

LOW CARB FOOD LIST

COLOR KEY:	● <5 g TOTAL carbs
	● <10g TOTAL carbs
	● >10g TOTAL carbs

FRUIT (1 CUP)	TOTAL CARBS	NET CARBS
Starfruit	8.8	5.1
Clementine, 1 Fruit	8.9	7.6
Strawberries	11.6	8.6
Watermelon	11.6	11
Coconut, meat	12.1	4.9
Pear	12.3	8
Avocados	12.8	2.7
Blackberries	13.8	6.2
Apple	14	12.6
Prickly Pears	14.2	8.8
Cantaloupe	14.4	8.4
Peach	14.6	12.3
Raspberries	14.7	6.7
Lemon	19.7	13.8
VEGETABLES (1 CUP)	TOTAL CARBS	NET CARBS
Watercress	0.4	0.2
Lettuce, red	0.6	0.3
Arugula	0.7	0.4
Kale	0.9	0
Spinach	1	0.3
Lettuce, green	1	0.5
Broccoli Rabe	1.1	0
Swiss Chard	1.3	0.7
Cucumber	1.8	1.5
Mushrooms	2.2	1.5
Mustard Greens	2.6	0.8
Celery	3	1.4
Zucchini	3.8	2.6
Radish	3.9	2
Bell Pepper, green	4.2	2.6
Eggplant	4.8	2.3
Cabbage	5.1	2.9
Asparagus	5.2	2.4
Cauliflower	5.3	3.2
Broccoli	6	3.6
Fennel	6.3	3.6
Green beans	6.9	4.2
Okra	7.4	4.2
Brussels Sprouts	7.8	4.5
Turnips	8.3	6
Rutabaga	12	8.8
Carrots	12.2	8.6
Leek	12.5	10.9
Artichokes, 1 med	13.4	6.5
Onion	14.9	12.2

MEAT + POULTRY + FISH + EGGS	SERVING SIZE	TOTAL CARBS	NET CARBS
Chicken, breast	3 OZ	0	0
Beef	3 OZ	0	0
Lamb	3 OZ	0	0
Pork	3 OZ	0	0
White Fish	3 OZ	0	0
Salmon	3 OZ	0	0
Shrimp	3 OZ	0	0
Turkey	3 OZ	0.12	0.12
Eggs	1 MED	0.32	0.32
Sausage	3 OZ	1.39	1.39
Bacon	3 OZ	2.55	1.35
Scallops	3 OZ	2.7	2.7

NUTS + SEEDS	SERVING SIZE	TOTAL CARBS	NET CARBS
Pumpkin Seeds	1 OZ	3.04	1.34
Brazil nuts	1 OZ	3.3	1.2
Pine nuts	1 OZ	3.7	2.7
Pecans	1 OZ	3.9	1.2
Macadamia	1 OZ	3.9	1.5
Peanuts	1 OZ	4.6	2.2
Hazel nuts	1 OZ	4.7	2
Walnuts	1 OZ	5	3
Almonds	1 OZ	6.1	2.6
Unsweet Coconut	1 OZ	6.7	2.1
Sunflower Seeds	1 OZ	6.82	3.72
Peanut Butter	2 TBSP	7	4
Almond Butter	2 TBSP	7	4
Pistachios	1 OZ	7.7	4.7
Cashews	1 OZ	8.5	7.6
Chia Seeds	1 OZ	11.94	2.14

FLOURS + BAKING SUPPLIES	SERVING SIZE	TOTAL CARBS	NET CARBS
Stevia	1 TSP	0	0
Pecan Flour	1/4 CUP	3	2
Erythritol	1 TSP	4	4
Peanut Flour	1/4 CUP	4.7	2.3
Sunflower Meal	1 OZ	6	4
Cocoa Powder	2 TBSP	6.25	2.25
Psyllium Husk	2 TBSP	8	1
Flaxseed Meal	1/4 CUP	8	2
Hazelnut Flour	1/4 CUP	8	4
Unsweetened			
Baking Chocolate	1 OZ	8.24	3.44
Almond Flour	1/4 CUP	9	6
Coconut Flour	1/4 CUP	16	6

DAIRY + DAIRY ALTERNATIVES	SERVING SIZE	TOTAL CARBS	NET CARBS
Cheese, cheddar	1 OZ	0.6	0.6
Heavy Cream	2 TBSP	0.85	0.85
Coconut Milk	1 CUP	1	1
Cashew Milk	1 CUP	1	1
Flax Milk	1 CUP	1	1
Hemp Milk	1 CUP	1	1
Sour Cream	2 TBSP	1.11	1.11
Cream Cheese,			
Full Fat	2 TBSP	1.6	1.6
Almond Milk	1 CUP	2	1
Soy Milk	1 CUP	4	3
Cottage Cheese,			
Full Fat	1 CUP	7.1	7.1
Low Carb Greek			
Yogurt, Full Fat	7 OZ	7.88	7.88

FATS + OILS + SAUCES	SERVING SIZE	TOTAL CARBS	NET CARBS
Aoili	1 TBSP	0	0
Mayonnaise	1 TBSP	0	0
Olive Oil	1 TBSP	0	0
Butter	1 TBSP	0	0
Tabasco	1 TSP	0	0
Mustard	1 TSP	0.3	0.1
Heavy Cream	1 TBSP	0.4	0.4
Soy Sauce	1 TBSP	1	0.9
Bearnaise	1 TBSP	1	1
Chicken Broth	1 CUP	1.1	1.1
Guacamole	1 TBSP	1.5	0.5
Tartar Sauce	1 TBSP	2	1.9
Lemon Juice	1 OZ	2.1	2
Apple Cider Vinegar	1 CUP	2.2	2.2
Lime Juice	1 OZ	2.5	2.4
Balsamic Vinegar	1 TBSP	2.7	2.7
Coconut Milk,			
Full Fat	1 CUP	3.3	2
Salsa	1/4 CUP	4.3	3.1
Pesto	1/4 CUP	4.3	3

DRINKS	SERVING SIZE	TOTAL CARBS	NET CARBS
Tea	8 OZ	0	0
Soda Water	8 OZ	0	0
Lemon Juice	1 TBSP	0	0
Liquor	1 OZ	0	0
Beer, Light	1 OZ	0.48	0.48
Wine	1 OZ	0.8	0.8
Coffee	8 OZ	0.81	0.81