

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



Half & Half (Trader Joe's) 2 tbsp 0.0 0.0 Hard-boiled egg 1 egg 0.9 0.9 0.9 Hazelnut 1 oz 2.0 4.7 Hearts of palm (raw) 2 oz 13.6 14.5 Hearts of palm (raw) 2 oz 13.6 14.5 Hearts of palm (raw) 2 oz 13.6 2.6 14.5 Hearts of palm (raw) 2 tbsp 0.0 0.0 Honeydew, cubes 2 oz 4.7 5.2 Italian, creamy 2 tbsp 2.6 2.6 2.6 Jicama (raw) 2 oz 2.1 3.2 Kidney Beans (Cooked) 2 oz 2.1 3.2 Kidney Beans (Cooked) 2 oz 2.1 3.2 Kidney Beans (Cooked) 2 oz 3.2 3.8 Lemon juice 2 tbsp 2.0 2.1 Lentils (Cooked) 2 oz 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 0.5 1.4 M	Guava	2 oz	5.0	8.1
Hard-boiled egg 1 egg 0.9 0.9 14zelnut 1 oz 2.0 4.7 14earts of palm (raw) 2 oz 13.6 14.5 14.5 14eav (ream (Trader Joe's) 2 tbsp 0.0 0.0 0.0 14oneydew, cubes 2 oz 4.7 5.2 1talian, creamy 2 tbsp 2.6 2.6 1dam (raw) 2 oz 2.2 5.0 Kale (cooked) 2 oz 2.1 3.2 Kidney Beans (Cooked) 2 oz 2.1 3.2 Kidney Beans (Cooked) 2 oz 3.2 3.8 Leeks (cooked) 2 oz 3.2 3.8 Leeks (cooked) 2 oz 3.2 3.8 Leeks (cooked) 2 oz 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 Margo 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 0.5 1.4 Mushrooms, Sautéed 2 oz 0.4 1.4 Navy Beans (Cooked) 2 oz 1.2 2.6 Olives, black 5 medium 0.7 1.3 Olives, green 5 medium 0.7 0.7 Onions, white , yellow, red (raw) 2 oz 5.3 25.8 Orange, navel 2 oz 5.1 6.1 Parmesan, chunk 2 oz 7.8 1.8 1.8 1.8 1.8 1.8 1.8 1.9 1.9 1.9 1.9 1.9 1.9 1.9 1.9 1.9 1.9				
Hazelnut 1 02 2.0 4.7 Hearts of palm (raw) 2 02 13.6 14.5 Heavy cream (Trader Joe's) 2 tbsp 0.0 0.0 Honeydew, cubes 2 02 4.7 5.2 Italian, creamy 2 tbsp 2.6 2.6 2.6 Jicama (raw) 2 02 2.1 3.2 Kidney Beans (Cooked) 2 02 2.1 3.2 Kidney Beans (Cooked) 2 02 9.3 12.9 Kiwi 2 02 3.2 3.3 Kohlrabi (cooked) 2 02 3.2 3.3 Leeks (cooked) 2 02 3.2 3.3 Lemon juice 2 tbsp 2.0 2.1 Lentils (Cooked) 2 02 10.9 12.0 Lettuce, average (raw) 1 cup 1.0 1.7 Lima Beans (Cooked) 2 02 7.8 11.8 Lime juice 2 tbsp 2.4 2.5 Macadamias 1 02 1.5 3.9 Mango 2 07 7.6 8.5 Mozzarella, whole milk 2 02 0.5 1.4 Mushrooms, Sautéed 2 02 0.4 1.4 Navy Beans (Cooked) 2 02 8.8 14.8 Okra (c	· · · · · · · · · · · · · · · · · · ·			
Hearts of palm (raw)				
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) 2 oz 3.2 3.8 Leeks (cooked) 2 oz 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 1.2 2.6 Olives, black 5 medium 0.7 1.3 Olives, black 5 medium 0.1 0.7 Onions, white , yellow, red (raw) 2 oz 5.4 6.7 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 7.8 1.8 Parmesan, Cated 2 oz 7.8 7.8 Parsley 1 tbsp 0.1 0.2 Peach 2 oz 4.5 5.4 Peanuts 2 oz 4.4 9.2 Pearr, medium 2 oz 4.4 9.2 Pearr, medium 2 oz 4.4 9.2 Pearr, medium 2 oz 6.8 8.6				
Honeydew, cubes				
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) 2 oz 3.2 3.8 Leeks (cooked) 2 oz 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 0.5 1.4 Mushrooms, Sautéed 2 oz 0.4 1.4 Navy Beans (Cooked) 2 oz 1.2 2.6 Olives, black 5 medium 0.7 1.3 Olives, green 5 medium 0.7 1.3 Olives, green 5 medium 0.1 0.7		•		
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) 2 oz 3.2 3.8 Leeks (cooked) 2 oz 3.7 4.3 Lemon juice 2 tbsp 2.0 2.1 Lemtils (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 0.5 1.4 Navy Beans (Cooked) 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				
Kidney Beans (Cooked) 2 oz 6.6 8.3 Kohlrabi (cooked) 2 oz 3.2 3.8 Leeks (cooked) 2 oz 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 0.4 1.4 Navy Beans (Cooked) 2 oz 1.2 2.6 Olives, black 5 medium 0.7 1.3 Okra (cooked) 2 oz 1.2 2.6 Olives, green 5 medium 0.7 1.3 Olives, green 5 medium 0.7 0.7 Orange, navel 2 oz <		2 oz		
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 Lendils (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 0.4 1.4 Navy Beans (Cooked) 2 oz 8.8 14.8 Okra (cooked) 2 oz 8.8 14.8 Okra (cooked) 2 oz 8.8 14.8 Okra (cooked) 2 oz 1.2 2.6 Olives, green 5 medium 0.7 0.3 Orange Juice 1 cup 25.3 2		2 oz	9.3	12.9
Leeks (cooked) 20z 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 0.5 1.4 Navy Beans (Cooked) 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 0.7 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 <td></td> <td>2 oz</td> <td>6.6</td> <td>8.3</td>		2 oz	6.6	8.3
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 0.4 1.4 Navy Beans (Cooked) 2 oz 1.2 2.6 Olives, black 5 medium 0.7 1.3 Okra (cooked) 2 oz 1.2 2.6 Olives, black 5 medium 0.7 1.3 Olives, green 5 medium 0.7 0.7 Onions, white , yellow, red (raw) 2 oz 4.5 5.3 Orange Juice	Kohlrabi (cooked)	2oz	3.2	3.8
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 8.8 14.8 Okra (cooked) 2 oz 1.2 2.6 Olives, black 5 medium 0.7 1.3 Olives, green 5 medium 0.7 1.3 Olives, green 5 medium 0.1 0.7 Onions, white , yellow, red (raw) 2 oz 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		2oz	3.7	4.3
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 8.8 14.8 Okra (cooked) 2 oz 1.2 2.6 Olives, black 5 medium 0.7 1.3 Olives, green 5 medium 0.7 1.3 Olives, green 5 medium 0.1 0.7 Onions, white , yellow, red (raw) 2 oz 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	Lemon juice	2 tbsp	2.0	2.1
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 0.7 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 Passley 1 tbsp 0.1			10.9	12.0
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 0.7 1.3 Olives, green 5 medium 0.1 0.7 Onions, white , yellow, red (raw) 2 oz 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 <td>Lettuce, average (raw)</td> <td>1 cup</td> <td>1.0</td> <td>1.7</td>	Lettuce, average (raw)	1 cup	1.0	1.7
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 6.8 8.6 <	Lima Beans (Cooked)	2 oz	7.8	11.8
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 6.8 8.6	Lime juice	2 tbsp	2.4	2.5
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 5.1 6.1 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 6.8 8.6	Macadamias	1 oz	1.5	3.9
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) 20z 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 6.8 8.6	Mango	2 oz	7.6	8.5
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	Mozzarella, whole milk	2 oz	0.5	1.4
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 6.8 8.6	Mushrooms, Sautéed	2 oz	0.4	1.4
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	Navy Beans (Cooked)	2 oz	8.8	14.8
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	Okra (cooked)	2 oz	1.2	2.6
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	Olives, black	5 medium	0.7	1.3
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	Olives, green	5 medium	0.1	0.7
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	Onions, white , yellow, red (raw)	2oz	4.5	5.3
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	Orange Juice	1 cup	25.3	25.8
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	Orange, navel	2 oz	5.4	6.7
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	Oregano	1 tbsp	0.0	0.0
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	Papaya, pieces	2 oz	5.1	6.1
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	Parmesan, chunk	2 oz	1.8	1.8
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	Parmesan, Grated	2 oz	7.8	7.8
Peanuts 1 oz 2.2 4.6 Peanuts 2 oz 4.4 9.2 Pear, medium 2 oz 6.8 8.6	Parsley	1 tbsp	0.1	0.2
Peanuts 2 oz 4.4 9.2 Pear, medium 2 oz 6.8 8.6	Peach	2 oz	4.5	5.4
Pear, medium 2 oz 6.8 8.6	Peanuts	1 oz	2.2	4.6
	Peanuts	2 oz	4.4	9.2
Peas (Cooked) 2 oz 5.8 8.9				
	Peas (Cooked)	2 oz	5.8	8.9



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 10.8 12.0 Potatoe (Baked) 2 oz 10.8 12.0 Potatoe (Baked) 2 oz 10.8 12.0 Pumpkin, mashed (cooked) 2 oz 10.8 12.0 Pumpkin, mashed (cooked) 2 oz 10.4 1.8 Radicitic (raw) 1 cup 1.4 1.8 Radicitic (raw) 2 oz 1.0 1.9 Raisins 2 oz 2.0 1.0 Ranch 2 tbsp 1.0 1.0 Raspberries (fresh) 2 oz 3.1 6.8 Red wine vinegar	Pecans	1 oz	1.2	3.9
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 Ralsins 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 1.7 Rosemary, dried 1 tbsp 0.7 2.1 Rutabaga,	Pickle, dill	1 medium	0.9	1.6
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 Raspsberries (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 <td>Pine Nuts</td> <td>1 oz</td> <td>2.5</td> <td>5.5</td>	Pine Nuts	1 oz	2.5	5.5
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 Raspsberries (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 <td>Pineapple, fresh, chunks</td> <td>2 oz</td> <td>6.6</td> <td>7.4</td>	Pineapple, fresh, chunks	2 oz	6.6	7.4
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 10.8 12.0 Pumpkin, mashed (cooked) 2 oz 2.2 2.8 Radicchio (raw) 1 cup 1.4 1.8 Radickino (raw) 2 oz 1.0 1.9 Ralsins 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 (drined)		2 oz	9.8	14.9
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 2.7 4.2 Shallot, chopped (raw) 2 oz 2.7 4.2 Shallot, chopped (raw)	Pistachios	1 oz	4.7	7.7
Portobello mushroom (cooked) Potatoe (Baked) Potatoe (Baked) Potatoe (Baked) Pumpkin, mashed (cooked) Radicchio (raw) Radishes (raw) Radishes (raw) Radishes (raw) Raisins Potatoe (Bresh) Radishes (fresh) Red wine vinegar Rosemary, dried Ricotta cheese Roy or Rosemary, dried Rosemary, dried	Plum, medium	2 oz	5.7	6.5
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 Rubarb (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) 2 oz 2.7 4.2 Shallot, chopped (raw) 2 tbsp 2.8 3.4 Snow peas (cooked) 2 oz 2.4 4.0 Sour cream <	Pomegranate	2 oz	8.3	10.6
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) 2 oz 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) <td>Portobello mushroom (cooked)</td> <td>2 oz</td> <td>0.1</td> <td>0.5</td>	Portobello mushroom (cooked)	2 oz	0.1	0.5
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) 2 oz 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 <t< td=""><td>Potatoe (Baked)</td><td>2 oz</td><td>10.8</td><td>12.0</td></t<>	Potatoe (Baked)	2 oz	10.8	12.0
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) 2 oz 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 0.9 2.1 Spinach (raw) 2 oz 0.9 2.1 Sprouts, mung beans (raw) 2 oz	Pumpkin, mashed (cooked)	2 oz	2.2	2.8
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 Sage, ground 1 tsp 0.1 0.4 Sauerkraut (drained) 2 oz 0.8 2.4 Scallion, chopped (raw) 2 oz 2.7 4.2 Shallot, chopped (raw) 2 oz 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 (raw) 2 oz 0.9 2.1 Sprouts, mung beans (raw) 2 oz	Radicchio (raw)	1 cup	1.4	1.8
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) 2 oz 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 0.8 0.8 Swiss chard (cooked) 2 oz	Radishes (raw)	2 oz	1.0	1.9
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) 2 oz 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 (cooked) 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	Raisins	2 oz	42.8	44.9
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) 2 oz 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 0.8 0.8 S	Ranch	2 tbsp	1.0	1.0
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) 2 oz 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 (Raspberries (fresh)	2 oz	3.1	6.8
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) 2 oz 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 0.8 0.8 Swiss chard (cooked) 2 oz 1.1 2.3 Tarragon 1 tbsp 0.0 0.0 To	Red wine vinegar	2 tbsp	0.0	0.0
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) 2 oz 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 jui	Rhubarb (raw)	2 oz	1.6	2.6
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) 2 oz 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, small (raw) 2 oz 1.5 2.2	Ricotta cheese	2 oz	1.7	1.7
Sage, ground 1 tsp 0.1 0.4 Sauerkraut (drained) 2 oz 0.8 2.4 Scallion, chopped (raw) 2 oz 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	Rosemary, dried	1 tbsp	0.7	2.1
Sauerkraut (drained) 2 oz 0.8 2.4 Scallion, chopped (raw) 2 oz 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	Rutabaga, sliced	2 oz	3.6	4.9
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	Sage, ground	1 tsp	0.1	0.4
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	Sauerkraut (drained)	2 oz	0.8	2.4
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	Scallion, chopped (raw)	2oz	2.7	4.2
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	Shallot, chopped (raw)	2 tbsp	2.8	3.4
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	Snow peas (cooked)	2 oz	2.4	4.0
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	Sour cream	2 tbsp	1.3	1.3
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	Spaghetti squash (cooked)	2 oz	2.9	3.7
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	Spinach (cooked)	2 oz	0.7	2.1
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	Spinach (raw)	2 oz	0.9	2.1
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	Sprouts, mung beans (raw)	2 oz	2.4	3.4
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	Strawberries, sliced (fresh)	2 oz	3.3	4.4
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	Sunflower Seeds (hulled)	1 oz	3.3	5.7
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	Sweet Potatoe (Baked)	2 oz	9.8	11.7
Tarragon 1 tbsp 0.0 0.0 Tomato juice 1 cup 7.6 8.6 Tomato, small (raw) 2 oz 1.5 2.2	Swiss	2 oz	0.8	0.8
Tomato juice 1 cup 7.6 8.6 Tomato, small (raw) 2 oz 1.5 2.2	Swiss chard (cooked)	2 oz	1.1	2.3
Tomato, small (raw) 2 oz 1.5 2.2	Tarragon	1 tbsp	0.0	0.0
	Tomato juice	1 cup	7.6	8.6
Turnip (cooked) 2 oz 1.8 2.9	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.