

## CHEESES

<i>Food</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 piece American Cheese, 2/3 oz. slice	0.3	0	0.3	6.	6 4.7	79
2.00 tbs Blue Cheese, crumbled	0.4	0	0.4	4.8	3.6	60
2.00 tbs Cheddar Cheese-Shredded	0.2	0	0.2	4.7	3.5	57
2.00 tbs Cream Cheese	0.8	0	0.8	10.1	2.2	101
0.50 cup Creamed Cottage Cheese-Small Curd	2.8	0	2.8	4.7	13.1	109
2.00 tbs Feta Cheese, crumbled	0.8	0	0.8	4.0	2.7	49
2.00 tbs Fontina Cheese-Shredded	0.2	0	0.2	4.2	3.5	53
2.00 tbs Goat Cheese-Soft Type	0.3	0	0.3	6.5	5.7	82
1.00 oz-wt Mascarpone Cheese	0.6	0	0.6	13.2	2.0	126
2.00 tbs Monterey Jack Cheese-Shredded	0.1	0	0.1	4.3	3.5	53
2.00 tbs Mozzarella Cheese-Whole Milk-Shredded	0.3	0	0.3	3.1	2.7	40
2.00 tbs Muenster Cheese-Shredded	0.2	0	0.2	4.2	3.3	52
2.00 tbs Parmesan Cheese-Shredded	0.3	0	0.3	2.7	3.8	42
1.00 oz-wt Provolone Cheese-Diced	0.6	0	0.6	7.5	7.3	100
0.25 cup Ricotta Cheese-Whole Milk	1.9	0	1.9	8.0	6.9	107
2.00 tbs Swiss Cheese-Shredded	0.5	0	0.5	3.7	3.8	51

## MILK, CREAM & BUTTER

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 tsp Butter	0.0	0	0.0	3.8	0.0	34
1.00 cup Buttermilk, 1% low-fat	13.0	0	13.0	2.5	9.0	110
2.00 tbs Half and Half Cream	1.0	0	1.0	3.0	1.0	40
2.00 tbs Heavy Whipping Cream	0.8	0	0.8	11.0	0.6	103
1.00 cup Milk, 2%	11.7	0	11.7	4.7	8.1	121
1.00 cup Milk, Whole	11.4	0	11.4	8.1	8.0	150
2.00 tbs Sour Cream	1.2	0	1.2	6.0	0.9	62

<i><b>Food item</b></i>	<i><b>Total Carbs (g)</b></i>	<i><b>Fiber (g)</b></i>	<i><b>Net Carbs (g)</b></i>	<i><b>Fat (g)</b></i>	<i><b>Protein (g)</b></i>	<i><b>Calories</b></i>
1.00 tsp Whipped Butter	0.0	0	0.0	2.6	0.0	23
1.00 cup Yogurt, low-fat, plain	17.2	0	17.2	3.8	12.9	155
1.00 cup Yogurt, whole milk, plain	11.4	0	11.4	8.0	8.5	150

## **BEEF & VEAL**

<i><b>Food item</b></i>	<i><b>Total Carbs (g)</b></i>	<i><b>Fiber (g)</b></i>	<i><b>Net Carbs (g)</b></i>	<i><b>Fat (g)</b></i>	<i><b>Protein (g)</b></i>	<i><b>Calories</b></i>
6.00 oz-wt Beef Brisket	0.0	0	0.0	43.2	41.8	569
6.00 oz-wt Beef Chuck	0.0	0	0.0	31.6	50.1	498
6.00 oz-wt Beef Eye Round	0.0	0	0.0	24.0	45.2	410
1.00 oz-wt Beef Jerky	3.1	0.5	2.6	7.3	9.4	116
6.00 oz-wt Beef Short Ribs	0.0	0	0.0	71.4	36.7	801
6.00 oz-wt Beef Tenderloin	0.0	0	0.0	41.8	40.7	551
6.00 oz-wt Beef, Ground, Chuck	0.0	0	0.0	44.0	38.9	562
6.00 oz-wt Beef, Ground, Round	0.0	0	0.0	28.1	46.7	454
6.00 oz-wt Calf Liver	10.4	0	10.4	9.9	40.5	304
6.00 oz-wt Chuck Eye Steak	0.0	0	0.0	41.1	46.2	568
6.00 oz-wt Corned Beef Brisket	0.3	0	0.3	33.8	33.3	449
6.00 oz-wt Cubed steak	0.0	0	0.0	8.3	53.9	306
2.00 oz-wt Frankfurter, Beef	1.1	0	1.1	16.6	7.2	185
6.00 oz-wt Ground Veal	0.0	0	0.0	12.9	41.5	293
6.00 oz-wt Beef Steak-Shell-All-Lean-1/4"Trim-Brd	0.0	0	0.0	11.8	36.0	261
6.00 oz-wt Prime Rib	0.0	0	0.0	56.4	36.9	667
6.00 oz-wt Rib Eye Roast	0.0	0	0.0	37.8	42.4	522

***Portion***

<b><i>Food item</i></b>	<b><i>Total Carbs (g)</i></b>	<b><i>Fiber (g)</i></b>	<b><i>Net Carbs (g)</i></b>	<b><i>Fat (g)</i></b>	<b><i>Protein (g)</i></b>	<b><i>Calories</i></b>
6.00 oz-wt Rib Eye Steak	0.0	0	0.0	19.9	47.7	383
6.00 oz-wt Roast Beef, Deli	2.3	0	2.3	5.2	34.3	193
6.00 oz-wt Shell Steak	0.0	0	0.0	21.3	64.9	469
6.00 oz-wt Sirloin Steak	0.0	0	0.0	13.6	51.7	344
6.00 oz-wt Skirt Steak	0.0	0	0.0	54.7	61.6	758
6.00 oz-wt Top Loin	0.0	0	0.0	12.1	51.0	327
6.00 oz-wt Top Sirloin	0.0	0	0.0	30.4	44.2	463
6.00 oz-wt Veal Arm Shoulder	0.0	0	0.0	13.1	40.4	291
6.00 oz-wt Veal Breast	0.0	0	0.0	33.5	39.6	472
6.00 oz-wt Veal Cutlet	0.0	0	0.0	30.4	53.4	502
6.00 oz-wt Veal Loin	0.0	0	0.0	30.4	53.4	502
6.00 oz-wt Veal Rib Chop	0.0	0	0.0	22.2	38.0	362
6.00 oz-wt Veal Round Steak	0.0	0	0.0	7.0	47.6	265
6.00 oz-wt Veal Scallops	0.0	0	0.0	6.3	52.2	279
6.00 oz-wt Veal Shank	0.0	0	0.0	7.9	43.4	256
6.00 oz-wt Veal Stew Meat	0.0	0	0.0	13.4	40.2	292

**LAMB**

<b><i>Food item</i></b>	<b><i>Total Carbs (g)</i></b>	<b><i>Fiber (g)</i></b>	<b><i>Net Carbs (g)</i></b>	<b><i>Fat (g)</i></b>	<b><i>Protein (g)</i></b>	<b><i>Calories</i></b>
6.00 oz-wt Ground Lamb	0.0	0	0.0	30.3	38.2	436
6.00 oz-wt Lamb Rib Chops	0.0	0	0.0	50.3	37.6	614
6.00 oz-wt Lamb Shoulder	0.0	0	0.0	12.6	46.2	312
6.00 oz-wt Lamb Stew Meat	0.0	0	0.0	15.0	57.3	379
6.00 oz-wt Leg of Lamb, bone in	0.0	0	0.0	8.2	30.0	203
6.00 oz-wt Rack of Lamb, bone in	0.0	0	0.0	9.9	19.5	173

**POULTRY**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
6.00 oz-wt Chicken Breast Cutlet	0.0	0	0.0	12.7	48.7	322
6.00 oz-wt Chicken Breast, boneless	0.0	0	0.0	12.7	48.7	322
1.00 each Chicken leg	0.0	0	0.0	15.4	29.7	265
1.00 each Chicken Thigh	0.0	0	0.0	9.6	15.5	153
6.00 oz-wt Chicken Thigh, boneless	0.0	0	0.0	34.6	39.2	479
6.00 oz-wt Chicken Thigh, skinless, boneless	0.0	0	0.0	8.9	44.6	270
1.00 each Chicken Wing	0.0	0	0.0	6.6	9.1	99
6.00 oz-wt Chicken, ground	0.0	0	0.0	22.5	40.2	374
6.00 oz-wt Chicken, light and dark, roasted, chopped	0.0	0	0.0	12.6	49.2	323
6.00 oz-wt Chicken, whole	0.1	0	0.1	14.7	29.8	260
2.00 oz-wt Chicken/turkey sausage	0.3	0	0.3	6.4	9.6	97
6.00 oz-wt Cornish Game Hen	0.0	0	0.0	26.1	31.9	372
6.00 oz-wt Duck breast, skinless	0.0	0	0.0	9.6	45.0	279
6.00 oz-wt Duck, whole	0.0	0	0.0	89.2	26.1	916
6.00 oz-wt Goose, whole	0.0	0	0.0	23.6	27.1	329
6.00 oz-wt Turkey breast cutlet	0.0	0	0.0	1.5	59.3	266
6.00 oz-wt Turkey Breast, skinless, boneless	0.0	0	0.0	1.5	59.3	266
6.00 oz-wt Turkey, ground	0.0	0	0.0	21.2	44.1	378
6.00 oz-wt Turkey, whole	0.1	0	0.1	12.2	36.1	264

**PORK**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
3.00 piece Bacon	0.1	0	0.1	9.4	5.8	109
3.00 piece Canadian Bacon	0.9	0	0.9	5.9	16.9	129
6.00 oz-wt Ground Pork	0.0	0	0.0	33.4	41.4	478
6.00 oz-wt Ham, boneless	0.0	0	0.0	15.3	38.5	303
2.00 oz-wt Kielbasa	0.8	0	0.8	17.2	7.6	191
1.00 oz-wt Pancetta	0.2	0	0.2	14.0	8.6	163
6.00 oz-wt Pork Chop, center cut	0.0	0	0.0	9.7	34.9	237

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
2.00 oz-wt Pork frankfurter	1.4	0	1.4	16.5	6.4	181
6.00 oz-wt Pork Loin Chops	0.0	0	0.0	32.4	27.9	412
6.00 oz-wt Pork Loin Roast	0.0	0	0.0	19.7	36.4	333
6.00 oz-wt Pork loin, boneless	0.0	0	0.0	24.9	46.1	422
2.00 each Pork Sausage	2.0	0	2.0	34.4	26.8	433
6.00 oz-wt Pork Spareribs	0.0	0	0.0	51.5	49.4	675
6.00 oz-wt Pork Tenderloin	0.0	0	0.0	8.2	47.9	279
6.00 oz-wt Prosciutto	0.9	0	0.9	13.0	37.4	281

## **LUNCH MEATS**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
3.00 oz-wt Beef Bologna	0.7	0	0.7	24.2	10.4	265
3.00 oz-wt Beef Salami	2.4	0	2.4	17.6	12.8	223
3.00 oz-wt Beef Pastrami	2.6	0	2.6	24.8	14.7	297
3.00 oz-wt Deli ham	1.5	0	1.5	2.3	13.7	91
3.00 oz-wt Pork Bologna	0.6	0	0.6	16.9	13.0	210
3.00 oz-wt Pork Salami	1.4	0	1.4	28.7	19.2	346
3.00 oz-wt Turkey Bologna	0.8	0	0.8	12.9	11.7	169
3.00 oz-wt Turkey Breast	0.0	0	0.0	6.0	21.3	162
3.00 oz-wt Turkey Roll	0.5	0	0.5	6.1	15.9	125

## **SEAFOOD**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 oz-wt Anchovies in Oil-Cnd-Drained	0.0	0	0.0	2.8	8.2	60
6.00 oz-wt Bluefish	0.0	0	0.0	9.3	43.7	270
6.00 oz-wt Catfish	0.0	0	0.0	17.2	35.3	306
6.00 oz-wt Clams, canned	8.7	0	8.7	3.3	43.5	252
6.00 oz-wt Cod	0.0	0	0.0	1.5	38.8	179
3.00 oz-wt Cod, salted	0.0	0	0.0	2.0	53.4	247

<i><b>Food item</b></i>	<i><b>Total Carbs (g)</b></i>	<i><b>Fiber (g)</b></i>	<i><b>Net Carbs (g)</b></i>	<i><b>Fat (g)</b></i>	<i><b>Protein (g)</b></i>	<i><b>Calories</b></i>
6.00 oz-wt Conch	26.4	0	26.4	1.4	81.1	468
6.00 oz-wt Crab meat	0.0	0	0.0	3.0	34.4	174
6.00 oz-wt Crab, canned	0.0	0	0.0	2.1	34.9	168
6.00 oz-wt Crab, steamed	0.0	0	0.0	3.0	34.4	174
6.00 oz-wt Halibut	0.0	0	0.0	5.2	47.2	249
6.00 oz-wt Lobster meat	2.2	0	2.2	1.0	34.9	167
6.00 oz-wt Lobster, whole	2.2	0	2.2	1.0	34.9	167
6.00 oz-wt Mackerel	0.0	0	0.0	30.3	40.6	446
6.00 oz-wt Mahi Mahi	0.0	0	0.0	1.6	42.0	193
6.00 oz-wt Mussels	8.4	0	8.4	5.1	27.0	195
6.00 oz-wt Oysters	12.5	0	12.5	3.5	11.8	134
6.00 oz-wt Salmon steak	0.0	0	0.0	24.6	45.1	415
6.00 oz-wt Salmon, smoked	0.0	0	0.0	7.3	31.1	199
6.00 oz-wt Scallops	3.9	0	3.9	5.4	27.7	182
6.00 oz-wt Scrod	0.0	0	0.0	1.5	38.8	179
6.00 oz-wt Shrimp	0.0	0	0.0	1.8	35.6	168
6.00 oz-wt Smoked fish	0.0	0	0.0	34.3	30.0	437
6.00 oz-wt Snapper	0.0	0	0.0	3.0	46.5	227
6.00 oz-wt Squid	7.0	0	7.0	3.1	35.3	209
6.00 oz-wt Trout	0.0	0	0.0	12.2	41.3	287
6.00 oz-wt Tuna filet	0.0	0	0.0	2.2	53.0	245
6.00 oz-wt Tuna steak	0.0	0	0.0	2.2	53.0	245
6.00 oz-wt Tuna, canned, oil packed	0.0	0	0.0	14.0	49.6	337
6.00 oz-wt Tuna, canned, water packed	0.0	0	0.0	1.4	43.4	197

**EGGS**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 each Egg White	0.3	0	0.3	0.0	3.5	17
1.00 each Egg Yolk	0.3	0	0.3	5.1	2.8	59
1.00 each Egg, whole	0.6	0	0.6	5.3	6.3	78

**FATS, OILS & DRESSINGS**

1.00 tsp Corn Oil	0.0	0	0.0	4.5	0.0	40
1.00 tsp Mayonnaise	0.1	0	0.1	3.7	0.1	33
1.00 tsp Olive Oil	0.0	0	0.0	4.5	0.0	40
2.00 tbs Salad Dressing, blue cheese	2.3	0	2.3	16.0	1.5	154
2.00 tbs Salad Dressing, Caesar	0.6	0.1	0.5	10.5	2.8	107
2.00 tbs Salad Dressing, Italian	3.0	0	3.0	14.2	0.2	137
2.00 tbs Salad Dressing, ranch	1.4	0	1.4	11.3	0.9	109
2.00 tbs Salad Dressing, thousand island	4.8	0	4.8	11.2	0.3	118
1.00 tsp Sesame Oil	0.0	0	0.0	4.5	0.0	40

**TOFU**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
8.00 fl oz Soy Milk	4.4	3.2	1.2	4.7	6.7	81
4.00 oz-wt Tofu, firm	4.9	2.6	2.2	9.9	17.9	164
4.00 oz-wt Tofu, silken	3.3	0.1	3.2	3.1	5.4	62

**BEANS**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
0.50 cup Baby Lima Beans	21.2	7.0	14.2	0.3	7.3	115
0.50 cup Black Beans	20.4	7.5	12.9	0.5	7.6	114
0.50 cup Black-eyed Peas	17.9	5.6	12.3	0.5	6.6	100
0.50 cup CA Red Kidney Beans	19.8	8.2	11.6	0.1	8.1	110
0.50 cup Chickpea/Garbanzo Beans	22.5	6.2	16.2	2.1	7.3	134

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
0.50 cup Great Northern Beans	18.7	6.2	12.5	0.4	7.4	104
2.00 tbs Hummos/Hummus	6.2	1.6	4.6	2.6	1.5	53
0.50 cup Lentils	19.9	7.8	12.1	0.4	8.9	115
0.50 cup Navy Beans	23.9	5.8	18.1	0.5	7.9	129
0.50 cup Pink Beans	23.6	4.5	19.1	0.4	7.7	126
0.50 cup Pinto Beans	18.0	7.0	11.0	1.0	7.0	110
0.50 cup Soybeans	9.9	3.8	6.2	5.8	11.1	127

## **NUTS & SEEDS**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
2.00 tbs Almond Butter	6.8	1.2	5.6	18.9	4.8	203
2.00 tbs Almonds, slivered	3.3	1.6	1.7	8.6	3.5	102
2.00 tbs Almonds, whole	3.6	2.2	1.4	8.9	3.7	106
6.00 each Chestnuts, roasted	26.7	2.6	24.2	1.1	1.6	124
2.00 tbs Hazelnuts, Chopped	2.4	1.4	1.0	8.7	2.1	90
2.00 tbs Hazelnuts, Whole	2.8	1.6	1.2	10.3	2.5	106
2.00 tbs Macadamia Nuts	2.3	1.4	0.9	12.7	1.3	120
2.00 tbs Peanut Butter, natural	6.9	2.1	4.8	15.9	7.7	187
2.00 tbs Peanut Butter, regular	6.2	1.9	4.3	16.3	8.1	190
2.00 tbs Peanuts 3.4 1.7 1.8 8.9 4.7 105						
2.00 tbs Pecans, chopped	2.1	1.4	0.6	10.7	1.4	103
2.00 tbs Pine Nuts	2.4	0.8	1.7	8.6	4.1	96
2.00 tbs Pistachio Nuts	4.7	1.6	3.1	6.9	3.3	88
2.00 tbs Pumpkin Seeds	3.1	0.7	2.4	7.9	4.2	93
2.00 tbs Sunflower Seeds	3.4	1.9	1.5	8.9	4.1	103
2.00 tbs Walnuts, chopped	2.1	1.0	1.1	9.8	2.3	98
2.00 tbs Walnuts, halves	1.7	0.8	0.9	8.2	1.9	82



## BAKING PRODUCTS

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
2.00 tbs All Purpose White Flour	11.9	0.4	11.5	0.2	1.6	57
1.00 tsp Atkins Thicken/Thin	1.5	1.5	0.0	0.0	0.1	6
1.00 oz-wt Baking Chocolate, unsweetened	8.0	4.4	3.7	15.7	2.9	148
0.50 tsp Baking Powder	0.6	0.0	0.6	0.0	0.0	1
0.50 tsp Baking Soda	0.0	0.0	0.0	0.0	0.0	0
2.00 tbs Chocolate Chips, semisweet	13.3	1.2	12.0	6.3	0.9	101
0.50 tsp Cinnamon	0.9	0.6	0.3	0.0	0.0	3
0.50 tsp Cocoa Powder, unsweetened	0.5	0.3	0.2	0.1	0.2	3
2.00 tbs Coconut Milk-Canned	0.8	0.3	0.5	6.0	0.6	56
2.00 tbs Coconut, dried, unsweetened	2.4	1.6	0.8	6.3	0.7	64
2.00 tbs Cornmeal	13.4	1.3	12.1	0.3	1.5	63
1.00 each Gelatin, unsweetened	0.0	0.0	0.0	0.0	6.0	23
1.00 tsp Ghee	0.0	0.0	0.0	4.2	0.0	37
1.00 tsp Margarine	0.0	0.0	0.0	3.8	0.0	34
1.00 tbs Molasses	12.5	0.0	12.5	0.0	0.0	48
1.00 tsp Sugar, brown	4.5	0.0	4.5	0.0	0.0	17
1.00 tsp Sugar, white	4.2	0.0	4.2	0.0	0.0	16

## GRAINS

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
0.50 cup Bulgur Wheat-Cooked	16.9	4.1	12.8	0.2	2.8	76
2.00 tbs Cornmeal	11.7	1.1	10.6	0.5	1.2	55
0.50 cup Couscous-Cooked	18.2	1.1	17.1	0.1	3.0	88
0.50 cup Hominy-Cooked	11.8	2.1	9.7	0.7	1.2	59
0.50 cup Kasha-Cooked	74.3	9.4	64.8	2.7	11.6	343
0.50 cup Millet-Cooked	28.4	1.6	26.8	1.2	4.2	143
2.00 tbs Oat Bran-Dry	7.8	1.8	6.0	0.8	2.0	29
0.50 cup Pearled Barley-Cooked	22.2	3.0	19.2	0.3	1.8	97
0.25 cup Quinoa Grain-Dry	29.3	2.5	26.8	2.5	5.6	159

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
0.50 cup Rice, brown, cooked	22.4	1.8	20.6	0.9	2.5	108
0.50 cup Rice, white, cooked	22.3	0.3	21.9	0.2	2.1	103
0.50 cup Rice, wild, cooked	17.5	1.5	16.0	0.3	3.3	83
2.00 tbs Wheat Germ-Toasted	7.0	1.8	5.2	1.5	4.1	54

## **CEREALS**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 cup Corn Flakes	24.2	0.8	23.4	0.2	1.8	102
0.50 cup Cream of Rice Cereal-Cooked	3.9	0.1	13.8	0.1	1.1	63
0.50 cup Cream of Wheat -Cooked	15.8	1.4	14.3	0.2	2.2	77
0.50 cup Oatmeal-Cooked	12.6	2.0	10.6	1.2	3.0	73
1.00 cup Puffed Wheat Cereal	11.1	0.6	10.5	0.2	2.1	51
1.00 cup Raisin Bran	47.1	8.2	38.9	1.5	5.6	186
1.00 cup Rice Krispies	22.8	0.3	22.5	0.3	1.7	100

## **PASTA**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
0.50 cup Noodles, egg, cooked	19.9	0.9	19.0	1.2	3.8	106
0.50 cup Pasta, spinach, cooked	18.3	2.5	15.9	0.4	3.2	91
0.50 cup Pasta, whole wheat, cooked	18.6	2.0	16.6	0.4	3.7	87
0.50 cup Pasta/Noodles, dry, cooked	19.8	1.2	18.6	0.5	3.3	99
4.00 oz-wt Pasta/Noodles, fresh, cooked	28.3	2.0	26.3	1.2	5.8	149

## BREADS, ROLLS & CRACKERS

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 each Bagel, 2 1/2 oz	38.0	1.7	36.3	1.1	7.5	195
1.00 each Biscuit, 2 oz	27.6	1.0	26.6	6.9	4.2	191
1.00 each Blueberry Muffin, 2 oz	27.4	1.5	25.9	3.7	3.1	158
1.00 each Bran Muffin, 2 oz	23.8	4.0	19.8	7.3	4.0	164
1.00 each Breadsticks, sesame, small	2.2	0.1	2.1	0.5	0.4	15
1.00 each Corn Muffin, 2 oz	29.0	1.9	27.	14.8	3.4	174
1.00 piece Cornbread 2.5 x 2.5 x 1.5 pc.	22.7	1.9	20.	74.9	4.0	152
5.00 each Crackers, butter-type	51.4	1.5	49.8	18.3	5.8	393
5.00 each Crackers, rye wafers	44.2	12.6	31.6	0.5	5.3	184
5.00 each Crackers, saltines	10.7	0.5	10.3	1.8	1.4	65
5.00 each Crackers, water	10.0	0.6	9.4	0.0	1.3	44
1.00 each Croissant	27.0	0.0	27.0	17.0	4.0	270
1.00 each English Muffin	26.0	1.5	24.5	1.0	4.4	133
1.00 each Hard White Roll	30.0	1.3	28.7	2.5	5.6	167
1.00 piece Italian Bread	15.0	0.8	14.2	1.1	2.6	81
1.00 each Pita Pocket Bread, 6 1/2" diameter	33.4	1.3	32.1	0.7	5.5	165
1.00 each Popover	10.4	0.3	10.1	1.5	2.6	67
1.00 piece Pumpernickel Bread	12.4	1.7	10.7	0.8	2.3	65
1.00 piece Raisin Bread	13.6	1.1	12.5	1.1	2.1	71
1.00 piece Rye Bread	15.5	1.9	13.6	1.1	2.7	83
1.00 each Soft Hoagie Roll	32.0	2.0	30.0	4.5	7.0	200
1.00 piece Sourdough Bread	13.0	0.8	12.2	0.8	2.2	69
1.00 each Tortilla, corn	12.1	1.4	10.8	0.7	1.5	58
1.00 each Tortillas, flour, 8"	25.3	0.0	25.3	3.1	4.4	146
1.00 piece Wheat Bread	11.8	1.1	10.7	1.0	2.3	65
1.00 piece White Bread	14.9	0.7	14.2	1.1	2.5	80
1.00 piece Whole grain bread	11.8	1.1	10.7	1.0	2.3	65

## PANCAKES, WAFFLES & FRENCH TOAST

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 piece French Toast-Frozen	18.9	0.7	18.3	3.6	4.4	126
1.00 each Pancakes-Frozen-Ready To Eat-6 inch	31.8	1.3	30.5	2.4	3.8	167
1.00 each Pancakes-Homemade 6"	21.8	1.1	20.7	7.5	4.9	175
1.00 each Waffles-Frozen-4" square	13.5	0.8	12.7	2.7	2.1	88
1.00 each Waffles-Homemade-7" diam.	24.7	1.1	23.6	10.6	5.9	218

## GRAVIES & SAUCES

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
2.00 tbs Barbecue Sauce	4.0	0.4	3.6	0.6	0.6	23
0.25 cup Gravy, au jus	1.5	0.0	1.5	0.1	0.7	10
0.25 cup Gravy, canned (chicken, beef, turkey, etc)	3.2	0.2	3.0	3.4	1.1	47
2.00 tbs Hollandaise Sauce	0.3	0.0	0.3	9.1	1.0	85
0.25 cup Spaghetti/Marinara Sauce	5.1	1.0	4.1	1.3	0.9	36
0.25 cup Sweet & Sour Sauce	15.	1 0.1	15.1	0.0	0.2	5.9
2.00 tbs Tartar Sauce	1.2	0.1	1.1	16.4	0.4	149
2.00 tbs Teriyaki Sauce	5.7	0.0	5.7	0.0	2.1	30
0.25 cup Tomato Sauce	4.4	0.9	3.5	0.1	0.8	18

## ALCOHOL

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
12.00 fl oz Beer	13.2	0.7	12.5	0.0	1.1	146
1.00 fl oz Bourbon-80 Proof	0.0	0.0	0.0	0.0	0.0	64
1.00 oz-wt Brandy-86 Proof	0.0	0.0	0.0	0.0	0.0	71
1.00 oz-wt Brandy-86 Proof	0.0	0.0	0.0	0.0	0.0	71
1.00 oz-wt Gin-80 Proof	0.0	0.0	0.0	0.0	0.0	65
4.00 fl oz Medium White Wine	0.9	0.0	0.9	0.0	0.1	80
4.00 fl oz Red Wine	2.0	0.0	2.0	0.0	0.2	85
1.00 oz-wt Rum-80 Proof	0.0	0.0	0.0	0.0	0.0	65
1.00 oz-wt Tequila-80 Proof	0.0	0.0	0.0	0.0	0.0	65

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 oz-wt Triple Sec Liqueur-1 Shot	12.5	0.0	12.5	0.1	0.0	100
1.00 oz-wt Vodka-80 Proof	0.0	0.0	0.0	0.0	0.0	65
1.00 oz-wt Whiskey-80 Proof	0.0	0.0	0.0	0.0	0.0	65

#### **MISC.**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 each Atkins-Low Carb Tortilla	12.0	9.0	3.0	2.0	5.0	60
2.00 tbs Chicken Liver Pate-Canned	1.7	0.0	1.7	3.4	3.5	52

#### **DESSERTS & PASTRIES**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 piece Cake, angel food, 1/12 cake	29.4	0.1	29.2	0.2	3.1	129
1.00 piece Cake, chocolate layer, 3 oz slice	38.0	2.0	36.0	16.0	2.0	300
1.00 piece Cake, coffeecake, 2 oz slice	29.6	0.7	28.9	5.4	3.1	178
1.00 piece Cake, pound cake, 1 oz slice	13.8	0.1	13.7	5.6	1.6	110
1.00 oz-wt Chocolate, dark	17.9	1.7	16.2	8.5	1.2	136
1.00 oz-wt Chocolate, milk	16.8	1.0	15.8	8.7	2.0	145
1.00 each Cookie, chocolate chip, 1/2 oz	10.3	0.2	10.0	4.1	0.9	79
1.00 each Cookie, oatmeal, 1/2 oz	12.4	0.5	11.9	3.3	1.1	81
1.00 each Cookie, peanut butter, 2/3 oz	11.8	0.4	11.4	4.8	1.8	95
1.00 each Cookie, sugar, 1/2 oz	10.2	0.1	10.1	3.2	0.8	72
1.00 each Doughnut, glazed	26.6	0.7	25.9	13.7	3.8	242
1.00 each Doughnut, plain	19.0	1.0	18.0	11.0	3.0	180
0.50 cup Ice cream, chocolate	18.6	0.8	17.8	7.3	2.5	143
0.50 cup Ice cream, fruit	18.2	0.2	18.0	5.5	2.1	127
0.50 cup Ice cream, vanilla	15.6	0.0	15.6	7.3	2.3	133
1.00 piece Pie, apple, 1/8 of 9" pie	57.5	2.2	55.3	19.4	3.7	411
1.00 piece Pie, cherry, 1/8 of 9" pie	69.3	2.7	66.6	22.0	5.0	486
1.00 piece Pie, lemon meringue, 1/6 of 8" pie	53.3	1.4	52.0	9.8	1.7	303

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 piece Pie, pecan, 1/8 of 9" pie	63.7	6.1	57.6	27.1	6.0	503
1.00 piece Pie, pumpkin, 1/8 of 9" pie	40.9	4.2	36.7	14.4	7.0	316

## **SNACKS**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
10.00 piece Potato Chips	10.6	0.9	9.7	6.9	1.4	107
10.00 piece Pretzels	47.5	1.9	45.6	2.1	5.5	229
0.50 oz-wt Soy Nuts	4.5	2.5	2.0	2.0	6.0	60
10.00 piece Tortilla Chips	11.3	1.2	10.2	4.7	1.3	90

## **SOUPS**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 cup Broth, beef	1.0	0.0	1.0	1.4	4.8	38
1.00 cup Broth, chicken	1.5	0.0	1.5	1.5	3.1	31
1.00 cup Soup, black bean	19.8	4.4	15.4	1.5	5.6	116
1.00 cup Soup, chicken noodle	9.4	0.7	8.6	2.5	4.0	75
1.00 cup Soup, cream of potato	17.2	0.5	16.7	6.4	5.8	149
1.00 cup Soup, cream of tomato	22.3	2.7	19.6	6.0	6.1	161
1.00 cup Soup, minestrone	11.2	1.0	10.3	2.5	4.3	82
1.00 cup Soup, New England clam chowder	16.6	1.5	15.1	6.6	9.5	164
1.00 cup Soup, onion	8.2	1.0	7.2	1.7	3.8	58
1.00 cup Soup, vegetable	19.0	1.2	17.8	3.7	3.5	122

**CONDIMENTS**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 tsp Atkins low carb jam	0.3	0.0	0.3	0.0	0.0	3
1.00 tbs Balsamic Vinegar	2.3	0.0	2.3	0.0	0.1	10
1.00 tbs Capers	0.4	0.3	0.1	0.1	0.2	2
1.00 tsp Chili Powder	1.4	0.9	0.5	0.4	0.3	8
1.00 tbs Cider Vinegar	0.9	0.0	0.9	0.0	0.0	2
2.00 tbs Cranberry Sauce	13.5	0.3	13.1	0.1	0.1	52
1.00 tsp Cumin	0.8	0.7	0.1	0.5	0.4	9
1.00 tsp Dijon Mustard	0.6	0.1	0.5	0.5	0.3	6
1.00 each Dill Pickle	2.7	0.8	1.9	0.1	0.4	12
1.00 tsp Fish Sauce	0.2	0.0	0.2	0.0	0.3	2
1.00 each Garlic	1.0	0.1	0.9	0.0	0.2	4
1.00 tbs Ginger, Root Slices	0.9	0.1	0.8	0.0	0.1	4
1.00 tsp Honey	5.8	0.0	5.8	0.0	0.0	21
1.00 tsp Horseradish-Prepared	0.6	0.2	0.4	0.0	0.1	2
1.00 tsp Jam	4.6	0.1	4.5	0.0	0.0	19
1.00 tsp Jelly	4.5	0.1	4.4	0.0	0.0	18
1.00 tbs Ketchup/Catsup	4.2	0.2	4.0	0.1	0.2	16
1.00 tbs Maple Syrup	13.4	0.0	13.4	0.0	0.0	52
1.00 tbs Miso Paste	3.0	0.4	2.6	0.8	1.9	27
5.00 each Olives, black	1.4	0.7	0.7	2.3	0.2	25
5.00 each Olives, green	2.5	0.0	2.5	5.0	0.0	50
1.00 tbs Pesto Sauce	1.0	0.4	0.6	7.1	2.8	78
1.00 tbs Pickle Relish	5.4	0.2	5.2	0.1	0.1	20
1.00 tsp Preserves	4.6	0.1	4.5	0.0	0.0	19
1.00 tbs Red Wine Vinegar	0.0	0.0	0.0	0.0	0.0	0
1.00 tbs Rice Vinegar, seasoned	3.0	0.0	3.0	0.0	0.0	12
1.00 tbs Salsa, green	0.6	0.1	0.6	0.0	0.2	4
1.00 tbs Salsa, red	0.8	0.1	0.7	0.0	0.1	4

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 tbs Sherry vinegar	0.9	0.0	0.9	0.0	0.0	2
1.00 tbs Soy sauce	1.0	0.1	0.9	0.0	1.9	11
1.00 tbs Soy Sauce-Low Sodium	1.4	0.1	1.2	0.0	0.8	8
1.00 tbs Tahini	3.2	0.7	2.5	8.0	2.6	89
1.00 tbs White Wine Vinegar	1.5	0.0	1.5	0.0	0.0	5
1.00 tsp Worcestershire Sauce	0.9	0.0	0.9	0.0	0.0	4

## HERBS

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 tbs Basil, fresh	0.1	0.1	0.0	0.0	0.1	1
1.00 tbs Chives, fresh	0.1	0.1	0.1	0.0	0.1	1
1.00 tbs Cilantro (Chinese Parsley)	0.1	0.1	0.0	0.0	0.1	1
1.00 tbs Dill, fresh	0.0	0.0	0.0	0.0	0.0	0
1.00 tbs Parsley, fresh	0.2	0.1	0.1	0.0	0.1	1

## FRUIT & FRUIT JUICES

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 each Apple, medium	21.0	3.7	17.3	0.5	0.3	81
0.25 cup Applesauce	6.9	0.7	6.2	0.0	0.1	26
0.25 cup Apricots, dried	24.9	3.6	21.3	0.2	1.5	96
1.00 each Apricots, fresh	3.9	0.8	3.1	0.1	0.5	17
1.00 each Avocado	14.9	10.1	4.8	30.8	4.0	324
1.00 each Banana, small	23.7	2.4	21.2	0.5	1.0	93
0.25 cup Blackberries	4.6	1.9	2.7	0.1	0.3	19
0.25 cup Blueberries	5.1	1.0	4.1	0.1	0.2	20
0.25 cup Cantaloupe	3.3	0.3	3.0	0.1	0.4	14
0.25 cup Cherries	4.8	0.7	4.2	0.3	0.4	21
0.25 cup Cranberries, raw	3.0	1.0	2.0	0.0	0.1	12
0.25 cup Currants, dried	26.7	2.4	24.2	0.1	1.5	102
0.25 cup Dates, chopped	32.7	3.3	29.4	0.2	0.9	122



<i><b>Food item</b></i>	<i><b>Total Carbs (g)</b></i>	<i><b>Fiber (g)</b></i>	<i><b>Net Carbs (g)</b></i>	<i><b>Fat (g)</b></i>	<i><b>Protein (g)</b></i>	<i><b>Calories</b></i>
0.25 cup Figs, dried	32.5	5.8	26.7	0.6	1.5	127
1.00 each Figs, fresh	9.6	1.7	7.9	0.2	0.4	37
0.50 each Grapefruit Juice-Canned-Unsweetened-Cup	9.2	1.4	7.9	0.1	0.7	37
0.25 cup Grapes	7.1	0.4	6.7	0.2	0.3	28
0.25 cup Honeydew Melon	3.9	0.3	3.6	0.0	0.2	15
0.50 cup Juice, apple	14.5	0.1	14.4	0.1	0.1	58
0.50 cup Juice, cranberry	18.2	0.1	18.1	0.1	0.0	72
0.50 cup Juice, grape	18.9	0.1	18.8	0.1	0.7	77
0.50 cup Juice, grapefruit	11.1	0.1	10.9	0.1	0.6	47
1.00 tbs Juice, lemon	1.3	0.1	1.3	0.0	0.1	4
1.00 tbs Juice, lime	1.4	0.1	1.3	0.0	0.1	4
0.50 cup Juice, orange	13.4	0.2	13.2	0.1	0.8	56
0.50 cup Juice, tomato	5.1	0.5	4.7	0.1	0.9	21
1.00 each Kiwifruit	11.3	2.6	8.7	0.3	0.8	46
0.25 cup Mango	7.0	0.7	6.3	0.1	0.2	27
1.00 each Nectarine	16.0	2.2	13.8	0.6	1.3	67
1.00 each Orange	16.3	3.4	12.9	0.1	1.4	64
0.25 cup Papaya	3.4	0.6	2.8	0.0	0.2	14
1.00 each Peach, medium	10.9	2.0	8.9	0.1	0.7	42
1.00 each Pear, medium	25.1	4.0	21.1	0.7	0.6	98
0.25 cup Pineapple	4.8	0.5	4.3	0.2	0.2	19
1.00 each Plums	8.6	1.0	7.6	0.4	0.5	36
0.25 cup Prunes	26.7	3.0	23.6	0.2	1.1	102
0.25 cup Raspberries	3.6	2.1	1.5	0.2	0.3	15
0.25 cup Seedless Raisins	32.6	1.7	31.0	0.2	1.3	124
0.25 cup Strawberries	2.7	0.9	1.8	0.1	0.2	11
1.00 each Tangerine	7.8	1.6	6.2	0.1	0.4	31
0.25 cup Watermelon	2.8	0.2	2.6	0.2	0.2	12

**VEGETABLES**

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 each Artichoke	13.4	6.5	6.9	0.2	4.2	60
1.00 each Artichoke hearts, marinated	1.0	0.0	1.0	2.5	0.0	25
6.00 each Asparagus spears	3.8	1.4	2.4	0.3	2.3	22
0.50 cup Beans, green	4.9	2.0	2.9	0.2	1.2	22
1.00 cup Bok Choy	1.5	0.7	0.8	0.1	1.1	9
0.50 cup Broccoli flower	3.1	1.6	1.5	0.2	1.5	16
0.50 cup Broccoli	3.9	2.3	1.7	0.3	2.3	22
0.50 cup Broccoli rabe	2.0	0.0	2.0	0.0	1.3	10
6.00 each Brussels sprouts	10.9	3.3	7.6	0.6	3.2	49
0.50 cup Cabbage, green	1.9	0.8	1.1	0.1	0.4	8
0.50 cup Cabbage, red	1.9	0.8	1.1	0.1	0.5	9
0.50 cup Cabbage, sauerkraut	5.1	3.0	2.1	0.2	1.1	22
0.50 cup Cabbage, savoy	2.1	1.1	1.1	0.0	0.7	9
1.00 each Carrots, medium	7.3	2.2	5.1	0.1	0.7	31
6.00 each Cauliflower	4.4	2.9	1.5	0.5	2.0	25
1.00 each Celery stalk	1.5	0.7	0.8	0.1	0.3	6
1.00 tbs Celery, chopped	0.3	0.1	0.1	0.0	0.1	1
1.00 each Chili Pepper	0.0	0.0	0.0	0.0	0.0	20
1.00 tbs Chilies, green, chopped	0.5	0.5	0.0	0.0	0.0	3
4.00 oz-wt Collards	7.3	4.1	3.2	0.4	3.1	37
0.50 cup Corn	16.0	2.0	14.1	0.4	2.3	66
1.00 each Cucumber, English	4.0	1.1	2.8	0.3	0.9	19
0.50 each Cucumber, small	2.5	0.7	1.8	0.2	0.6	12
0.50 cup Daikon	1.8	0.7	1.1	0.0	0.3	8
0.50 cup Eggplant	3.3	1.2	2.0	0.1	0.4	14
0.50 cup Eggplant, Italian	3.3	1.2	2.0	0.1	0.4	14
0.50 cup Endive	1.8	1.4	0.4	0.0	0.4	8
0.50 cup Escarole	0.8	0.8	0.1	0.1	0.3	4
0.50 cup Fennel	3.2	1.3	1.8	0.1	0.5	13

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 cup Greens, mixed	1.6	1.2	0.4	0.1	0.9	9
0.50 cup Jicama	5.7	3.2	2.5	0.1	0.5	25
0.50 cup Kale	3.7	1.3	2.4	0.3	1.2	18
1.00 each Leeks	12.6	1.6	11.0	0.3	1.3	54
1.00 cup Lettuce, butterhead	1.3	0.6	0.7	0.1	0.7	7
1.00 cup Lettuce, romaine	1.3	1.0	0.4	0.1	0.9	8
0.50 cup Mushroom, Portobello	1.4	0.4	1.0	0.1	1.0	9
2.00 tbs Mushrooms, dried	8.9	2.9	6.0	0.7	5.6	64
0.50 cup Mushrooms, fresh	1.4	0.4	1.0	0.1	1.0	9
4.00 oz-wt Okra	7.5	2.5	5.0	0.3	1.9	34
1.00 each Onions	9.5	2.0	7.5	0.2	1.3	42
0.25 cup Onions, green	1.8	0.7	1.2	0.0	0.5	8
0.50 cup Peas, edible in pods	5.6	2.2	3.4	0.2	2.6	34
0.50 cup Peas, green	9.9	3.4	6.5	0.3	3.8	55
0.50 cup Pepper, green	4.8	1.3	3.4	0.1	0.7	20
0.50 cup Pepper, red	4.8	1.5	3.3	0.1	0.7	20
1.00 each Peppers, jalapeno	0.8	0.4	0.4	0.1	0.2	4
0.50 each Peppers, roasted	2.4	0.4	2.0	0.1	0.3	10
1.00 each Potato, sweet	22.4	3.1	19.2	0.1	1.8	95
0.50 cup Potato, white	15.4	1.5	13.9	0.1	1.4	66
0.50 cup Pumpkin	9.9	3.6	6.3	0.3	1.3	42
0.50 cup Radicchio	0.9	0.2	0.7	0.1	0.3	5
6.00 each Radishes	1.0	0.4	0.5	0.1	0.2	5
0.50 cup Rhubarb	2.8	1.1	1.7	0.1	0.5	13
0.25 cup Shallots	6.7	0.3	6.4	0.0	1.0	29
1.00 cup Spinach, raw	1.1	0.8	0.2	0.1	0.9	7
0.50 cup Squash, acorn	14.9	4.5	10.4	0.1	1.1	57
0.50 cup Squash, butternut	10.8	2.9	7.9	0.1	0.9	41
0.50 cup Squash, spaghetti	5.0	1.1	3.9	0.2	0.5	21
0.50 cup Squash, summer	2.5	1.1	1.4	0.1	0.7	11

<i>Food item</i>	<i>Total Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net Carbs (g)</i>	<i>Fat (g)</i>	<i>Protein (g)</i>	<i>Calories</i>
1.00 each Squash, zucchini	5.7	2.4	3.3	0.3	2.3	27
0.50 cup Swiss chard	0.7	0.3	0.4	0.0	0.3	3
1.00 each Tomatillos	2.0	0.6	1.3	0.3	0.3	11
1.00 each Tomato, plum	4.2	1.0	3.2	0.3	0.8	19
1.00 each Tomato, small	4.2	1.0	3.2	0.3	0.8	19
0.50 cup Tomatoes, canned	5.2	1.2	4.0	0.2	1.1	23
6.00 each Tomatoes, cherry	4.7	1.1	3.6	0.3	0.9	21
0.50 cup Tomatoes, chopped	3.5	0.8	2.6	0.2	0.6	16
0.25 cup Tomatoes, sun dried, oil packed	6.4	1.6	4.8	3.9	1.4	59
0.50 cup Turnips	3.8	1.6	2.3	0.1	0.6	16
0.50 cup Water chestnuts	8.7	1.8	7.0	0.0	0.6	35
0.50 cup Watercress	0.2	0.2	0.0	0.0	0.4	2