

ATKINS
CARB COUNTER
AND ACCEPTABLE
FOODS LIST





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ATKINS CARB COUNTER

ABBREVIATIONS AND SYMBOLS

C = cup	med = medium	tsp = teaspoon
dia = diameter	N/A = not applicable	tbs = 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 counted in the diet. Unlike total carbs, Net Carbs don't include fiber (or sugar alcohols and glycerin), 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>
ATKINS PRODUCTS						
ATKINS ADVANTAGE MEAL BARS						
Chocolate Chip Cookie Dough Bar	29	11	3	15	11	240
Chocolate Chip Granola Bar	18	6	3	17	8	200
Chocolate Peanut Butter Bar	22	10	2	19	12	240
Cookies n' Crème Bar	20	10	3	15	9	180
Mudslide Bar	19	5	3	15	10	210
Peanut Butter Granola Bar	18	5	3	15	11	210
Peanut Fudge Granola Bar	17	9	2	16	10	210
ATKINS ADVANTAGE SNACK/LIGHT MEAL BARS						
Caramel Chocolate Nut Roll	20	8	3	8	12	180
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
Cashew Trail Mix Bar	19	6	5	7	11	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
Sweet & Salty Almond Crunch Bar	14	5	4	7	15	200
ATKINS ADVANTAGE SHAKES						
Café Caramel Shake	3	1	2	15	9	160
Dark Chocolate Royale Shake	6	4	2	15	10	160
Milk Chocolate Delight Shake	5	3	2	15	10	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>
Mocha Latte Shake	5	2	2	15	9	160
Strawberry Shake	2	1	1	15	9	160
Vanilla Shake	2	1	1	15	9	160
ATKINS DAY BREAK MORNING SNACK/LIGHT BREAKFAST BARS						
Apple Crisp Bar	17	7	4	10	5	130
Blueberry Almond Baked Square	24	10	6	5	7	130
Cherry Pecan Bar	15	4	6	5	11	160
Chocolate Chip Crisp Bar	16	6	3	10	6	140
Chocolate Hazelnut Bar	18	7	3	6	14	180
Chocolate Oatmeal Fiber Bar	24	10	7	6	5	130
Cinnamon Bun Bar	18	5	3	10	8	160
Cranberry Almond Bar	16	5	2	10	6	150
Oatmeal Cinnamon Baked Square	24	10	6	5	7	140
Peanut Butter Fudge Crisp Bar	14	8	2	10	7	150
Vanilla Fruit & Nut Bar	18	5	5	5	13	180
ATKINS DAY BREAK SHAKES						
Creamy Chocolate Shake	10	7	3	10	9	140
Strawberry Banana Shake	10	7	2	10	9	140
Wild Berry Shake	10	7	2	10	9	140
ATKINS ENDULGE TREAT BARS						
Caramel Nut Chew Bar	17	6	2	5	8	130
Chocolate Caramel Mousse Bar	23	9	2	3	4.5	120
Chocolate Coconut Bar	19	9	3	5	12	170

Food Item (Amount)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Fat (g)	Calories
Chocolate Crème Sandwich Cookies	23	5	5	3	7	130
Nutty Fudge Brownie	18	6	2	7	12	170
Peanut Butter Cups	18	5	2	2	13	160
Peanut Caramel Cluster Bar	13	6	3	7	10	140
ATKINS CUISINE						
All Purpose Baking Mix	11	6	5	20	4.5	150
Penne	37	18	19	11	1	140

BEVERAGES

ALMOND MILK

Vanilla, unsweetened	2	1	1	1	3	40
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BUTTERMILK

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

CHOCOLATE DRINKS

Carnation Hot Cocoa, w/ marshmallows, 1 pkt	23	0.8	22.2	1	3	120
Nestlé Hot Cocoa, no sugar added, 1 pkt	10	0	10	2	0.4	50
Nestlé Hot Cocoa, 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

COFFEE

Brewed (regular, decaf), 8 fl oz	0.1	0	0.1	0.3	0	2
Cappuccino, sugar free ultra creamy mix, 3 tbs	3	0	3	1	2	50

Food Item (Amount)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Fat (g)	Calories
Instant powder, 1 tsp	0.7	0	0.7	0.2	0	4
CREAM						
Half and half, 1 tbs	0.6	0	0.6	0.4	1.7	20
Heavy, liquid, 1 tbs	0.4	0	0.4	0.3	5.5	51
Heavy, whipped, 2 tbs	0.4	0	0.4	0.3	5.5	52
Light, 1 tbs	0.6	0	0.6	0.4	2.9	29
CREAMER, NON-DAIRY						
Coffee-mate, fat-free hazelnut, 1 tbs	5	0	5	0	0	25
Coffee-mate, plain, 1 tbs	2	0	2	0	1	20
GATORADE						
Most flavors, 8 fl oz	15.2	0	15.2	0	0	6
JUICES, FRUIT						
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
Cranberry juice cocktail, 4 fl oz	18.2	0.1	18.1	0	0.1	72
Cranberry juice cocktail, frozen, concentrate, 2 tbs	18.6	0	18.6	0	0	73
Ocean Spray Cranberry Juice Cocktail, light, 4 fl oz	5.6	0	5.6	0	0	23
Dole Orange Peach Mango, 4 fl oz	14	0	14	0.5	0	60
Dole Orange Strawberry Banana, 4 fl oz	14	0	14	0.5	0	60
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

<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>
Lemon, 2 tbs	2	0.1	1.9	0.1	0	6
Lime, 2 tbs	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
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
Tropicana Tangerine Orange, 4 fl oz	12.5	0	12.5	1	0	55
JUICES, VEGETABLE						
Carrot, 4 fl oz	11	1	10	0.9	0.2	47
Clam & tomato, 4 fl oz	13.2	0.5	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
LEMONADE						
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
MILK						
Condensed, canned, 2 tbs	20.8	0	20.8	3	3.3	123
Evaporated, 2%, 2 tbs	3.5	0	3.5	2.3	0.6	29
Evaporated, whole, 2 tbs	3.2	0	3.2	2.2	2.4	42
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

<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>
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
MILK, FLAVORED						
Hershey's Chocolate, reduced fat, 4 fl oz	15	0	15	4	2.5	100
Nesquik Double Chocolate, 8 fl oz	30	1	29	8	9	230
Parmalat Strawberry, Low fat, 8 fl oz	27	0	27	7	3	150
NANTUCKET NECTAR						
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
RICE MILK						
Plain, 1 C	25	0	25	1	2	120
Vanilla, 1 C	26	0	26	1	2.3	130
SNAPPLE						
Cranberry Raspberry, 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, diet, 8 fl oz	0	0	0	0	0	21
Tea, Lemon, sweetened, 8 fl oz	21	0	21	0	0	80
SODA (ALL BRANDS)						
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

Food Item (Amount)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Fat (g)	Calories
Seltzer/club soda, 12 fl oz	0	0	0	0	0	0
STARBUCKS						
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
SOY MILK						
Plain, unsweetened, 8 fl oz	4	1	3	7	4	80
Soy Dream, Chocolate, 8 fl oz	37	1	36	7	3.5	210
Soy Dream, Vanilla, 8 fl oz	22	0	22	7	4	150
Vitasoy, Light, 8 fl oz	37	1	36	7	3.5	210
TEA						
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
Nestle Iced, diet, 8 fl oz	1.2	0	1.2	0	0	3
Nestle Iced, sweetened, 8 fl oz	18	0	18	0	0	65
ALCOHOLIC BEVERAGES						
BEER						
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
O'Doul's Non-alcoholic, 12 fl oz	15	0	15	0.7	0	70

Food Item (Amount)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Fat (g)	Calories
Sharp's Non-alcoholic, 12 fl oz	12.1	0	12.1	0.4	0	58
COCKTAILS						
Bloody Mary, 3 ½ fl oz	3.5	0.3	3.2	0.5	0.1	88
Margarita, 3 ½ fl oz	15	0.1	14.9	0.1	0.1	236
Piña Colada, 3 ½ fl oz	23.4	0.3	23.1	0.5	2	181
Screwdriver, 3 ½ fl oz	9.1	0.2	8.9	0.5	0.1	90
HARD LIQUOR						
Bourbon, gin, rum, vodka, etc., any proof, 1 fl oz	0	0	0	0	0	82
SHERRY						
Dessert, dry, 3 ½ fl oz	4.2	0	4.2	0.2	0	130
Dessert, sweet, 3 ½ fl oz	12.2	0	12.2	0.2	0	158
Non-alcoholic, 3 ½ fl oz	1.1	0	1.1	0.5	0	6
Sherry, dry, 3 ½ fl oz	1.4	0	1.4	0.2	0	72
WINE						
Red, 3 ½ fl oz	2.7	0	1	0.2	0	88
White, 3 ½ fl oz	2.7	0	1	0.1	0	85
Wine cooler, 3 ½ fl oz	5.9	0	5.9	0.1	0	49
BREADS, CRACKERS AND MUFFINS						
BAGELS						
Cinnamon raisin, 4 ½" dia	65.1	2.7	62.4	11.6	2	323
Plain, 3 ½" dia	37.9	1.6	36.3	7.5	1.1	195
Plain, poppy, sesame, 4 ½" dia	55.5	2.5	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>
BISCUITS						
Gold Medal, 1	22	0.5	21.5	3	7	160
Grands!, 1	25	0.8	24.3	4	9	200
Homemade, 2 ½" dia	26.8	0.9	25.9	4.2	9.8	212
Hungry Jack Fluffy, refrigerated, 1	11.4	0.4	11	1.7	4.1	89
Pillsbury Buttermilk, refrigerated, 1	30.4	0	30.4	5	1.4	154
BREADS						
Breadsticks, brown & serve, 1	28	1	27	7	1.5	150
Breadsticks, sesame, 1 sm	2	0	2	0	0	15
Cornbread, 2 ½" sq	22.7	1.9	20.7	4	4.9	152
French, 1 oz slice	16	0.7	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, 6 ½" dia	33.4	1.3	32.1	5.5	0.7	165
Pita, whole wheat, 6 ½" 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
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
CRACKERS						
100% Stoned Wheat, 3	8.2	1.2	7	1.1	2.1	53
Barbara's Rite Lite Rounds, 5	12	0	12	1	<1.0	55
Brown-rice snaps, 8	11	1	10	1	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>
Carr's Water Biscuit, 5	13	1	12	2	1.5	70
Carr's Whole Wheat, 2	11	1	10	1	3.5	80
Cheez-It, 27	17	1	16	3	8	150
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
Pepperidge Farm Water Biscuit, 4	11.4	0	11.4	1.7	1.3	61
Ritz, 5	10	0	10	1	4	80
Saltines, 5	10.8	0.4	10.4	1.4	1.8	65
San-J Teriyaki Brown Rice, 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
Unedo Biscuits, 2	10.5	0.2	10.3	1.5	1.5	65
Wheat Thins, 8	10	0.4	9.6	1.2	5.9	68
Wheatworth, 5	10	1	9	2	3.5	80
Zwieback, 1	6	0	6	1	1	35
CRISPBREADS						
Bran-a-Crisp, 1	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
FLATBREADS						
Harvest Crisp 5-Grain, 13	23	1	22	3	3.5	130
JJ Flats, 1	9	1	8	2	2	60
Nejaimes Lavash, ½	10	1	9	2	2	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>
HEALTH VALLEY						
Sesame, low fat, 5	10	1	9	2	1.5	60
Stoned Wheat, low fat, 5	10	1	9	2	1	60
ENGLISH MUFFINS						
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
GARLIC BREAD						
Pepperidge Farm, 1	20.8	0	20.8	5	10	186
MUFFINS						
Banana nut, 2 oz	29	1	28	3	7	190
Blueberry, 2 oz	27.2	1.5	25.8	3.1	3.7	157
Blueberry, toaster, 2 oz	17.6	0.6	17	1.5	3.1	103
Bran, 2 oz	23.7	4	19.7	4	7.3	163
Corn, 2 oz	28.9	1.9	26.9	3.4	4.8	173
ROLLS						
Dinner, brown & serve, 1 oz	14.6	0.6	14	3	1.8	87
Hamburger, 1 ½ oz	21.7	0.9	20.1	4	1.8	120
Pillsbury Crescent, refrigerated, 1	11	0	11	2	6	110
Sara Lee Croissant, original, 1	20	1	19	4	8	170
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
STUFFING						
Cornbread, stove top, ½ C	19	1	18	3	8	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>
Turkey, stove top, ½ C	20	1	19	4	9	170
TORTILLAS						
Corn, w/ o added salt, 1	12.1	1.4	10.7	1.5	0.6	58
Flour, medium, 6", 1	15.4	0.9	14.5	2.5	2.2	94
La Tortilla Factory, low-carb, all flavors, 1	10	7	3	5	2	60
Whole wheat, 1	20	1.9	18.1	2.9	0.4	73
CEREALS AND CEREAL BARS						
CEREAL, HOT, COOKED						
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
OATMEALS						
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
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
CEREAL, READY-TO-EAT						
All-Bran, 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

<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>
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	0.3	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
Kashi, Puffed, ½ C	9.6	0.8	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

<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>
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	20.9	2.9	18	2.7	1	80
Shredded Wheat, lg biscuits, 2	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
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
CEREAL BARS						
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
BREAKFAST PASTRIES, PANCAKES AND WAFFLES						
CINNAMON ROLLS						
Pepperidge Farm, 1	33	2	31	4	12	250
Pillsbury, w/ icing, refrigerated, 1	23	1	22	2	5	150
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

<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>
DANISH						
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
DOUGHNUTS						
Cake, 1	23.4	0.7	22.7	2.4	10.8	198
Dunkin Donuts, Apple Fritter, 1	63	2	61	5	15	400
Dunkin Donuts, Bow Tie, 1	39	1	38	4	15	310
Dunkin Donuts, Chocolate Cake, 1	19	1	18	3	14	210
Glazed yeast, 1	26.6	0.7	25.9	3.8	13.7	242
FRENCH TOAST						
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
PANCAKES						
Aunt Jemima, Blueberry, 1	14.3	0.3	14	2	2	83
From mix, 1 pancake	28.3	1	27.3	6	5.9	168
Frozen, 6" dia	28.7	1.8	26.9	3.8	2.4	167
Great Start, w/ sausage, 1 pkg	52	3	49	14	25	490
TOASTER PASTRIES						
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
Pop-Tart, Frosted, 1	37.4	0.5	36.9	2.2	5.3	204
Toaster Strudel Pastry, Cream Cheese, frozen, 1	24	1	23	3	11	200

<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>
WAFFLES						
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
FRUIT						
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
APPLESAUCE						
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
APRICOTS						
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
AVOCADOS						
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
BANANAS						
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
BLACKBERRIES						
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
BLUEBERRIES						
Fresh, ½ C	10.5	1.7	8.8	0.5	0.3	41

<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>
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
BOYSENBERRIES						
Fresh, ½ C	6.9	3.8	3.1	0.5	0.3	31
Frozen, unsweetened, ½ C	8	3.5	4.5	0.7	0.2	33
Cherimoyas, ½ C	13.8	1.8	12	1.3	0.5	58
CHERRIES						
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
DATES						
Chopped, ½ C	62	6	56	1.8	0.4	240
Fresh, 3	18.3	1.9	16.4	0.5	0.1	68
FIGS						
Canned, in water, ½ C	17.4	2.7	14.7	0.3	0.1	30
Fresh, sm, 1	7.7	1.3	6.4	0.3	0.1	30
FRUIT COCKTAIL						
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
Gooseberries, raw, no sugar, ½ C	7.6	3.2	4.4	0.7	0.4	33
GRAPEFRUITS						
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

<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>
GRAPES						
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
GUAVAS						
Guava, ½ C	11.8	4.5	7.3	2.1	0.8	56
Guava paste, 2 tbs	27.7	0.4	27.3	0	0	107
Kiwi, 1 whole	11.3	2.6	8.7	0.8	0.3	46
Kumquat, 4 whole	12.1	5	7.1	1.4	0.7	54
Lemon juice, 2 tbs	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
LYCHEES						
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
MANGOS						
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
MELONS						
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 whole	14.3	2.3	12	1.4	0.4	60

Food Item (Amount)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Fat (g)	Calories
ORANGES						
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
PAPAYAS						
Dried, 1 piece	14.9	2.7	12.2	0.9	0.2	59
Fresh, sm, ½	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
PEACHES						
Canned, in water, ½ C	7.5	1.6	5.9	0.5	0.1	29
Dried, 2 halves	16	2.1	13.8	0.9	0.2	62
Fresh, sm, 1 whole	7.5	1.2	6.3	0.7	0.2	31
PEARS						
Canned, in water, halves, ½ C	9.5	2	7.6	0.2	0	35
Fresh, med, Bartlett, 1 whole	25.1	4	21.1	0.7	0.7	98
Fresh, sm, Bosc, 1 whole	21	3.3	17.7	0.5	0.6	82
Persimmon, lg, ½ C	15.6	3	12.6	0.5	0.2	59
PINEAPPLES						
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
PLUMS						
Dried (prune), 4 whole	21.1	2.4	18.7	0.9	0.2	80
Dried (prune), canned, in heavy syrup, ½ C	32.6	4.5	28.1	1	0.2	123
Fresh, sm, 1 whole	3.7	0.4	3.3	0.2	0.2	16
Purple, canned, in water, ½ C	13.8	1.3	12.5	0.5	0	51
Pomegranate, ¼ whole	6.6	0.2	6.4	0.4	0.1	26

Food Item (Amount)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Fat (g)	Calories
RAISINS						
Golden, 1 tbs	8.2	0.4	7.8	0.4	0	31
Seedless, 1 tbs	8.1	0.7	7.4	0.3	0.1	31
RASPBERRIES						
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
STRAWBERRIES						
Fresh, whole, ½ C	5.5	1.4	4.1	0.5	2.3	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	1.5	0.1	39
Tangerine, sm, 1 whole	9.3	1.3	8	0.6	0.2	37
CHEESE, CREAM CHEESE AND EGGS						
CHEESE						
American cheese, 1 slice, ⅓ oz	1.2	0	1.2	5	6.8	86
American cheese food, 1 slice, ⅓ oz	1.2	0	1.2	5	6.8	86
Blue, crumbled, 2 tbs	0.4	0	0.4	3.6	4.9	60
Boursin, 2 tbs	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 tbs	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 tbs	4	0	4	5	8	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>
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
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, part skim, 1 oz	0.8	0	0.8	6.9	4.5	72
Mozzarella, whole milk, 1 oz	0.6	0	0.6	6.3	6.3	85
Muenster, 1 oz	0.3	0	0.3	6.6	8.5	104
Neufchatel, 2 tbs	2	0	2	3	5	70
Parmesan, chunk, 1 oz	0.9	0	0.9	10.1	7.3	111
Parmesan, grated, 1 tbs	0.2	0	0.2	1.9	1.4	22
Port Wine spread, 2 tbs	4	0	4	5	8	100
Provolone, 1 oz	0.6	0	0.6	7.3	7.6	100
Ricotta, part skim, ¼ C	3.2	0	3.2	7	4.9	85
Ricotta, whole milk, ¼ C	1.9	0	1.9	6.9	8	107
Romano, chunk, 1 oz	1	0	1	9	7.6	110
Romano, grated, 1 tbs	0.2	0	0.2	2	1.4	22
Swiss Knight, 1 wedge	0	0	0	6	6	82
Swiss, 1 oz	1.5	0	1.5	7.6	7.8	107
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>
CREAM CHEESE						
Chive & onion, 2 tbs	2	0	2	2	10	110
Plain, 2 tbs	0.8	0	0.8	2.2	10.1	101
Strawberry, 2 tbs	5	0	5	1	9	100
EGGS						
Fried, 1 egg	0.4	0	0.4	6.2	6.8	87
Poached/broiled, 1 egg	0.4	0	0.4	6.3	5	73
Scrambled, w/ milk, 1 egg	1.3	0	1.3	6.8	7.5	101
Scrambled, egg substitute, ¼ C	1.4	0	1.4	3.6	4.1	58
White, before cooking, ¼ C	0.4	0	0.4	6.6	0.1	32
BUTTER, SOUR CREAM AND YOGURT						
BUTTER						
Butter, 1 tbs	0	0	0	0.1	11.5	102
Butter, whipped, 1 tbs	0	0	0	0	7	70
SOUR CREAM						
Light, 2 tbs	2.3	0	2.3	1.1	3.4	44
Regular, 2 tbs	1.2	0	1.2	0.9	6	62
YOGURT						
DANNON						
Light & Fit, Vanilla, nonfat, 8 oz	21	0	21	7	0	110
Light & Fit, Carb Control, Vanilla, low fat, 4 oz	3	0	3	5	1.5	45
Fruit on the Bottom, Strawberry, low fat, 6 oz	28	1	27	6	1.5	150

Food Item (Amount)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Fat (g)	Calories
FAGE						
Total 0% Greek Yogurt, Honey, nonfat, 5.3 oz	30	0	30	13	0	170
Total 2% Greek Yogurt, Honey, low fat, 5.3 oz	29	0	29	12	2.5	190
Total Classic Greek Yogurt, Plain, whole milk, 7 oz	8	0	8	18	10	190
STONYFIELD ORGANIC						
Smooth & Creamy, French Vanilla, whole milk, 8 oz	30	0	30	8	8	230
Smooth & Creamy, Plain, nonfat, 6 oz	11	0	11	8	0	80
YOPLAIT						
Light, Blueberry Patch, nonfat, 6 oz	19	0	19	5	0	100
Original, Strawberry, low fat, 6 oz	33	0	33	5	1.5	170

JAMS, SYRUPS AND SWEETENERS

JAMS/PRESERVES						
Apple butter, 1 tbs	8	0	8	0	0	36
Artificially sweetened, 1 tbs	3.6	0.2	3.4	0	0	10
Grape jelly, 1 tbs	13	0	13	0	0	50
Jam/preserves, 1 tbs	13.9	0.1	13.9	0	0	55
Reduced sugar, 1 tbs	6.6	0.3	6.3	0.1	0	26
Steele's jams, assorted flavors, 1 tbs	1-2.3	0	1-2.3	0	0	6-10
CHOCOLATE SYRUPS						
Hershey's, 1 tbs	11.9	0.5	11.4	0.5	0.2	51
Hershey's Lite, 1 tbs	5.5	0.3	5.2	0	0	23
Corn syrup, 1 tbs	15.7	0	15.7	0	0	58

Food Item (Amount)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Fat (g)	Calories
SUGAR						
Honey, 1 tsp	5.8	0	5.8	0	0	21
Molasses, 1 tsp	4.9	0	4.9	0	0	19
PANCAKE SYRUP						
Maple, 1 tbs	13.4	0	13.4	0	0	52
Maple, flavored, 1 tbs	12	0	12	0	0	48
Reduced calorie, 1 tbs	6.6	0	6.6	0	0	25
Steel's Sugar Free Chocolate Fudge sauce, 1 tbs	2.5	1	1.5	0.5	1.5	23
SUGAR						
Brown, packed, 1 tsp	4.5	0	4.5	0	0	17
Maple, 1 tsp	2.7	0	2.7	0	0	11
Powdered, unsifted, 1 tsp	2.5	0	2.5	0	0	10
White, 1 tsp	4.2	0	4.2	0	0	16
SWEETENERS, NON-CALORIC						
Equal, 1 pkt	0	0	0	0	0	0
Splenda, 1 pkt	1	0	1	0	0	4
Splenda, 1 tbs	1.6	0	1.6	0	0	6
Stevia, 1 pkt	1	0	1	0	0	4
Sugar Twin, brown, 1 tsp	0.4	0	0.4	0	0	1
Sweet'N Low, 1 pkt	1	0	1	0	0	0

SAUCES, GRAVIES AND MARINADES

BARBECUE SAUCE						
Forgione, 2 tbs	1	0	1	0	0	15
Hunt's Bold Original, 1 tbs	6.5	0	6.5	0.2	0.1	30
Kraft Hickory Smoke, 1 tbs	4.5	0	4.5	0	0	20

<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>
Kraft Thick'n Spicy, 1 tbs	6	0	6	0	0	25
Rocky Mountain Sweetened, 2 tbs	1	0	1	0	0	15
COCKTAIL SAUCE						
Kraft, 2 tbs	5.5	0.3	5.3	0.5	0.2	30
Steel's Sugar Free, 2 tbs	0.5	0.3	0.3	0.5	0	18
Cranberry sauce, whole or jellied, 2 tbs	13	0.5	12.5	0	0	50
Fish sauce, 1 tsp	0.2	0	0.2	0.3	0	2
Hollandaise sauce, 2 tbs	0.6	0	0.6	1.5	14.2	134
Kraft Tarter sauce, 2 tbs	4	0	4	0	5	60
Steel's, Hoisin sauce, 2 tbs	2	1	1	0	0	15
PASTA SAUCE						
Contadino, 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, ½ C	10	3	7	2	3	80
Prego, Traditional, ½ C	13	3	10	2	1.5	70
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 tbs	3.4	0.4	3	3.6	7.2	86
Pesto sauce, 2 tbs	1.5	0.4	1.1	5.4	15	160
SOY SAUCE						
Soy sauce, 1 tbs	1.2	0.1	1.1	1	0	8
Soy sauce, low sodium, 1 tbs	1.5	0.1	1.4	0.9	0	10
Soy sauce, tamari, 1 tbs	1	0.1	0.9	1.9	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>
STEAK SAUCE						
Newman's Own, steak sauce, 1 tbs	4	0	4	0	0.5	20
Steak sauce, 1 tbs	2.4	0.3	2.1	0.2	0	9
SWEET & SOUR SAUCE						
Kraft, 2 tbs	19	16	3	0	0.5	80
Steel's Sugar Free, 2 tbs	2	0	1	0	0	10
Tabasco sauce, 1 tsp	0	0	0	0.1	0	1
TACO SAUCE						
Green, 1 tbs	0.9	0.1	0.8	0.1	0	5
Old El Paso, Red, med, 1 tbs	2	0	2	0	0	10
Ortega Thick & Smooth, Red, 1 tbs	2	0	2	0	0	10
TOMATO SAUCE						
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
Worcestershire sauce, 1 tsp	1	0	1	0	0	4
GRAVY, JARRED/CANNED						
Au Jus, 2 tbs	0.8	0	0.8	0.4	0.1	5
Beef, 2 tbs	1.4	0.1	1.3	1.1	0.7	15
Chicken, 2 tbs	1.6	0.1	1.5	0.6	1.7	24
Mushroom, 2 tbs	1.6	0.1	1.5	0.4	0.8	15
Turkey, 2 tbs	1.5	0.1	1.4	0.8	0.6	15
MARINADES						
Al Steak House Classic, 1 tbs	3	0	3	0	0	15

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Annie's Naturals Organic, Smoky Campfire, 1 tbs	0	0	0	0	3	30
Annie's Naturals Organic, Spicy Ginger, 1 tbs	2	0	2	0	1	18
Conorzio, California Teriyaki, 1 tbs	5	0	5	1	2	40
Conorzio, Tropical Grill, 1 tbs	3	0	3	0	0	15
KC Masterpiece, Hickory & Spice, 1 tbs	7.5	0.5	7	0	0	30
Kikkoman, Teriyaki, 1 tbs	2	0	2	1	0	15
Lawry's, 30 Minute Mesquite, 1 tbs	1	0	1	0	0	5
SALSA						
Desert Pepper 2 Olive Roasted Garlic, 2 tbs	2	1	1	0	0	10
Doritos, Medium, 2 tbs	3	1	2	1	0	15
Green, 2 tbs	1	0	1	0	0	10
Newman's Own, Roasted Garlic, 2 tbs	2	1	1	1	0	10
Old El Paso, Thick N'Chunky, 2 tbs	2	0	2	0	0	10
Red, 2 tbs	2	0.5	1.5	0.4	0.1	9
CONDIMENTS AND SEASONINGS						
Anchovies, in oil, drained, 5 pieces	0	0	0	5.7	1.9	42
Basil, fresh, 1 tbs	0.1	0.1	0	0.1	0	1
Basil, ground, 1 tbs	2.7	1.8	0.3	0.6	0.2	11
Capers, 1 tbs	0.4	0.3	0.1	0.2	0.1	2
Caponata, 2 tbs	2	2	0	0	2	25
Catsup/Ketchup, 1 tbs	3.8	0.1	3.7	0.3	0.1	15
Steel's sugar free, Catsup, 1 tbs	2	0	2	0	0	10
Chili powder, 1 tbs	4.1	2.6	1.5	0.9	1.3	24

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Chives, 1 tbs	0.1	0.1	0.1	0.1	0	1
Cilantro, fresh, 1 tbs	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 tsp	0.9	0.2	0.7	0.4	0.5	7
Dill, fresh, 1 tbs	0	0	0	0	0	0
Garlic, 1 clove	0.6	0	0.6	0.2	0	4
Ginger root, 1 tbs	0.9	0.1	0.8	0.1	0	4
Herbs, dried (oregano, thyme, etc.), 1 tsp	1	0.6	0.4	0.2	0.2	5
Horseradish, prepared, 1 tsp	0.2	0	0.2	0.1	1	10
McCormick, Bac'n Pieces, 1 tbs	2	0	2	3	1	30
Miso paste, 1 tbs	3	0.4	2.6	1.9	0.8	27
Mustard, Dijon, 1 tsp	0.6	0.1	0.5	0.3	0.5	3
Mustard, yellow, 1 tsp	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
Oscar Mayer, Bacon Bits, 1 tbs	0	0	0	2	1.5	25
Parsley, fresh, 1 tbs	0.2	0.1	0.1	0.1	0	1
PEPPERS						
Hot cherry, 1	2	1	1	0	0	10
Hot red, canned, 1	3.7	1	2.8	0.7	0.1	15
Jalapeño, picked, 1	1	0.1	0.8	0.1	0	4
Roasted red, 1	1.5	0	1.5	0	0	5
PICKLES						
Pickle, dill, 1 sm	1.5	0.4	1.1	0.2	0.1	12
Pickle relish, 1 tbs	5.4	0.2	5.2	0.1	0.1	20

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Pickle, sweet, 1	8	0	8	0	0	35
Sofrito, 1 tsp	0	0	0	0	0	0
VINEGAR						
Balsamic, 1 tbs	2.7	0	2.7	0.1	0	14
Cider, 1 tbs	0.1	0	0.1	0	0	3
Red wine, 1 tbs	0	0	0	0	0	3
Rice, 1 tbs	0	0	0	0	0	0
Trader Joe's Rice, seasoned, 1 tbs	5	0	5	0	0	20
White, 1 tbs	0	0	0	0	0	5

FATS, OILS AND SALAD DRESSINGS

Crisco, vegetable shortening, 1 tbs	0	0	0	0	12.8	113
Lard, 1 tbs	0	0	0	0	12.8	116
OILS, SALAD/COOKING						
Canola, 1 tbs	0	0	0	0	14	124
Corn, 1 tbs	0	0	0	0	13.6	120
Olive, 1 tbs	0	0	0	0	13.5	119
Peanut, 1 tbs	0	0	0	0	13.5	119
Safflower, 1 tbs	0	0	0	0	13.6	120
Sesame, 1 tbs	0	0	0	0	13.6	120
Soybean, 1 tbs	0	0	0	0	13.6	120
SALAD DRESSINGS						
ANNIE'S ORGANIC						
Natural Balsamic Vinaigrette, 2 tbs	3	0	3	0	10	100
Natural Caesar, 2 tbs	2	0	2	1	12	120

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KRAFT						
Creamy Italian, 2 tbs	3	0	3	0	11	110
French, 2 tbs	5	0	5	0	14	150
House Italian, 2 tbs	3	0	3	0	12	120
Peppercorn Ranch, 2 tbs	1	0	1	1	19	170
Thousand Island, 2 tbs	5	0	5	0	10	110
MARIE'S						
Caesar, 2 tbs	1	0	1	1	19	170
Parmesan Ranch, 2 tbs	3	0	3	0.5	19	180
Tangy French, 2 tbs	8	0	8	0	11	130
NEWMAN'S OWN						
Creamy Caesar, 2 tbs	1	0	1	0	18	170
Parmesan Roasted Garlic, 2 tbs	2	0	2	0	11	110
WALDEN FARMS						
Calorie Free, 2 tbs	0	0	0	0	0	0
WISHBONE						
Chunky Blue Cheese, 2 tbs	1	0	1	0	15	150
Creamy Roasted, 2 tbs	3	0	3	0	13	140
Deluxe French, 2 tbs	5	0	5	0	11	120
Honey Dijon, 2 tbs	9	0	9	0.5	10	130
Italian, 2 tbs	3	0	3	0	7	80
Ranch, 2 tbs	2	0	2	0	13	120
Russian, 2 tbs	15	0	15	0	6	110
Thousand Island, 2 tbs	6	0	6	0	12	130

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MARGARINE						
Hard, 1 tbs	0.3	0	0.3	0	11.2	100
Soft, 1 tbs	0.1	0	0.1	0.1	11.4	102
MAYONNAISE						
Bestfoods/Hellman's, 1 tbs	0.2	0	0.2	0.2	11.6	110
Kraft, 1 tbs	0	0	0	0	10	90
Light, 1 tbs	1.3	0	1.3	0.1	4.9	50
Soybean, 1 tbs	0.5	0	0.5	0.2	11	99
Miracle Whip, 1 tbs	3.5	0	3.5	0.1	4.9	57
Miracle Whip, Light, 1 tbs	2	0	2	0	1.5	20

SOUPS

Broth, all flavors, 1 cube	0.6	0	0.6	0.6	0.1	6
Broth/Bouillon, beef, 8 oz	0.1	0	0.1	2.6	0.5	16
CAMPBELL'S, PREPARED FROM CONDENSED						
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
Chicken Broth, ½ C	1	0	1	1	1	20
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
Consommé, Beef, ½ C	1	0	1	4	0	20
Cream of Celery, ½ C	9	3	6	1	6	90

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Cream of Chicken, ½ C	10	2	8	3	8	120
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
Vegetable Beef, 8 fl oz, 'Just Heat and Enjoy' Soup	15	3	12	3	0.5	80
Vegetarian Vegetable, ½ C	18	2	16	3	0.5	90
CAMPBELL'S CHUNKY						
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
FANTASTIC IN A CUP						
Country Lentil, 1 container	43	13	30	16	2	250
Creamy Mushroom, 1 container	24	2	22	6	0	120
Minestrone, 1 container	3	4	26	8	2	170
Split Pea, 1 container	35	8	27	12	1	190
HEALTH VALLEY						
14 Garden Vegetable, 1 C	17	4	13	6	0	80
Black Bean, 1 C	25	5	20	7	1	130
Garden Split Pea w/ Carrots, 1 C	17	4	13	6	0	80
HEALTHY CHOICE						
Chicken w/ Rice, 8 fl oz	17	3	14	7	1.5	110

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Garden Vegetable, 8 fl oz	24	5	19	5	0.5	120
Hearty Chicken, 8 fl oz	18	3	15	8	2	130
New England Clam Chowder, 8 fl oz	19	2	17	5	1	110
Split Pea and Ham, 8 fl oz	27	6	21	12	2.5	160
KNORR IN A CUP						
Beef Vegetable Soup, 1 container	27	1	26	5	2	150
Red Bean Chili, 1 container	32	8	24	9	1	170
LIPTON IN A CUP						
Beefy Mushroom, 1 container	6.6	0.1	6.5	0.9	0.4	33
Harvest Vegetable, 1 container	17	2	15	1	1.5	90
Vegetable, 1 container	8	0	8	2	1	45
NILE SPICE IN A CUP						
Black Bean, 1 container	36	12	24	12	1.5	170
Cheddar Broccoli, 1 container	20	1	19	6	3	130
Chili & Beans, 1 container	24.7	5.7	19	8.2	2.2	151
Tomato & Rice, 1 container	22.7	1.4	21.3	4.6	2.8	135
PROGRESSO						
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
Lentil Soup, 8 fl oz	30	5	25	9	2	160
Meatballs & Pasta, 8 fl oz	13	0	13	7	7	140
Tomato Vegetable, 8 fl oz	15	4	11	3	2	90
Traditional Beef Barley, 8 fl oz	17	2	15	8	2.5	120
RAMEN IN A CUP						
Fantastic Mandarin Broccoli Big Soup Noodle Bowl, 1 container	21	2	19	6	0	110

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Nissin Cup of Noodles Chicken Ramen, 1 container	36.8	0	36.8	5.6	14.1	296
FISH AND SHELLFISH						
FISH						
BASS						
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
Bluefish, baked, 6 oz	0	0	0	43.7	9.3	270
Catfish, baked, 6 oz	0	0	0	31	20	313
COD						
Baked, 6 oz	0	0	0	35.6	6.1	208
Dried, salted, 3 oz	0	0	0	53.4	2	247
FISH STICKS						
Mrs. Paul's, breaded, 6 pieces	20	0.9	19.1	11	16	226
Mrs. Paul's Crunchy Fish Fillets, 2 fillets	23	0	23	13	12	250
Mrs. Paul's Healthy Treasures, 6 pieces	30	3	27	15	4.5	255
Van de Kamp's Battered Fillets, 2 fillets	18	0	18	8	13	240
Flounder, baked, 6 oz	0	0	0	37.4	7.2	225
Gelfilte, no sugar added, 1 piece	3	1	2	7	3	80
Gorton's Garlic Butter Fillets, 1 piece	1	0	1	17	3	100
HADDOCK						
Baked, 6 oz	0	0	0	38	6.3	218
Smoked, 6 oz	0	0	0	42.9	1.6	197

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Van de Kamp's Battered, 2 pieces	18	0	18	8	13	240
Halibut, baked, 6 oz	0	0	0	45.4	5	238
HERRING						
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
SALMON						
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
SARDINES						
Canned, in mustard, 6 oz	1.3	0.2	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
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
TUNA						
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

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SHELLFISH						
CLAMS						
Canned, drained, 6 oz	5.5	0	5.5	27.2	2.1	157
Gorton's Fried, 15 pieces	20	0	20	8	15	250
Mrs. Paul's Fried, 6 oz	58	2	56	16	32	560
CRAB						
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
OYSTERS						
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	0	10.7	19.3	6.7	186
SCALLOPS						
Baked, 6 oz	4.9	0	4.9	34.7	6.7	228
Mrs. Paul's, 6 oz	38.2	1.7	36.5	17.4	13.9	365
Mrs. Paul's Fried, 13 pieces	27	1	26	12	7	220
SHRIMP						
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

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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

BEEF, LAMB AND PORK

BEEF, COOKED

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
Liver, calf, 6 oz	4.9	0	4.9	33.6	8.2	240
Slim Jim Jerky, 5 oz	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
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, lean, 6 oz	0	0	0	37	11	258

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Top loin, 6 oz	0	0	0	51.7	12.3	332
Top sirloin, 6 oz	0	0	0	34	21.6	342
BEEF MEALS						
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
VEAL, COOKED						
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
Shank, 6 oz	0	0	0	32.5	5.9	192
Stew meat, 6 oz	0	0	0	40.2	13.4	292
GOAT, COOKED						
Goat, 6 oz	0	0	0	34	3.9	186
LAMB, COOKED						
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

<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>
LUNCH MEATS AND SAUSAGES						
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
Ham, 6 oz	1.8	0	1.8	28.2	6.6	174
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 piece	0.2	0	0.2	3.9	7.3	82
Spam, 2 oz	1.7	0	1.7	7.4	15.8	174
FRANKFURTERS (HOT DOGS)						
Beef, 1 piece	2.5	0	2.5	6.8	17.3	194
Beef & pork, 1 piece	0.8	0	0.8	5.2	12.4	137
Hebrew National, 1 piece	1	0	1	6	14	150
SALAMI						
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	0.2	0	0.2	9.7	18	204
PORK MEALS						
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

<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>
PORK, ROASTED/COOKED						
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
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
POULTRY						
CHICKEN, COOKED						
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
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

<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>
CHICKEN DISHES, FROZEN						
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
CHICKEN, REFRIGERATED, PREPARED						
Aidell's Smoked Chicken and Apple Chicken Sausage, 1 piece	1	0	1	16	16	210
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
Cornish hen, roasted, 6 oz	0	0	0	26.6	21.8	310
POT PIES						
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
"SKILLET" MEALS						
Bird's Eye Chicken Vaila! 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 C	43	6	37	13	1	240
Stouffer's Skillet Sensations Teriyaki Chicken, ½ package	41	5	36	18	4	270
Uncle Ben's Fiesta Bowl, 1 container	55	4	51	22	6	350
Weaver Chicken Breast Strips, 3 strips	13	2	11	14	11	210
Weaver Original Style Chicken Rondelets, 1 piece	10	1	9	10	11	210

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DUCK, COOKED						
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
Shelton's Turkey Jerky, ½ oz	1	0	1	9	0.5	50
TURKEY, COOKED						
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
TURKEY POT PIES						
Banquet, 1	36	3	33	10	21	370
Swanson, 1	31	5	26	9	17	320
NUTS, NUT BUTTERS AND SEEDS						
ALMONDS						
Butter, 2 tbs	6.8	1.2	5.6	4.8	18.9	203
Paste, 1 oz	13.6	1.4	12.2	2.6	7.9	130
Slivered, blanched, 2 tbs	3.3	1.6	1.7	3.5	8.6	102
Whole, roasted, 24 pieces	5.7	3.4	2.3	6.1	14.6	166
Brazil nuts, roasted, 6 pieces	3	2	1	4.1	18.8	186
CASHEWS						
Butter, 2 tbs	8.8	0.6	8.2	5.6	15.8	188
Whole, roasted, 2 tbs	5.6	0.5	5.1	2.6	7.9	98
Chestnuts, roasted, 6 pieces	30	2.9	27.1	1.8	1.2	138
Coconut, dried, unsweetened, 2 tbs	2.4	1.6	0.8	0.7	6.3	64

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Hazelnuts, roasted, 2 tbs	2.8	1.6	1.2	2.5	10.3	106
MACADAMIA NUTS						
Butter, 2 tbs	5	0	5	3	24	230
Roasted, 2 tbs	2.3	1.4	0.9	1.3	12.7	120
Nutella, 2 tbs	22	1	21	3	11	200
PEANUTS						
Butter, natural, 2 tbs	6.9	3	3.9	7.7	15.9	187
Butter, smooth, 2 tbs	6.2	1.9	4.3	8.1	16.3	190
Oil-roasted, 2 tbs	3.4	1.7	1.8	4.7	8.9	105
Pecans, roasted, 2 tbs	1.9	1.3	0.6	1.2	9.7	93
Pine nuts, 2 tbs	2.4	0.8	1.7	4.1	8.6	96
Pistachios, 2 tbs	4.7	1.6	3.1	3.3	6.9	88
Pumpkin seeds, hulled, 2 tbs	4.3	0.3	4	1.5	1.6	36
Sesame seeds, 2 tbs	4.2	2.1	2.1	3.2	8.9	103
Soybeans, roasted, 1 oz	9.5	5	4.5	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
VEGETABLES						
ARTICHOKES						
Whole, 1 med	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
ASPARAGUS						
Steamed, 4 spears	2.6	1.2	1.4	1.5	0.2	25
Canned, 4 spears	1.9	1.2	0.7	1.6	0.5	24

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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
BEANS						
Green, steamed, ½ C	5.3	2.1	3.2	1.3	2.2	41
Green Giant Green Bean Casserole, ⅓ 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	0.8	0.4	0.4	0.5	0.1	4.5
Broccoli, steamed, ½ C	2.6	1.3	1.3	1.2	0.1	13
BROCCOLI						
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
BROCCOLI DISHES						
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
CABBAGES						
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

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Cardoon, steamed, ½ C	3.9	1.2	2.7	0.6	0.1	16
CARROTS						
Sliced, steamed, ½ C	5.7	2.4	3.3	0.9	0.4	43
Whole, 7 ½" long, raw, 1 piece	6.9	2	4.9	0.7	0.1	30
CAULIFLOWER						
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
CAULIFLOWER DISHES						
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
CELERY						
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
CORN						
Canned, ½ C	15.2	1.6	13.6	2.2	0.8	83
Cob, 1 ear	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

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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
FENNEL						
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	0.2	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
LETTUCE						
Boston/Bibb, ½ C	0.6	0.3	0.3	0.4	0.1	4
Iceberg, ½ C	0.8	0.4	0.4	0.3	0.1	4
Loosleaf/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
BIRD'S EYE, FROZEN						
Asparagus Stir Fry, 1 C	8	1.5	6	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	0.8	50
GREEN GIANT, FROZEN						
Mixed Vegetables, ¾ C	14	3	11	2	0.5	70
Teriyaki Vegetables, 1 ¼ C	9	2	7	2	0	40

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MUSHROOMS						
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
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
PEPPERS						
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
POTATOES						
Baked, ½ potato	14.7	1.5	13.2	1.7	1.6	78
Betty Crocker, Au Gratin, ⅔ C	21	1	20	2	6	150
Betty Crocker, Scalloped, ½ C	26	1	25	3	0	130
Boiled, ½ C	15.7	1.4	14.3	1.5	1.8	83
Boston Market, Mashed, per 1 side	23	1	22	3	9	180
French fries, frozen, 10 fries	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
Ore-Ida Hash Browns, toaster, 2 patties	25	2	23	2	12	220
Idahoan Real Potato Hash Browns, ½ C	27	1.5	25.5	3	3.7	135

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Mashed, from flakes, prepared, ½ C	15.8	2.4	13.4	2	5.9	119
PUMPKIN						
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
SPINACH						
Bird's Eye, Creamed, ½ C	9	4	5	3	4	90
Green Giant, Creamed, 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
SPROUTS, RAW						
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
SQUASH						
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

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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
SWEET POTATOES						
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
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
TOMATOES						
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	0.9	2.7	0.8	2.1	32
TOMATO PRODUCTS, CANNED						
Contadina, Recipe Ready Diced, ½ C	6	1	5	1	0	30
Contadina, Stewed Tomatoes, ½ C	9	1	8	1	0	35
Contadina, Tomato Sauce, ¼ C	3	1	2	1	0	15
Del Monte, Tomato Sauce, ¼ C	4	1	3	1	0	20
Diced, in juice, 1 ¼ C	2.5	0.5	2	0.5	0	13
Paste, 2 tbs	6.3	1.3	5	1.2	0.2	27
Pomi, ½ C	5	3	2	1	0	30
Purée, 2 tbs	2.7	0.6	2.1	0.5	0.1	11

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TURNIP GREENS						
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
TURNIPS						
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
GRAINS, PASTA AND RICE						
GRAINS						
Barley, cooked, ½ C	22.2	3	19.2	1.8	0.4	97
BRAN						
Oat bran, 2 tbs	3	0.7	2.3	0.8	0.2	10
Wheat bran, 2 tbs	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 tbs	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 tbs	10.4	1.3	9.1	1.3	0.5	50
Millet, cooked, ½ C	20.6	1.1	19.5	1.1	0.1	104
Quinoa, dry, 1 ¼ C	29.3	2.5	26.8	5.6	2.5	159
Tabbouleh, dry, 1 ¼ C	26	6	20	4	0.5	120
Wheat germ, toasted, 2 tbs	7	1.8	5.2	4.1	1.5	54

<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>
COUSCOUS						
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 container	47	9	38	12	1	220
Near East Couscous Broccoli & Cheese, ⅓ C	41	3	38	7	0.5	190
MACARONI AND CHEESE						
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
NOODLES, COOKED						
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
PASTA, COOKED						
Celentano Ravioli, frozen, 12	35	2	33	10	3.5	210
Fresh, 4 ½ 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
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

<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>
PASTA, SPECIALTY, COOKED						
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
PASTA DISHES						
Angel Hair Pasta w/ Herbs, Pasta Roni, 2 oz	42	2	40	9	13	320
Celentano Lasagne w/ Sauce, frozen, 7 oz	29	2	27	11	12	270
Classico Penne w/ Tomato Mushroom Sauce, 1 container	98	12	86	15	6	510
Lipton Noodles & Sauce, Beef Flavor, 1 C	42	2	40	8	10	280
Ravioli, beef in tomato and meat sauce, canned, 1 C	33.4	1.3	32.1	12.7	7.3	248
Spaghetti, w/ tomato Sauce & Cheese, canned, ½ C	19.3	1.3	18	2.8	0.8	95
RICE						
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

<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>
RICE AND GRAIN DISHES						
Casbah Spanish Pilaf, cooked, ½ C	24	0.7	23.3	2.7	0.3	107
Lipton Rice & Sauce, Chicken Flavor, cooked, ¼ C	24	0.5	23.5	3.5	1	120
Lipton Rice & Sauce, Chicken Risotto, cooked, 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

BEANS, LEGUMES AND TOFU

BEANS AND LEGUMES

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

BEAN DIP

Regular, 2 tbs	5.5	1.3	4.2	1.9	1.7	45
Black bean, 2 tbs	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

CHILI, CANNED

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 tbs	6.2	1.6	4.6	1.5	2.6	53

<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>
Kidney beans, ½ C	19.8	8.2	11.6	8.1	0.1	110
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

TOFU

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

DESSERTS

FROZEN YOGURT

BEN & JERRY'S

Cherry Garcia, ½ C	31	0	31	4	3	170
Chocolate Fudge Brownie, ½ C	35	2	33	3	2.5	180

EDY'S/DREYERS

Heath Toffee Crunch, ½ C	18	0	18	2	4	120
Vanilla, ½ C	17	0	17	2	2.5	100

HAAGEN-DAZ

Chocolate, ½ C	28	0.8	27.3	6	0	140
Vanilla, ½ C	31	0	31	9	0	180

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GELATIN						
Gelatin dessert, prepared, ½ C	18.9	0	18.9	1.6	0	80
Handi-Snacks Gel Snacks, 1 container	20	0	20	0	0	80
Sugar-Free Jell-O Gelatin Snacks, 1 container	0	0	0	1	0	10
Sugar-free gelatin, ½ C	0	0	0	1	0	10
ICE CREAM						
BEN & JERRY'S						
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
BREYERS						
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
HAAGEN-DAZ						
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
STARBUCKS						
Classic Coffee, ½ C	26	0	26	5	12	230
Java Chip, ½ C	29	0	29	4	13	250

<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>
MOUSSE						
Expert Food Mousse Mix, 1 tsp	4	4	0	2	0	24
From instant, ½ C	23	0	23	5	9	190
NON-DAIRY						
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
Soy Delicious Creamy Fudge Bar, 1	25	2	23	3	4	140
Tofutti Life Lite, various flavors, ½ C	21	0	21	2	11	200
Tofutti Life Lite Chocolate Cutie, 1 piece	21	0	21	2	5	140
MISCELLANEOUS FROZEN TREATS						
Dove Miniatures, 1 bar	4.2	0.4	3.8	0.6	2.6	42
Edy's Whole Fruit, Fruit Bar, 1 bar	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 popsicle	10	2	8	2	1	40
Klondike, No Sugar Added Bar, 1 bar	22	4	18	4	10	170
Nestlé Crunch, No Sugar Added Vanilla Bar, 1 bar	16	0	16	1	8	140
Nestlé Ice Creamers Nesquik Bar, 1 popsicle	14	2	12	1	4.5	100
Ocean Spray, No Sugar Added Fruit Juice Bar, 1 bar	6	0	6	0	0	25
Popsicle, 1	11	0	11	0	0	45
Popsicle, sugar free, 1	3	0	3	0	0	15

Food Item (Amount)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Fat (g)	Calories
Starbucks Mocha Frappuccino Bar, 1 bar	22	3	19	4	2	120
Yoplait Double Fruit Smoothies, 1	11	0	11	1	0	45
PUDDING MIXES						
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
READY-MADE PUDDING						
Jell-O, Chocolate, 1 container	23	0	23	1	1	90
Jell-O, Vanilla, 1 container	23	0	23	2.4	0.2	100
Kozy Shack, Rice, ½ C	22	0	22	4	3	130
Swiss Miss, Chocolate Vanilla Swirl, 1 container	27	0	27	2	3.5	140
Swiss Miss, Lemon Meringue, 1 container	30	0	30	0	3	150
SORBETS						
Häagen-Daz, Chocolate, ½ C	28	2	26	2	0	120
Häagen-Daz, Raspberry, ½ C	31	2	29	0	0	120
Häagen-Daz, Zesty Lemon, ½ C	31	0.5	30.5	0	0	120
WHIPPED TOPPING						
Cool Whip, Lite, 2 tbs	3	0	3	0	1	20
Cool Whip, Regular, 2 tbs	2	0	2	0	1.5	25

Food Item (Amount)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Fat (g)	Calories
BROWNIES, CAKES AND PIES						
BROWNIES						
Pillsbury, 1	23	1	22	1	2.5	170
Sara Lee Brownie Bites, 1	12	1	11	1	4	90
CAKES						
Angel food, from mix, ½ ₁₂ cake	29.2	0.1	29	3	0.2	128
Betty Crocker, White, from mix, ½ ₁₂ cake	34	0	34	2	10	230
Cheesecake, from mix-to-bake, ½ ₁₂ cake	35.1	1.9	33.2	5.4	12.6	271
Chocolate pudding, from mix, ½ ₁₂ cake	34.2	1.5	32.7	3.5	14.3	270
Duncan Hines, Yellow, from mix, ½ ₁₂ cake	36	0	36	3	11	250
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, ⅓ ₉ cake	36	0	36	2.9	12.1	263
Mrs Smith's, Chocolate cheesecake, ⅓ ₆ cake	50	2	48	8	37	550
Pepperidge Farm, 3-Layer Vanilla, ⅓ ₈ cake	35	1	34	1	9	220
Pillsbury Devil's Food, from mix, ½ ₁₂ cake	33	2	31	2	14	270
Pound cake w/ butter, ½ ₁₂ cake	13.8	0.1	13.7	1.6	5.6	110
Sara Lee, All Butter Pound, ½ ₁₂ cake	14	0	14	2	6	120
Sara Lee, Original Cheesecake Bites, 1	43	1	42	7	27	440

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Sponge, commercial, 16 oz, 1/12 cake	23.2	0.2	23	2.1	1	110
PIES						
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
Lemon meringue, 9", homemade, 1/8 pie	49.7	1.5	48.1	4.8	16.4	362
Mrs. Smith's, Dutch Apple, 1/8 pie	52	2	50	3	16	360
Mrs. Smith's, Peach, 1/10 pie	40	2	38	3	15	310
Peach, 9", homemade, 1/8 pie	55.4	2	53.5	3.2	16.3	375
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
PIE CRUST						
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
CANDY, COOKIES AND SNACKS						
CANDY						
Almond Joy, 1.7 oz bar	28.6	2.4	26.2	2.1	13.1	229
Andes mints, 8	22	1	21	2	13	200

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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
Chunky, 1.4 oz bar	22.8	1.9	20.9	3.6	11.7	198
Crunch, 1.4 oz bar	30	1	29	2	11	220
Good & Plenty, 33 pieces	33	0	33	20	11	220
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
Hershey's Kisses, 8 pieces	22.4	1.3	21.1	2.6	11.6	194
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 patty, 1.5 oz	34.8	0.9	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, 20 pieces	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
Twix, 2 oz bar	37.4	0.6	36.8	2.6	13.9	284

<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>
COOKIES						
Animal crackers, 15 cookies	27.8	0.4	27.4	2.6	5.2	167
ARCHWAY						
Chocolate Chip, 2 cookies	11.3	0	11.3	0.7	4.7	87
Iced Molasses, 2 cookies	39	0.6	38.4	2.1	7.2	228
Oatmeal, 2 cookies	33.4	1.5	32	3	7.5	212
BARBARA'S						
Old Fashioned Oatmeal Crisp, 1 cookie	10	1	9	1	2.5	60
Traditional Shortbread Crisp, 1 cookie	3	1	2	1	4	80
Chips Ahoy!, 2 cookies	13.5	0.5	13	1	4.5	95
Famous Amos, Oatmeal Raisin, 2 cookies	10	0	10	1	3	70
Fig Bar, 2 bars	22.7	1.5	21.2	1.2	2.3	111
Fudge Shoppe Deluxe Graham Crackers, 2 crackers	12.1	0.5	11.5	0.9	4.5	91
Ginger Snaps, 2 cookies	11	0.3	10.8	0.5	1.3	60
HEALTH VALLEY						
Chocolate Chocolate Chip, 1 cookie	13	2	11	1	5	100
Peanut Crunch Oatmeal, 1 cookie	14	1	13	2	4	10
KEEBLER						
Droxies, 2 cookies	14	0	14	1.3	4	94
Oatmeal, 2 cookies	15.9	0.7	15.2	1.4	4.7	111
Lorna Doone, 2 cookies	9.5	0	9.5	1	3.5	70
NEWMAN'S OWN						
Champion Chip, 2 cookies	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 Newman's, 2 cookies	28	1	27	2	2	140
Newman O's, 2 cookies	20	1	19	2	4.5	130
Nilla Wafers, 2 cookies	6	0.1	5.9	0.3	1.3	35
Nutter Butters, 2 cookies	19	1	18	3	6	130
Oatmeal, 2", from mix, 2 cookies	20.9	1.2	19.7	2.4	6.2	148
OREO						
Double Stuff, 2 cookies	21	1	20	1	7	140
Sandwich, 2 cookies	16	1	15	1	4.5	120
PEPPERIDGE FARM						
Bordeaux, 2 cookies	9.5	0	9.5	1	2.5	65
Chessmen, 2 cookies	12	0	12	1.3	3.3	80
Milano, 2 cookies	14	0	14	1.3	6.7	120
Sandies Pecan Shortbread, 2 cookies	18.2	0.6	17.6	1.9	10.6	175
Shortbread, 2 cookies	16	0	16	2	7	140
Sugar wafer w/ cream filling, 2 cookies	4.9	0	4.9	0.3	1.7	36
Vienna Fingers, 2 cookies	22	0	22	1	7	150
Walker's Shortbread, 1 cookie	11	0	11	1	6	100
SNACKS, SAVORY						
Ultra Racquet Chips, 6 chips	4	0	4	0.5	1	30
CHEESE SNACKS						
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

<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>
CORN CHIPS						
Barbecue, 20 pieces	20.3	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
POPCORN						
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	4.6	0.8	3.8	0.8	2.8	45
Pork rinds, 20	0	0	0	12.3	6.3	109
POTATO CHIPS						
Baked KC Masterpiece, BBQ, 11 pieces	22	2	20	2	3	120
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
PRETZELS						
Rods, 3 pieces	27	2	25	3	2	120
Soft, 1 super pretzel	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 tbs	7.2	3.8	3.4	7.6	5.5	101

<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>
TORTILLA CHIPS						
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
VEGETABLE CHIPS & SNACKS						
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
BAKING PRODUCTS						
Baking soda, ½ tsp	0	0	0	0	0	0
Chocolate, baking, unsweetened, 1 oz	8.5	4.7	3.8	3.7	14.8	142
Chocolate chips, semi sweet, 2 tbs	20	2	18	2	8	140
Chocolate chips, semi sweet, mini, 2 tbs	18	0	18	0	8	140
Cinnamon, ground, 1 tsp	1.8	1.2	0.6	0.1	0.1	6
Cocoa powder, unsweetened, 2 tbs	6	2	4	2	1	40
Coconut, shredded, ¼ C	3.1	1.8	1.3	0.7	6.7	71

Food Item (Amount)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Fat (g)	Calories
Coconut milk, canned, ½ C	3.2	1.3	1.9	2.3	24.1	223
Cornmeal, 2 tbs	13.4	1.3	12.1	1.5	0.3	63
Flour, all purpose, ¼ C	23.9	0.8	23	3.2	0.3	114
Gelatin, unsweetened, 1 envelope	0	0	0	6	0	23
Ghee, 1 tsp	0	0	0	0	4.3	37
Molasses, 1 tbs	14.1	0	14.1	0	0	55
Sugar, brown, 1 tsp	4.5	0	4.5	0	0	17
Sugar, white, 1 tsp	4.2	0	4.2	0	0	16
ThickenThin not/Starch, 1 tsp	2.3	2.3	0	0	0	7

FAST FOOD

BURGER CHAINS

MCDONALD'S®

Big Mac	45	3	42	25	29	540
Cheeseburger	33	2	31	15	12	300
Chicken Fillet	2	0	2	24	2	120
Chicken McGrill® Sandwich	52	4	48	40	17	530
Hamburger Patty	0	0	0	12	12	110
McSalad Shaker® Salads						
Chef Salad	5	2	3	17	8	150
Garden Salad	4	2	2	7	6	100

BURGER KING®

BK Broiler® Sandwich	52	3	49	30	25	550
BK Broiler® Chicken Breast Patty	4	0	4	21	4.5	135
Hamburger	25	2	23	13	11	250
Hamburger Patty	0	0	0	11	10	140

Food Item (Amount)	Carb (g)	Fiber (g)	Net Carbs (g)	Protein (g)	Fat (g)	Calories
Whopper®	51	3	48	29	40	670
Whopper® Patty	0	0	0	25	23	320
WENDY'S®						
Hamburger Patty, ¼ lb	0	0	0	19	14	200
Hamburger Patty, 2 oz	0	0	0	9	7	100
Chicken Fillet Sandwich	53	2	51	27	17	470
Classic Single® w/ everything	43	3	40	27	21	470
Grilled Chicken Fillet	1	0	1	19	3.5	110
ARBY'S®						
Grilled Chicken Caesar Salad	8	3	5	33	8	230
Grilled Chicken Deluxe Sandwich	37	2	35	29	22	450
Grilled Chicken Deluxe Sandwich w/ o bun	4	0	4	21	4.5	135
Regular Roast Beef Sandwich	37	2	35	23	13	350
Regular Roast Beef Sandwich w/ o bun	1	0	1	16	13.5	175
Turkey Club Salad	10	3	7	23	12	250
DAIRY QUEEN®/BRAZIER®						
Cheeseburger Patty	0	0	0	15	14.5	180
DQ Homestyle Cheeseburger	35	1	34	20	18	400
Grilled Chicken	4	0	4	21	4.5	135
Grilled Chicken Sandwich	32	1	31	24	16	370
PIZZA CHAINS						
DOMINO'S®						
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

<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>
Classic Hand Tossed Pizza, 1 slice of a 12" pizza	25	1	24	12	10	230
Crunchy Thin Crust Pizza, 1 slice of a 12" pizza	22	1	21	9	8	190
Ultimate Deep Dish Pizza, 1 slice of a 12-inch pizza	27	1	26	1	13	270
PIZZA HUT®						
Buffalo Wings, Hot, 2 pieces	18	1	17	10	8	190
Buffalo Wings, Mild, 2 pieces	18	1	17	10	9	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
TACO BELL®						
Taco, crunchy shell, 1 taco	12	3	9	8	10	170
Taco, w/ o tortilla, 1 taco	5	3	2	6	9	120
Taco Salad, 1 salad	77	13	64	37	38	790
Taco Salad, w/ o shell, 1 salad	38	11	27	30	18	430
SANDWICH CHAINS						
KFC®						
Hot & Spicy Chicken Breast Sandwich	23	1	22	38	29	505
Original Recipe® Chicken Breast Sandwich	16	1	15	29	24	400
Tender Roast® Sandwich, w/ o sauce	23	1	22	31	5	270
SUBWAY®						
Roast Beef Salad, 1	12	4	8	13	3	120
Tuna Salad, 1	10	3	7	9	10	165
Turkey Breast Salad, 1	13	4	9	12	2	110
Veggie Delight® Salad, 1	11	4	7	3	1	60



ACCEPTABLE FOODS LIST

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, hot 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, brussel 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) and 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 (pimentos), 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.

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 no-fat 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.

NOTES



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