

LOW CARB FOOD LIST

for baking

LEAFY GREENS Net carbs (per 1 cup)

• Arugula	0.4
• Butter lettuce	0.5
• Cabbage	3
• Chard	0.8
• Collard Greens	3.9
• Iceberg	1.2
• Mustard Greens	0.8
• Romaine	0.6
• Spinach	0.4

MEAT & POULTRY Net carbs (per 4 oz)

• Bacon & Sausage	0
• Beef	0
• Deli Meats — Beef, Ham, Chicken, Turkey, etc.	0-1
• Lamb	0
• Pork	0
• Poultry — Chicken, Turkey, etc.	0

NUTS & SEEDS Net carbs (per ¼ cup)

• Almonds	3
• Brazil Nuts	1.4
• Macadamia Nuts	1.7
• Peanuts	2.8
• Pine Nuts	3.2
• Pistachios	5
• Pumpkin Seeds	1.6
• Sunflower Seeds	1.3

FATS Net carbs (per 1 tbsp)

• Avocado Oil	0
• Coconut Oil	0
• Ghee	0
• MCT Oil	0
• Olive Oil	0
• Nut & Seed Oils	0

BEVERAGES Net carbs (per 1 cup)

• Almond Milk unsweetened	0
• Broth — Chicken, Beef, Bone	0
• Coconut Milk, carton, unsweetened	0
• Coffee	0.5
• Tea	0
• Water — Regular and Sparkling	0

DAIRY & EGGS Net carbs (per 1 oz)

• Cheeses — Brie, Cheddar, Feta, Gorgonzola, etc.	0-1.5
• Eggs	0

SEAFOOD Net carbs (per 4 oz)

• Fish — Cod, Halibut, Salmon, Tuna, etc.	0
• Shellfish — Crab, Lobster, Shrimp, etc.	0-2

SEASONINGS Net carbs (per 1 tbsp)

• Cinnamon, ground	0.7
• Most Herbs — Basil, Oregano, Rosemary, Thyme, etc.	0-0.3
• Salt & Pepper	0
• Vinegar — White, Apple Cider	0

VEGGIES Net carbs (per 1 cup)

• Asparagus	2.4
• Bell Peppers	3.6
• Broccoli	2.6
• Brussel Sprouts	4.6
• Cauliflower	3.2
• Celery	1.4
• Eggplant	2.3
• Green Beans	4.3
• Mushrooms	2.2
• Zucchini	2.4

FRUITS Net carbs (per ½ cup)

• Avocados	1.8
• Raspberries	3.3
• Blueberries	8.9
• Blackberries	3.1
• Coconut	2.5
• Cranberries	4.6
• Olives	2.2
• Strawberries	4.3
• Tomatoes	4.8
• Watermelon	5.5