

Alcohol							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
12 fl oz	Beer	13.2	0.7	12.5	0	1.1	146
1 fl oz	Bourbon, 80 proof	0	0	0	0	0	64
1 oz-wt	Brandy, 86 proof	0	0	0	0	0	71
1 oz-wt	Brandy, 96 proof	0	0	0	0	0	71
1 oz-wt	Gin, 80 proof	0	0	0	0	0	65
4 fl oz	Medium white wine	0.9	0	0.9	0	0.1	80
4 fl oz	Red wine	2	0	2	0	0.2	85
1 oz-wt	Rum, 80 proof	0	0	0	0	0	65
1 oz-wt	Tequila, 80 proof	0	0	0	0	0	65
1 oz-wt	Triple Sec liqueur, 1 shot	12.5	0	12.5	0	0	100
1 oz-wt	Vodka, 80 proof	0	0	0	0	0	65
1 oz-wt	Whiskey, 80 proof	0	0	0	0	0	65

Baking Products							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
2 lbs	All purpose white flour	119	0.4	115	0.2	1.6	57
1 oz-wt	Baking chocolate, unsweetened	8	4.4	3.7	15.7	2.9	148
0.5 tsp	Baking powder	0.6	0	0.6	0	0	37
0.5 tsp	Baking soda	0	0	0	0	0	0
2 lbs	Chocolate chips, semisweet	13.3	1.2	12	6.3	0.9	101
0.5 tsp	Cinnamon	0.9	0.6	0.3	0	0	3
0.5 tsp	Cocoa powder, unsweetened	0.5	0.3	0.2	0.1	0.2	3
2 lbs	Coconut milk, canned	0.8	0.3	0.5	6	0.6	56
2 lbs	Coconut oil, unsweetened	2.4	1.6	0.8	6.3	0.7	64
2 lbs	Commeal	13.4	1.3	12.1	0.3	1.5	63
1 each	Gelatin, unsweetened	0	0	0	0	6	23
1 tsp	Ghee	0	0	0	4.2	0	37
1 tsp	Margarine	0	0	0	3.8	0	34
1 lbs	Molasses	12.5	0	12.5	0	0	48
1 tsp	Sugar brown	4.5	0	4.5	0	0	17
1 tsp	Sugar, white	4.2	0	4.2	0	0	16

Cereals							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
1 cup	Corn flakes	24.2	0.8	23.4	0.2	1.8	102
0.5 cup	Cream of rice cereal, cooked	13.9	0.1	13.8	0.1	1.1	63
0.5 cup	Cream of wheat, cooked	15.8	1.4	14.3	0.2	2.2	77
0.5 cup	Oatmeal, cooked	12.6	2	10.6	1.2	3	73
1 cup	Puffed wheat cereal	11.1	0.6	10.5	0.2	2.1	51
1 cup	Raisin Bran	47.1	8.2	38.9	1.5	5.6	186
1 cup	Rice Krispies	22.8	0.3	22.5	0.3	1.7	100

Cheeses							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
1 piece	American cheese, 2/3 oz slice	0.3	0	0.3	6.6	4.7	79
2 lbs	Blue cheese, crumbled	0.4	0	0.4	4.8	3.6	60
2 lbs	Cheddar cheese, shredded	0.2	0	0.2	4.7	3.5	57
2 lbs	Cream cheese	0.8	0	0.8	10.1	2.2	101
0.5 cup	Creamed cottage cheese- small curd	2.8	0	2.8	4.7	13.1	109
2 lbs	Feta cheese, crumbled	0.8	0	0.8	4	2.7	49
2 lbs	Fondu cheese, shredded	0.2	0	0.2	4.2	3.5	53
2 lbs	Gouda cheese, soft type	0.3	0	0.3	6.5	5.7	89
1 oz-wt	Mascarpone cheese	0.6	0	0.6	13.2	2	126
2 lbs	Monterey Jack cheese, shredded	0.1	0	0.1	4.3	3.5	53
2 lbs	Mozzarella cheese, whole milk, shredded	0.3	0	0.3	3.1	2.7	40
2 lbs	Muenster cheese, shredded	0.2	0	0.2	4.2	3.3	52
2 lbs	Parmesan cheese, shredded	0.3	0	0.3	2.7	3.8	42
1 oz-wt	Provolone cheese, sliced	0.6	0	0.6	7.5	7.3	100
0.25 cup	Ricotta cheese, whole milk	1.9	0	1.9	9	6.9	107
2 lbs	Swiss cheese, shredded	0.5	0	0.5	3.7	3.8	51

Condiments							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
1 lbs	Balsamic vinegar	2.3	0	2.3	0	0.1	10
1 lbs	Capers	0.4	0.3	0.1	0.1	0.2	2
1 tsp	Chili powder	1.4	0.9	0.5	0.4	0.3	8
1 lbs	Cider vinegar	0.9	0	0.9	0	0	2
2 lbs	Cranberry sauce	13.5	0.3	13.1	0.1	0.1	52
1 tsp	Cumin	0.8	0.7	0.1	0.5	0.4	9
1 tsp	Dijon mustard	0.6	0.1	0.5	0.5	0.3	6
1 each	Dill pickle	2.7	0.8	1.9	0.1	0.4	12
1 tsp	Fish sauce	0.2	0	0.2	0	0.3	2
1 each	Garlic	1	0.1	0.9	0	0.2	4
1 lbs	Ginger, Root slices	0.9	0.1	0.8	0	0.1	4
1 tsp	Honey	5.8	0	5.8	0	0	21
1 tsp	Honoreddich, prepared	0.6	0.2	0.4	0	0.1	2
1 tsp	Jam	4.6	0.1	4.5	0	0	19
1 tsp	Jelly	4.5	0.1	4.4	0	0	18
1 lbs	Ketchup/Catsup	4.2	0.2	4	0.1	0.2	16
1 lbs	Maple syrup	13.4	0	13.4	0	0	52
1 lbs	Miso paste	3	0.4	2.6	0.8	1.9	27
5 each	Olives, black	1.4	0.7	0.7	2.3	0.2	25
5 each	Olives, green	2.5	0	2.5	5	0	50
1 each	Pesto sauce	1	0.4	0.6	7.1	2.8	78
1 lbs	Pickle relish	5.4	5.2	0.1	0.1	0.1	20
1 tsp	Preserves	4.6	0.1	4.5	0	0	19
1 lbs	Red Wine vinegar	0	0	0	0	0	0
1 lbs	Rice vinegar, seasoned	3	0	3	0	0	12
1 lbs	Salsa, green	0.6	0.1	0.6	0	0.2	4
1 lbs	Salsa, red	0.8	0.1	0.7	0	0.1	4
1 lbs	Sherry vinegar	0.9	0	0.9	0	0	2
1 lbs	Soy sauce	1	0.1	0.9	0	1.9	11
1 lbs	Soy sauce, low sodium	1.4	0.1	1.2	0	0.8	8
1 lbs	Tahini	3.2	0.7	2.5	8	2.6	89
1 lbs	White Wine vinegar	1.5	0	1.5	0	0	5
1 tsp	Worcestershire sauce	0.9	0	0.9	0	0	4

Breads, Rolls & Crackers							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
1 each	Bagel, 2 1/2 oz	38	1.7	36.3	1.1	7.5	195
1 each	Biscuit, 2 oz	27.6	1	26.6	6.9	4.2	191
1 each	Blueberry Muffin, 2 oz	27.4	1.5	25.9	3.7	3.1	158
1 each	Bran Muffin, 2 oz	23.8	4	19.8	7.3	4	164
1 each	Breadsticks, sesame, small	2.2	0.1	2.1	0.5	0.4	15
1 each	Corn Muffin, 2 oz	29	1.9	27.1	4.8	3.4	174
1 piece	Crabmeat 2.5x2.5x1.5 piece	22.7	1.9	20.7	4.9	4	152
5 each	Crackers, butter-type	51.4	1.5	49.8	18.3	5.8	393
5 each	Crackers, rye wafers	44.2	12.6	31.6	0.5	5.3	184
5 each	Crackers, saltines	10.7	0.5	10.3	1.8	1.4	65
5 each	Crackers, water	10	0.6	9.4	0	1.3	44
1 each	Croissant	27	0	27	17	4	270
1 each	English muffin	26	1.5	24.5	1	4.4	133
1 each	Hard white roll	30	1.3	28.7	2.5	5.6	167
1 piece	Italian bread	15	0.8	14.2	1.1	2.6	81
1 each	Flax pocket bread, 6 1/2" diameter	33.4	1.3	32.1	0.7	5.5	163
1 each	Popover	10.4	0.3	10.1	1.5	2.6	67
1 piece	Pumpernickel bread	12.4	1.7	10.7	0.8	2.3	65
1 piece	Raisin bread	13.6	1.1	12.5	1.1	2.1	71
1 piece	Rye bread	15.5	1.9	13.6	1.1	2.7	83
1 each	Soft hoagie roll	32	2	30	4.5	7	200
1 piece	Sourdough bread	13	0.8	12.2	0.8	2.2	49
1 each	Tortilla, corn	12.1	1.4	10.8	0.7	1.5	58
1 each	Tortilla, flour, 8" diameter	25.3	0	25.3	3.1	4.4	146
1 piece	Wheat bread	11.8	1.1	10.7	1	2.3	65
1 piece	White bread	14.9	0.7	14.2	1.1	2.5	80
1 piece	Whole grain bread	11.8	1.1	10.7	1	2.3	65

Beans							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
0.5 cup	Baby lima beans	21.2	7	14.2	0.3	7.3	115
0.5 cup	Black beans	20.4	7.5	12.9	0.5	7.6	114
0.5 cup	Black eyed peas	17.9	5.6	12.3	0.5	6.6	100
0.5 cup	CA red kidney beans	19.8	8.2	11.6	0.1	8.1	110
0.5 cup	Chickpea/Garbanzo beans	22.5	6.2	16.2	2.1	7.3	134
2 lbs	Great northern beans	18.7	6.2	12.5	0.4	7.4	104
2 lbs	Hummus/Hummus	6.2	1.6	4.6	2.6	1.5	53
0.5 cup	Lentils	19.9	7.8	12.1	0.4	8.9	115
0.5 cup	Navy beans	22.9	5.8	18.1	0.5	7.9	129
0.5 cup	Pink beans	23.6	4.5	19.1	0.4	7.7	126
0.5 cup	Pinto beans	18	7	11	1	7	110
0.5 cup	Soybeans	9.9	3.8	6.2	5.8	11.1	127

Dairy - Milk, Cream & Butter							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
1 tsp	Butter	0	0	0	3.8	0	34
1 cup	Buttermilk, 1% lowfat	13	0	13	2.5	9	110
2 lbs	Half and Half cream	1	0	1	3	1	40
2 lbs	Heavy Whipping cream	0.8	0	0.8	11	0.6	103
1 cup	Milk, 2%	11.7	0	11.7	4.7	8.1	121
1 cup	Milk, whole	11.4	0	11.4	8.1	8	150
2 lbs	Sour cream	1.2	0	1.2	6	0.9	62
1 tsp	Whipped butter	0	0	0	2.6	0	23
1 cup	Yogurt, lowfat, plain	17.2	0	17.2	9.8	12.9	155
1 cup	Yogurt, whole milk, plain	11.4	0	11.4	8	8.5	150

Desserts & Pastries							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
1 piece	Cake, angel food, 1/12 cake	29.4	0.1	29.2	0.2	3.1	129
1 piece	Cake, chocolate layer, 3 oz slice	38	2	36	16	2	300
1 piece	Cake, coffee cake, 2 oz slice	29.6	0.7	28.9	5.4	3.1	178
1 piece	Cake, pound cake, 1 oz slice	13.8	0.1	13.7	5.6	1.6	110
1 oz-wt	Chocolate, dark	17.9	1.7	16.2	8.5	1.2	136
1 oz-wt	Chocolate, milk	16.8	1	15.8	6.7	2	145
1 each	Cookie, chocolate chip, 1/2 oz	10.3	0.5	10	4.1	0.9	79
1 each	Cookie, oatmeal, 1/2 oz	12.4	0.5	11.9	3.3	1.1	81
1 each	Cookie, peanut butter, 2/3 oz	11.8	0.4	11.4	4.8	1.8	95
1 each	Cookie, sugar, 1/2 oz	10.2	0.1	10.1	3.2	0.8	72
1 each	Doughnut, glazed	26.6	0.7	25.9	13.7	3.8	242
1 each	Doughnut, plain	19	1	18	11	3	180
0.5 cup	Ice cream, chocolate	18.6	0.8	17.8	7.3	2.5	143
0.5 cup	Ice cream, fruit	18.2	0.2	18	5.5	2.1	127
0.5 cup	Ice cream, vanilla	15.6	0	15.6	7.3	2.3	133
1 piece	Pie, apple, 1/8 of 9" pie	37.5	2.2	35.3	19.4	3.7	411
1 piece	Pie, Cherry, 1/8 of 9" pie	69.3	2.7	66.6	22	5	486
1 piece	Pie, lemon meringue, 1/8 of 8" pie	53.3	1.4	52	9.8	1.7	303
1 piece	Pie, pecan, 1/8 of 9" pie	63.7	6.1	57.6	27.1	6	503
1 piece	Pie, pumpkin, 1/8 of 9" pie	40.9	4.2	36.7	14.4	7	316

Eggs							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
1 each	Egg, white	0.3	0	0.3	0	3.5	17
1 each	Egg, yolk	0.3	0	0.3	5.1	2.8	59
1 each	Egg, whole	0.6	0	0.6	5.3	6.3	78