWMAN'S OWN</b>						
Champion Chip (2)	10	0.5	9.5	1	4	80

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Fig Newmans (2)	28	1	27	2	2	140
Newman O's (2)	20	1	19	2	4.5	130
Nilla Wafers (2)	6	0.1	5.9	0.3	1.3	35
Nutter Butter (2)	19	1	18	3	6	130
Oatmeal (2", from mix, 2)	20.9	1.2	19.7	2.4	6.2	148
<b>OREO</b>						
Double Stuff (2)	21	1	20	1	7	140
Sandwich (2)	16	1	15	1	4.5	120
<b>PEPPERIDGE FARM</b>						
Bordeaux (2)	9.5	0	9.5	1	2.5	65
Chessmen (2)	12	0	12	1.3	3.3	80
Milano (2)	14	0	14	1.3	6.7	120
Sandies Pecan Shortbread (2)	18.2	0.6	17.6	1.9	10.6	175
Shortbread (2)	16	0	16	2	7	140
Sugar wafer w/cream filling (2)	4.9	0	4.9	0.3	1.7	36
Vienna Fingers (2)	22	0	22	1	7	150
Walker's Shortbread (1)	11	0	11	1	6	100
<b>SNACKS, SAVORY</b>						
Ultra Racquet Chips (6)	4	0	4	0.5	1	30

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>CHEESE SNACKS</b>						
Cheetos Crunchy (21 pieces)	15	1	14	2	10	160
Cheetos Curls (20 pieces)	10	1.3	18.7	2.7	13.3	200
Just the Cheese (1 oz.)	1	0	1	10.1	0	162
Robert's American Gourmet Pirate's Booty (1 oz.)	18	1.5	16.5	2	5	128
<b>CORN CHIPS</b>						
Barbecue (20 pieces)	20.2	1.9	18.4	2.5	11.8	188
Fritos Original (20 pieces)	9.4	0.6	8.8	1.3	6.3	100
Onion rings, dry snack (1 oz.)	19.5	0	19.5	0.1	6	134
<b>POPCORN</b>						
Cracker Jacks (½ C)	23	1	22	2	2	120
Newman's Own Microwave Popcorn, fat free (1 C)	6	1.4	4.6	0.8	0.4	31
Orville Redenbacher HomeStyle (1 C)	5	2	3	1	2	35
PopSecret (1 C)	4.5	0.75	3.75	0.75	2.75	45
Pork Rinds (20)	0	0	0	12.3	6.3	109
<b>POTATO CHIPS</b>						
Baked KC Masterpiece BBQ (11 pieces)	22	2	20	2	3	120

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Barbecue (20 pieces)	13.7	1.1	12.6	2	8.4	128
Cape Cod Yukon Gold (1 oz.)	19	1	18	3	5	135
Lay's Baked (11 pieces)	23	2	21	2	2	120
Lay's Classic (20 pieces)	15	1	14	2	10	150
Pringles Original (14 pieces)	15	1	14	1	11	160
<b>PRETZELS</b>						
Rods (3 pieces)	27	2	25	3	2	120
Soft, super pretzel (1)	34	1	33	5	1	160
Sticks (48 pieces)	22	1	21	3	0.5	105
Twisted (5 pieces)	23.8	1	22.8	2.7	1.1	114
Soybeans, roasted (2 T)	7.2	3.8	3.4	7.6	5.5	101
<b>TORTILLA CHIPS</b>						
Doritos 3D Cool Ranch (12 pieces)	18	2	16	2	8	150
Doritos Nacho Cheesier (20 pieces)	22.7	1.3	21.3	2.7	9.3	187
Newman's Own Yellow Corn (1 oz.)	19	2	17	2	7	150
Tortilla chips (20 pieces)	22.6	2.3	20.3	2.5	9.4	180
Tostitos Baked (15 pieces)	22	2	20	2	3	120

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>VEGETABLE CHIPS AND SNACKS</b>						
GeniSoy Soy Crisps (19 pieces)	16	2	14	7	3	120
Good Health Veggie Crinkle Chips (1 oz.)	18	1	17	1	8	140
Robert's American Gourmet Original Veggie Chips (1 oz.)	19	2	17	6	5	130
Terra Chips (1 oz.)	16	3	13	1	9	150
Terra Stix (1 oz.)	16	3	13	1	9	150
Terra Taro Chips (1 oz.)	19	4	15	1	6	140
Top Banana Plantain Chips (1 oz.)	17	2	15	1	8	130
<b>ATKINS ADVANTAGE LARGE BARS</b>						
Chocolate Peanut Butter Bar	22	10	2	19	12	240
Chocolate Chip Cookie Dough Bar	29	11	3	15	11	240
Mudslide Bar	19	5	3	15	10	210
Chocolate Chip Granola Bar	18	6	3	17	8	200
Peanut Butter Granola Bar	19	5	3	14	11	210
Peanut Fudge Granola Bar	17	9	2	16	10	210

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
Sweet & Salty Almond Crunch Bar	14	5	4	7	15	200
<b>ATKINS ADVANTAGE SMALL BARS</b>						
Caramel Chocolate Peanut Nougat Bar	18	11	3	10	11	180
Caramel Double Chocolate Crunch Bar	22	11	4	10	9	160
Caramel Fudge Brownie Bar	19	10	3	10	9	170
Caramel Chocolate Nut Roll	19	8	3	8	12	170
Coconut Almond Delight Bar	18	6	2	7	15	200
Dark Chocolate Almond Coconut Crunch Bar	16	8	3	5	15	190
Dark Chocolate Decadence Bar	23	10	4	10	6	150
<b>ATKINS ADVANTAGE RTD'S</b>						
Milk Chocolate Delight Shake	5	3	2	15	10	160
Dark Chocolate Royale Shake	6	4	2	15	10	160
Vanilla Shake	2	1	1	15	9	160
Strawberry Shake	2	1	1	15	9	160
Mocha Latte Shake	5	2	2	15	9	160
Café Caramel Shake	3	1	2	15	9	160

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>ATKINS DAY BREAK BARS</b>						
Apple Crisp Bar	17	7	4	10	5	130
Chocolate Chip Crisp Bar	16	6	3	10	6	140
Cinnamon Bun Bar	18	5	3	10	8	160
Cranberry Almond Bar	16	5	2	10	6	150
Peanut Butter Fudge Crisp Bar	14	8	2	10	7	150
Chocolate Hazelnut Bar	18	7	3	6	14	180
Chocolate Oatmeal Fiber Bar	24	10	7	6	5	130
<b>ATKINS ENDULGE BARS</b>						
Caramel Nut Chew Bar	17	6	2	5	8	130
Chocolate Coconut Bar	18	9	3	5	12	170
Peanut Caramel Cluster Bar	12	5	2	8	9	140
Peanut Butter Cups	18	5	2	2	13	160
Nutty Fudge Brownie	18	6	2	7	12	170
Chocolate Caramel Mousse Bar	23	9	2	3	4.5	120
Double Chocolate Chunk Cookie	24	9	5	3	8	140
Chewy Peanut Butter Cookie	25	11	5	3	7	130
<b>ATKINS CUISINE</b>						
All Purpose Baking Mix	11	6	5	20	4.5	150
Penne Pasta	37	18	19	11	1	140

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>BAKING PRODUCTS</b>						
Baking soda (½ T)	0	0	0	0	0	0
Chocolate, baking, unsweetened (1 oz.)	8.5	4.7	3.8	3.7	14.8	142
Chocolate chips, semisweet (2 T)	20	2	18	2	8	140
Chocolate chips, semisweet, mini (2 T)	18	0	18	0	8	140
Cinnamon, ground (1 T)	1.8	1.2	0.6	0.1	0.1	6
Cocoa powder, unsweetened (2 T)	6	2	4	2	1	40
Coconut, shredded (¼ C)	3.1	1.8	1.3	0.7	6.7	71
Coconut milk, canned (½ C)	3.2	1.3	1.9	2.3	24.1	223
Cornmeal (2 T)	13.4	1.3	12.1	1.5	0.3	63
Flour, all purpose (1 ¼ C)	23.9	0.8	23	3.2	0.3	114
Gelatin, unsweetened (1 envelope)	0	0	0	6	0	23
Ghee (1 T)	0	0	0	0	4.3	37
Molasses (1 T)	14.1	0	14.1	0	0	55
Sugar, brown (1 T)	4.5	0	4.5	0	0	17
Sugar, white (1 T)	4.2	0	4.2	0	0	16
ThickenThin not/Starch (1 T)	2.3	2.3	0	0	0	7

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>FAST FOOD</b>						
<b>BURGER CHAINS</b>						
<b>MCDONALD'S®</b>						
Cheeseburger (1)	33	21	31	15	12	300
Big Mac (1)	45	3	42	25	29	540
Hamburger Patty (1)	0	N/A	0	12	12	110
Chicken McGrill® Sandwich (1)	52	4	48	40	17	530
Chicken Fillet (1)	2	0	2	24	2	120
McSalad Shaker® Salads						
Chef Salad (1)	5	2	3	17	8	150
Garden Salad (1)	4	2	2	7	6	100
<b>BURGER KING®</b>						
Hamburger	25	2	23	13	11	250
Hamburger Patty	0	0	0	11	10	140
Whopper®	51	3	48	29	40	670
Whopper® Patty	0	0	0	25	23	320
BK Broiler® Sandwich	52	3.0	49	30	25	550
BK Broiler® Chicken Breast Patty	4	N/A	4	21	4.5	135
<b>WENDY'S®</b>						
Classic Single® w/Everything	43	3	40	27	21	470

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
¼ lb. Hamburger Patty	0	0	0	19	14	200
2 oz. Hamburger Patty	0	0	0	9	7	100
Chicken Fillet Sandwich	53	2	51	27	17	470
Grilled Chicken Fillet	1	0	1	19	3.5	110
<b>ARBY'S®</b>						
Regular Roast Beef Sandwich	37	2	35	23	13	350
Regular Roast Beef Sandwich, w/o bun	1	0	1	16	13.5	175
Grilled Chicken Delux Sandwich	37	2	35	29	22	450
Grilled Chicken Delux Sandwich, w/o bun	4	N/A	4	21	4.5	35
Turkey Club Salad	10	3	7	23	12	250
Grilled Chicken Caesar Salad	8	3	5	33	8	230
<b>DAIRY QUEEN®/BRAZIER®</b>						
DQ Homestyle Cheeseburger	35	1	34	20	18	400
Cheeseburger Patty	0	0	0	15	14.5	180
Grilled Chicken Sandwich	32	1	31	24	16	370
Grilled Chicken	4	N/A	4	21	4.5	135



<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>PIZZA CHAINS</b>						
<b>PIZZA HUT®</b>						
Mild Buffalo Wings (2 pieces)	18	1	17	10	9	190
Hot Buffalo Wings (2 pieces)	18	1	17	10	8	190
Pepperoni Lover's Pizza (1 slice)	27	2	25	11	11	250
Veggie Lover's® Pizza (1 slice)	27	2	25	9	7	200
<b>DOMINO'S®</b>						
Buffalo Wings, BBQ (1 avg. piece)	1.5	<1	1.5	5.5	2.5	51
Buffalo Wings, hot (1 avg. piece)	0.5	<1	0.5	5.5	2.5	45
Classic Hand Tossed Pizza (1 slice med. pie)	25	1	24	12	10	230
Crunchy Thin Crust Pizza (1 slice 12" med. pie)	22	1	21	9	8	190
Ultimate Deep Dish (1 slice 12" med. pie)	27	1	26	11	13	270

<i>Food Item (Amount)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Calories</i>
<b>TACO BELL®</b>						
Taco, crunchy shell (1)	12	3	9	8	10	170
Taco, w/o tortilla (1)	5	3	2	6	9	120
Taco Salad (1)	77	13	64	37	38	790
Taco Salad, w/o shell (1)	38	11	27	30	18	430
<b>SANDWICH CHAINS</b>						
<b>SUBWAY®</b>						
Tuna Salad (1)	10	3	7	9	10	165
Roast Beef Salad (1)	12	4	8	13	3	120
Turkey Breast Salad (1)	13	4	9	12	2.5	110
Veggie Delight® (1)	11	4	7	3	1	60
<b>KFC®</b>						
Original Recipe® Chicken Breast Sandwich (1)	16	1	15	29	24	400
Hot & Spicy Chicken Breast Sandwich (1)	23	1	22	38	29	505
Tender Roast® Sandwich, w/o sauce (1)	23	1	22	31	5	270











# ACCEPTABLE FOOD LISTS

## PHASE 1, INDUCTION

This is an extensive list but doesn't include all foods.

**All fish and shellfish**, but no pickled herring with added sugar, artificial crab (surimi or "sea legs") or other processed or breaded products. Also, limit oysters and mussels to about 4 ounces per day.

**All chicken, turkey and poultry**, but no breaded or processed products.

**Beef, lamb, pork and all other meats**, but no processed meats made with fillers such as some salami, pepperoni, hog dogs, meatballs or meatloaf. Also, no ham or bacon cured with sugar.

**Eggs** cooked any way.

### Soy and Vegetarian Products

Almond milk (plain and unsweetened), Quorn products (unbreaded), seitan, shirataki soy noodles, soy or rice "cheese," soy milk (plain and unsweetened), tempeh, tofu and tofu meat analogs, vegan "cheese," veggie burgers (and crumbles and meatballs).

### Cheese

All firm or aged cheese, but no fresh cheeses, cheese spreads with other ingredients or cheese "products."

### Foundation Vegetables

All leafy greens and other salad vegetables, including bean sprouts, bell peppers, celery, celery root, cucumber, jicama, mushrooms, onions and radishes.

Also, the following fruits generally thought of as vegetables: avocados, tomatoes and olives.

The following vegetables that are usually cooked: artichoke, asparagus, bamboo shoots, string beans, beet greens, bok choy, broccoli, Brussels sprouts, cabbage, cardoon, cauliflower, celery, chard, collard greens, dandelion greens, eggplant, escarole, fennel, hearts of palm, kale, kohlrabi, leeks, mushrooms, mustard greens, nopales, okra, onion, bell peppers, pumpkin, rhubarb, sauerkraut, scallions, shallots, sorrel, snow peas, snap peas in pod, spinach, zucchini and other summer squash, spaghetti squash, tomato, tomatillo, white turnips, water chestnuts.

- Some of these, such as celery root, kohlrabi, leeks, mushrooms, onions, and pumpkin, are higher in carbs than most, so keep portions small.
- Vegetables *not* on this list should not be consumed in Induction.

### Salad Dressings

Any dressing with no more than 2g Net Carbs per 2-tablespoon serving, but no dressings with sugar, honey, maple syrup or other caloric sweeteners.

### Fats and Oils

Butter and the following oils: canola, coconut, flaxseed, grape seed, olive, high-oleic safflower, sesame and walnut oil, preferably cold pressed or expeller pressed.

- Avoid "lite" or "low fat" products and all margarines and shortening products, which may contain small amounts of trans fats.
- Avoid corn, soy, sunflower seed and other vegetable oils.

### Noncaloric Sweeteners

The following are acceptable in moderation: Splenda (sucralose), Truvia or SweetLeaf (stevia), Sweet 'N Low (saccharin), xylitol.

### Condiments, Herbs and Spices

All herbs, spices and seasonings (as long as they have no added sugar), as well as ancho chili pepper, anchovy paste, black bean sauce, capers, chipotle en adobe, unsweetened coconut milk, clam juice, enchilada sauce, fish sauce, garlic, ginger, horseradish sauce, jalapeno and other chiles, miso paste, Dijon mustard, yellow mustard, olives, pesto, Pickapeppa sauce, dill or kosher pickles, roasted red pepper (pimientos), salsa with no added sugar, soy sauce, Tabasco or other hot sauces, taco sauce, tahini, tamari, vinegar (but not sweetened rice wine vinegar) and wasabi paste.

- Avoid any condiments made with added sugar or flour, cornstarch and other carb-filled thickeners.

### Beverages

Broth/bouillon (not low sodium and no added sugars, hydrogenated oils or MSG), club soda; heavy or light cream or half-and-half (1–1.5 ounces a day); caffeinated or decaffeinated coffee and tea; diet soda sweetened with noncaloric sweeteners; lemon juice or lime juice (2–3 tablespoons a day); plain or flavored seltzer (must say “no calories”); herb tea (no added barley or fruit sugars); unsweetened, unflavored soy or almond milk; unsweetened, unflavored coconut dairy beverage.

### Atkins All-Purpose Mix

## OTHER UNACCEPTABLE PHASE 1 FOODS

In addition to any foods cited above, avoid the following:

- Fruits other than fruits in the vegetable list
- Fruit and vegetable juice other than lemon and lime juice
- Regular sodas
- Any food made with flour or other grain products
- Any food with added sugar such as evaporated cane juice, glucose, dextrose, honey and corn syrup
- Alcohol of any sort
- Nuts and seeds, nut and seed butters
- Grains, even whole grains
- Kidney beans, chickpeas, lentils and other legumes
- Any vegetables not listed above, including starchy vegetables such as parsnips, carrots, pod peas, potatoes, sweet potatoes, winter squash and yams
- Dairy products other than hard cheese, cream, sour cream and butter
- Cow or goat milk of any sort
- Yogurt, cottage cheese or ricotta
- “Low-fat” products
- “Diet” products, unless they have no more than 3 grams of Net Carbs per serving



## **ADDITIONAL FOODS ACCEPTABLE IN PHASE 2, ONGOING WEIGHT LOSS**

**Nuts and Seeds, Nut and Seed Butters, Nut and Seed Meals (Flours)**, including almonds, Brazil nuts, cashews, coconut (unsweetened), macadamias, hazelnuts, peanuts, pecans, pine nuts, pistachios, pumpkin seeds, sesame seeds (and tahini), sunflower seeds, soy nuts and walnuts.

- Avoid chestnuts (very high in carbs) and honey-roasted or smoked products.
- Avoid products with added sugar such as Nutella.

### **Berries and Other Fruits**

All fresh or frozen berries (without sugar) are acceptable, as are cherries and cantaloupe, Crenshaw and honeydew melon (but not watermelon).

Also 1-tablespoon portions of preserves made without added sugar.

### **Fresh Cheese and Other Dairy Products**

All fresh cheeses, including ricotta and cottage cheese, and plain, unsweetened, whole milk yogurt or Greek yogurt.

- Avoid yogurt made with fruit or other flavorings or with any added sugar.
- Avoid low-fat and nofat cottage cheese or yogurt products.

### **Legumes**

Lentils and the following beans: black, cannellini, cranberry beans, fava, Great Northern, kidney, lima, navy, pink, pinto, soy (including edamame) and turtle; also black-eyed peas, chickpeas (garbanzos), hummus, split peas, pigeon peas and refried beans.

- Avoid jarred or canned baked beans, which are full of sugar, beans in tomato sauce with added sugar or starches, bean dips and other products with added sugar or starch.

### **Vegetable and Fruit Juices**

Lemon and/or lime juice (up to 6 tablespoons a day) and small portions of tomato juice or tomato juice cocktail.

### **Alcohol**

In moderation, “lite” or low-carb beer, red or white wine and spirits such as bourbon, gin, rum, Scotch and vodka.

- Avoid flavored brandy and cordials, regular beer, fruit juice, tonic water and other mixers high in carbs.

## **UNACCEPTABLE FOODS IN PHASE 2**

- Fruits other than those listed above
- Starchy vegetables
- Grains

## **ADDITIONAL FOODS ACCEPTABLE IN PHASE 3, PRE-MAINTENANCE**

The following foods are acceptable in this phase, as well as in Phase 4, Lifetime Maintenance.

Fruits other than berries and melon, including apples, apricot, banana, carambola (star fruit), cherimoya, fresh figs, grapes, grapefruit, guava, kiwi, kumquat, loquat, lychee, mango, orange, nectarine, papaya, passion fruit, peach, pear, persimmon, pineapple, plantain, plum, pomegranate, quince, tangerine and watermelon.

- Avoid canned fruit, even packed in juice concentrate or “lite” syrup.
- Continue to avoid fruit juice, other than lemon and lime juice.
- Avoid dried fruit.

### **Starchy Vegetables**

All starchy vegetables, including beets, burdock, calabaza, carrot, cassava (yuca), corn, Jerusalem artichoke, parsnips, peas in pods, potato, rutabaga, sweet potato, taro, winter squash, yautia and yams.

### **Whole Grains**

All *whole* grains, including barley, bulgur wheat, cornmeal, couscous (whole wheat), cracked wheat, hominy, kasha (buckwheat groats), millet, oatmeal (rolled or steel cut), quinoa, brown rice, wild rice and wheat berries.

- Avoid refined grains, such as white flour, “enriched flour” and white rice.
- Baked goods should be made with 100-percent whole grains.
- Atkins Cuisine Penne Pasta is acceptable in Phase 4, Lifetime Maintenance.

### **Dairy Products**

4-ounce portions of whole milk or buttermilk—but avoid skim, nonfat or low-fat milk.



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