

Carb Content of Different Foods Separated into Food Groups

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

FOUNDATION VEGETABLES	SERVING SIZE	NET CARBS	TOTAL CARBS
Alfalfa sprouts (raw)	1/2 cup	0.0	0.3
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
Beet greens (cooked)	2 oz	1.5	3.1
Bell pepper, green, chopped (raw)	2oz	1.6	2.6
Bell pepper, red, chopped (raw)	2 oz	2.2	3.4
Bok choy (raw)	1 cup	0.8	1.5
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
Button mushroom (raw)	2 oz	0.2	1.1
Cabbage (cooked)	2 oz	2.0	3.1
Cauliflower (cooked)	2 oz	1.0	2.3
Celery (raw)	2 oz	0.8	1.7
Chicory greens (raw)	1/2 cup	0.1	0.7
Collard greens (cooked)	2 oz	0.6	1.8
Cucumber, sliced (raw)	2 oz	1.5	2.1
Daikon radish, grated (raw)	2 oz	1.4	2.3
Endive (raw)	1 cup	0.2	1.7
Escarole (raw)	1 cup	0.1	1.2
Garlic, minced (raw)	1 tsp	0.5	0.5
Kale (cooked)	2 oz	2.1	3.2
Lettuce, average (raw)	1 cup	1.0	1.7
Okra (cooked)	2 oz	1.2	2.6
Olives, black	5 medium	0.7	1.3
Olives, green	5 medium	0.1	0.7
Pickle, dill	1 medium	0.9	1.6
Portobello mushroom (cooked)	2 oz	0.1	0.5
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
Rhubarb (raw)	2 oz	1.6	2.6

Sauerkraut (drained)	2 oz	0.8	2.4
Shallot, chopped (raw)	2 tbsp	2.8	3.4
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
Swiss chard (cooked)	2 oz	1.1	2.3
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
Watercress (raw)	1 cup	0.2	0.4
Yellow squash (cooked)	2 oz	1.6	2.4
Zucchini (cooked)	2 oz	1.0	1.6
Brussels Sprouts	5 sprouts	4.8	7.5
Eggplant (cooked)	2oz	3.5	4.9
Fennel (raw)	2oz	2.3	4.1
Green beans (cooked)	2oz	2.7	4.5
Jicama (raw)	2 oz	2.2	5.0
Kohlrabi (cooked)	2oz	3.2	3.8
Leeks (cooked)	2oz	3.7	4.3
Onions, white , yellow, red (raw)	2oz	4.5	5.3
Scallion, chopped (raw)	2oz	2.7	4.2
Snow peas (cooked)	2 oz	2.4	4.0
Spaghetti squash (cooked)	2 oz	2.9	3.7
Hearts of palm (raw)	2 oz	13.6	14.5

CHEESE	SERVING SIZE	NET CARBS	TOTAL CARBS
Blue	2 oz	1.3	1.3
Brie	2 oz	0.3	0.3
Cheddar, sharp (Tillamook)	2 oz	0.0	0.0
Cottage cheese (regular)	2 oz	1.9	1.9
Cream cheese	2 oz	2.0	2.0
Feta	2 oz	2.3	2.3
Goat, chevre	2 oz	2.0	2.0
Gouda	2 oz	1.3	1.3
Mozzarella, whole milk	2 oz	0.5	1.4
Parmesan, chunk	2 oz	1.8	1.8
Ricotta cheese	2 oz	1.7	1.7
Swiss	2 oz	0.8	0.8
Parmesan, Grated	2 oz	7.8	7.8

SALAD GARNISHES	SERVING SIZE	NET CARBS	TOTAL CARBS
Bacon	3 slices	0.0	0.0
Hard-boiled egg	1 egg	0.9	0.9
Mushrooms, Sautéed	2 oz	0.4	1.4
Sour cream	2 tbsp	1.3	1.3

HERBS AND SPICES	SERVING SIZE	NET CARBS	TOTAL CARBS
Basil	1 tbsp	0.0	0.0
Black pepper	1 tsp	0.6	1.5
Cayenne pepper	1 tbsp	0.0	0.0
Chives (fresh or dehydrated)	1 tbsp	0.0	0.1
Cilantro	1 tbsp	0.0	0.0
Dill	1 tbsp	0.0	0.0
Garlic	1 clove	0.9	1.0
Ginger, fresh, grated	1 tbsp	0.7	3.7
Oregano	1 tbsp	0.0	0.0
Parsley	1 tbsp	0.1	0.2
Rosemary, dried	1 tbsp	0.7	2.1
Sage, ground	1 tsp	0.1	0.4
Tarragon	1 tbsp	0.0	0.0

SALAD DRESSINGS	SERVING SIZE	NET CARBS	TOTAL CARBS
Red wine vinegar	2 tbsp	0.0	0.0
Blue cheese	2 tbsp	0.7	0.7
Caesar	2 tbsp	0.9	1.0
Italian, creamy	2 tbsp	2.6	2.6
Lemon juice	2 tbsp	2.0	2.1
Lime juice	2 tbsp	2.4	2.5
Ranch	2 tbsp	1.0	1.0
Balsamic vinegar	2 tbsp	5.4	5.4

DAIRY	SERVING SIZE	NET CARBS	NET CARBS
Half & Half (Trader Joe's)	2 tbsp	0.0	0.0
Heavy cream (Trader Joe's)	2 tbsp	0.0	0.0
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

NUTS AND SEEDS	SERVING SIZE	NET CARBS	TOTAL CARBS
Brazil nuts	1 oz	1.2	3.3
Macadamias	1 oz	1.5	3.9

Pecans	1 oz	1.2	3.9
Walnuts	1 oz	2.0	3.9
Almonds	1 oz	2.6	6.1
Hazelnut	1 oz	2.0	4.7
Peanuts	1 oz	2.2	4.6
Pine Nuts	1 oz	2.5	5.5
Sunflower Seeds (hulled)	1 oz	3.3	5.7
Cashews	1 oz	7.7	8.6
Pistachios	1 oz	4.7	7.7

FRUITS	SERVING SIZE	NET CARBS	TOTAL CARBS
Blackberries (fresh)	2 oz	2.4	5.4
Boysenberries (fresh)	2 oz	2.4	5.4
Cantaloupe, cubes	2 oz	4.1	4.6
Honeydew, cubes	2 oz	4.7	5.2
Strawberries, sliced (fresh)	2 oz	3.3	4.4
Watermelon, cubes	2 oz	4.1	4.3
Apple	2 oz	6.4	7.8
Apricot	2 oz	5.2	6.3
Banana, small	2 oz	11.5	13.0
Blueberries (fresh)	2 oz	6.8	8.2
Cherries	2 oz	7.9	9.1
Clementine	2 oz	5.8	6.8
Coconut, fresh, shredded	2 oz	3.5	8.6
Cranberries (fresh)	2 oz	4.8	6.8
Dates, fresh	2 oz	17.8	18.8
Figs, fresh	2 oz	9.3	10.9
Gooseberries (fresh)	2 oz	3.4	5.8
Grapefruit (red)	2 oz	5.1	6.0
Grapes (red)	2 oz	9.8	10.3
Guava	2 oz	5.0	8.1
Kiwi	2 oz	6.6	8.3
Mango	2 oz	7.6	8.5
Orange, navel	2 oz	5.4	6.7
Papaya, pieces	2 oz	5.1	6.1
Peach	2 oz	4.5	5.4
Pear, medium	2 oz	6.8	8.6
Pineapple, fresh, chunks	2 oz	6.6	7.4
Plum, medium	2 oz	5.7	6.5
Pomegranate	2 oz	8.3	10.6

Raisins	2 oz	42.8	44.9
Raspberries (fresh)	2 oz	3.1	6.8

JUICES	SERVING SIZE	NET CARBS	TOTAL CARBS
Tomato juice	1 cup	7.6	8.6
Orange Juice	1 cup	25.3	25.8

LEGUMES	SERVING SIZE	NET CARBS	TOTAL CARBS
Peanuts	2 oz	4.4	9.2
Black Beans (Cooked)	2 oz	8.5	13.4
Cashews	2 oz	15.4	17.2
Chickpeas (Cooked)	2 oz	11.2	15.5
Great Northern Beans (Cooked)	2 oz	10.6	14.2
Kidney Beans (Cooked)	2 oz	9.3	12.9
Lentils (Cooked)	2 oz	10.9	12.0
Lima Beans (Cooked)	2 oz	7.8	11.8
Navy Beans (Cooked)	2 oz	8.8	14.8
Pinto Beans (Cooked)	2 oz	9.8	14.9

STARCHY VEGETABLES	SERVING SIZE	NET CARBS	TOTAL CARBS
Acorn squash (cooked)	2 oz	4.1	5.0
Beets, sliced	2 oz	3.8	5.4
Butternut squash (cooked)	2 oz	4.1	5.9
Carrots, sliced	2 oz	3.8	5.4
Rutabaga, sliced	2 oz	3.6	4.9
Peas (Cooked)	2 oz	5.8	8.9
Potatoe (Baked)	2 oz	10.8	12.0
Sweet Potatoe (Baked)	2 oz	9.8	11.7

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.