

START LOW CARB

Low Carb Veggies

On any **low carb diet**, allow 12 to 15 of your net carbs to come from **low carb vegetables**. During the Atkins Induction phase, use the veggies from the **lowest carb vegetable list** and measure carefully.



Veggies for Atkins Induction

(Veggie, Serving Size/Prep, Net Carbs)

Alfalfa Sprouts, 1 cup/raw, 0.4

Argula, ½ cup/raw, 0.2

Bok Choy, 1 cup/raw, 0.8

Celery, 1 stalk, 0.8

Chicory Greens, ½ cup/raw, 0.6

Chives, 1 tbs, 0.1

Cucumber, ½ cup, 1.0

Daikon, ½ cup, 1.0

Endive, ½ cup, 0.0

Escarole, ½ cup, 0.0

Fennel, 1 cup, 3.6

Jicama, ½ cup, 2.5

Lettuce Iceberg, ½ cup, 0.1

Mushrooms ½ cup, 1.2

Parsley, 1 tbs, 0.1

Peppers, ½ cup/raw, 2.3

Radicchio, ½ cup/raw, 0.7

Radishes, 10/raw, 0.9

Romaine Lettuce, ½ cup, 0.2



Low Carb Veggies

These vegetables are slightly higher in carbs than the lowest carb veggies above.

(Veggie, Serving Size/Prep, Net Carbs)

Artichoke, ¼ of medium/boiled, 4.0

Artichoke Hearts, 1/in water, 1.0

Asparagus, 6 spears/boiled, 2.4

Avocado, 1 whole/raw, 3.5

Bamboo Shoots, 1 cup/boiled, 1.1

Beets, ½ cup/canned, 4.7

Broccoli, ½ cup/boiled, 1.6

Broccoli, ½ cup/raw, 1.0

Broccoli rabe, 1 ounce, 1.3

Broccoflower, ½ cup, 1.4

Brussels Sprouts, ¼ cup boiled, 2.4

Cabbage, ½ cup/boiled or raw, 2.0

Cauliflower, ½ cup/boiled or raw, 1.0
Chard, ½ cup Swiss/boiled, 1.8
Collard Greens, ½ cup/boiled, 4.2
Eggplant, ½ cup boiled/raw, 1.8
Hearts of Palm, 1 heart, 0.7
Kale, ½ cup, 2.4
Kohlrabi, ½ cup, 4.6
Leeks, ¼ cup/boiled, 1.7
Okra, ½ cup/boiled or raw, 2.4
Olives, green, 5, 2.5
Olives, black, 5, 0.7
Onion, ¼ cup/raw, 2.8
Pumpkin, ¼, cup/boiled, 2.4
Rhubarb, ½ cup, unsweetened, 1.7
Sauerkraut, ½ cup canned/drained, 1.2
Peas, ½ cup edible podded, 3.4
Spaghetti Squash, ½ cup/boiled, 2.0
Spinach, ½ cup/raw, 0.2
Summer Squash, ½ cup/boiled, 2.0
Tomato, 1 raw, 4.3
Turnips, ½ cup/boiled, 2.2
Water Chestnuts, ½ cup/canned, 6.9
Zucchini, ½ cup sautéed, 2.0



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