

Carb Content of Different Foods Separated into Food Groups

Foods are rated as Good (Green), Marginal (Orange) and Bad (Red)

Food	SERVING SIZE	NET CARBS	TOTAL CARBS
Acorn squash (cooked)	2 oz	4.1	5.0
Alfalfa sprouts (raw)	1/2 cup	0.0	0.3
Almonds	1 oz	2.6	6.1
Apple	2 oz	6.4	7.8
Apricot	2 oz	5.2	6.3
Artichoke (marinated)	1 heart	1.7	3.2
Arugula (raw)	1 cup	0.4	0.7
Asparagus (cooked)	2 oz	1.8	3.5
Avocado, Haas	2 oz	2.0	3.3
Bacon	3 slices	0.0	0.0
Balsamic vinegar	2 tbsp	5.4	5.4
Banana, small	2 oz	11.5	13.0
Basil	1 tbsp	0.0	0.0
Beet greens (cooked)	2 oz	1.5	3.1
Beets, sliced	2 oz	3.8	5.4
Bell pepper, green, chopped (raw)	2oz	1.6	2.6
Bell pepper, red, chopped (raw)	2 oz	2.2	3.4
Black Beans (Cooked)	2 oz	8.5	13.4
Black pepper	1 tsp	0.6	1.5
Blackberries (fresh)	2 oz	2.4	5.4
Blue	2 oz	1.3	1.3
Blue cheese	2 tbsp	0.7	0.7
Blueberries (fresh)	2 oz	6.8	8.2
Bok choy (raw)	1 cup	0.8	1.5
Boysenberries (fresh)	2 oz	2.4	5.4
Brazil nuts	1 oz	1.2	3.3
Brie	2 oz	0.3	0.3
Broccoli (cooked)	2 oz	2.2	4.1
Broccoli raab (cooked)	2 oz	0.1	1.6
Broccolini (cooked)	2 oz	0.6	3.3
Brussels Sprouts	5 sprouts	4.8	7.5
Butternut squash (cooked)	2 oz	4.1	5.9
Button mushroom (raw)	2 oz	0.2	1.1
Cabbage (cooked)	2 oz	2.0	3.1

Caesar	2 tbsp	0.9	1.0
Cantaloupe, cubes	2 oz	4.1	4.6
Carrots, sliced	2 oz	3.8	5.4
Cashews	1 oz	7.7	8.6
Cashews	2 oz	15.4	17.2
Cauliflower (cooked)	2 oz	1.0	2.3
Cayenne pepper	1 tbsp	0.0	0.0
Celery (raw)	2 oz	0.8	1.7
Cheddar, sharp (Tillamook)	2 oz	0.0	0.0
Cherries	2 oz	7.9	9.1
Chickpeas (Cooked)	2 oz	11.2	15.5
Chicory greens (raw)	1/2 cup	0.1	0.7
Chives (fresh or dehydrated)	1 tbsp	0.0	0.1
Cilantro	1 tbsp	0.0	0.0
Clementine	2 oz	5.8	6.8
Coconut, fresh, shredded	2 oz	3.5	8.6
Collard greens (cooked)	2 oz	0.6	1.8
Cottage cheese (regular)	2 oz	1.9	1.9
Cranberries (fresh)	2 oz	4.8	6.8
Cream cheese	2 oz	2.0	2.0
Cucumber, sliced (raw)	2 oz	1.5	2.1
Daikon radish, grated (raw)	2 oz	1.4	2.3
Dates, fresh	2 oz	17.8	18.8
Dill	1 tbsp	0.0	0.0
Eggplant (cooked)	2oz	3.5	4.9
Endive (raw)	1 cup	0.2	1.7
Escarole (raw)	1 cup	0.1	1.2
Fennel (raw)	2oz	2.3	4.1
Feta	2 oz	2.3	2.3
Figs, fresh	2 oz	9.3	10.9
Garlic	1 clove	0.9	1.0
Garlic, minced (raw)	1 tsp	0.5	0.5
Ginger, fresh, grated	1 tbsp	0.7	3.7
Goat, chevre	2 oz	2.0	2.0
Gooseberries (fresh)	2 oz	3.4	5.8
Gouda	2 oz	1.3	1.3
Grapefruit (red)	2 oz	5.1	6.0
Grapes (red)	2 oz	9.8	10.3
Great Northern Beans (Cooked)	2 oz	10.6	14.2
Green beans (cooked)	2oz	2.7	4.5

Guava	2 oz	5.0	8.1
Half & Half (Trader Joe's)	2 tbsp	0.0	0.0
Hard-boiled egg	1 egg	0.9	0.9
Hazelnut	1 oz	2.0	4.7
Hearts of palm (raw)	2 oz	13.6	14.5
Heavy cream (Trader Joe's)	2 tbsp	0.0	0.0
Honeydew, cubes	2 oz	4.7	5.2
Italian, creamy	2 tbsp	2.6	2.6
Jicama (raw)	2 oz	2.2	5.0
Kale (cooked)	2 oz	2.1	3.2
Kidney Beans (Cooked)	2 oz	9.3	12.9
Kiwi	2 oz	6.6	8.3
Kohlrabi (cooked)	2oz	3.2	3.8
Leeks (cooked)	2oz	3.7	4.3
Lemon juice	2 tbsp	2.0	2.1
Lentils (Cooked)	2 oz	10.9	12.0
Lettuce, average (raw)	1 cup	1.0	1.7
Lima Beans (Cooked)	2 oz	7.8	11.8
Lime juice	2 tbsp	2.4	2.5
Macadamias	1 oz	1.5	3.9
Mango	2 oz	7.6	8.5
Mozzarella, whole milk	2 oz	0.5	1.4
Mushrooms, Sautéed	2 oz	0.4	1.4
Navy Beans (Cooked)	2 oz	8.8	14.8
Okra (cooked)	2 oz	1.2	2.6
Olives, black	5 medium	0.7	1.3
Olives, green	5 medium	0.1	0.7
Onions, white , yellow, red (raw)	2oz	4.5	5.3
Orange Juice	1 cup	25.3	25.8
Orange, navel	2 oz	5.4	6.7
Oregano	1 tbsp	0.0	0.0
Papaya, pieces	2 oz	5.1	6.1
Parmesan, chunk	2 oz	1.8	1.8
Parmesan, Grated	2 oz	7.8	7.8
Parsley	1 tbsp	0.1	0.2
Peach	2 oz	4.5	5.4
Peanuts	1 oz	2.2	4.6
Peanuts	2 oz	4.4	9.2
Pear, medium	2 oz	6.8	8.6
Peas (Cooked)	2 oz	5.8	8.9

Pecans	1 oz	1.2	3.9
Pickle, dill	1 medium	0.9	1.6
Pine Nuts	1 oz	2.5	5.5
Pineapple, fresh, chunks	2 oz	6.6	7.4
Pinto Beans (Cooked)	2 oz	9.8	14.9
Pistachios	1 oz	4.7	7.7
Plum, medium	2 oz	5.7	6.5
Pomegranate	2 oz	8.3	10.6
Portobello mushroom (cooked)	2 oz	0.1	0.5
Potatoe (Baked)	2 oz	10.8	12.0
Pumpkin, mashed (cooked)	2 oz	2.2	2.8
Radicchio (raw)	1 cup	1.4	1.8
Radishes (raw)	2 oz	1.0	1.9
Raisins	2 oz	42.8	44.9
Ranch	2 tbsp	1.0	1.0
Raspberries (fresh)	2 oz	3.1	6.8
Red wine vinegar	2 tbsp	0.0	0.0
Rhubarb (raw)	2 oz	1.6	2.6
Ricotta cheese	2 oz	1.7	1.7
Rosemary, dried	1 tbsp	0.7	2.1
Rutabaga, sliced	2 oz	3.6	4.9
Sage, ground	1 tsp	0.1	0.4
Sauerkraut (drained)	2 oz	0.8	2.4
Scallion, chopped (raw)	2oz	2.7	4.2
Shallot, chopped (raw)	2 tbsp	2.8	3.4
Snow peas (cooked)	2 oz	2.4	4.0
Sour cream	2 tbsp	1.3	1.3
Spaghetti squash (cooked)	2 oz	2.9	3.7
Spinach (cooked)	2 oz	0.7	2.1
Spinach (raw)	2 oz	0.9	2.1
Sprouts, mung beans (raw)	2 oz	2.4	3.4
Strawberries, sliced (fresh)	2 oz	3.3	4.4
Sunflower Seeds (hulled)	1 oz	3.3	5.7
Sweet Potatoe (Baked)	2 oz	9.8	11.7
Swiss	2 oz	0.8	0.8
Swiss chard (cooked)	2 oz	1.1	2.3
Tarragon	1 tbsp	0.0	0.0
Tomato juice	1 cup	7.6	8.6
Tomato, small (raw)	2 oz	1.5	2.2
Turnip (cooked)	2 oz	1.8	2.9

Turnip greens (cooked)	2 oz	0.5	2.5
Walnuts	1 oz	2.0	3.9
Watercress (raw)	1 cup	0.2	0.4
Watermelon, cubes	2 oz	4.1	4.3
Yellow squash (cooked)	2 oz	1.6	2.4
Yogurt, Greek, Plain, unsweetened	1/2 cup or 4 oz	3.5	3.5
Yogurt, Plain (Whole Milk)	1/2 cup or 4 oz	5.7	5.7
Zucchini (cooked)	2 oz	1.0	1.6

CAFFEINE

* One or two cups of caffeinated tea or coffee is allowed if you are able to tolerate it. If you experience symptoms of hypoglycemia or cravings as a result, eliminate the caffeine. If you have a true caffeine addiction, it is best to break the habit.