

## Mini Carb Counter

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Fats, Oils &amp; Dressings</u></b>								
1.00	tsp	Corn Oil	0.0	0	0.0	4.5	0.0	40
1.00	tsp	Olive Oil	0.0	0	0.0	4.5	0.0	40
1.00	tsp	Sesame 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
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

**TIP:** Select heart healthy monosaturated oils such as: peanut, olive and canola oil for cooking and salad dressings. Include olives and avocado in your in choice of healthy foods.

### **Gravies & Sauces**

2.00	tbs	Barbecue Sauce	4.0	0.4	3.6	0.6	0.6	23
1.00	tbs	<i>Easy Barbecue Sauce*</i>	1.6	0.0	1.6			
0.25	cup	Gravy, au jus	1.5	0.0	1.5	0.1	0.7	10
0.25	cup	Gravy, canned (chicken, beef, 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
1.00	tbs	<i>Ketchup Cookup*</i>	1.0	0.25	0.75			
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	59
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

**TIP:** Read labels carefully. Many sauces contain corn syrups and hydrogenated oils which should be avoided. Carb counts can vary so much just between brands. Find a brand low in carbs that you like and then stick to it. Even better still make you own – then you know exactly what is in it and what the carb counts are.

*\*These delicious low carb sauce recipes are just two of the mouth watering recipes found in the ["Variety Plus" Low Carb Cookbook](#).*

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
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	tbs	<i>Cranberry Sauce*</i>	1.3	0.3	1.0			
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
2.00	tbs	<i>Mint Sauce*</i>	2.3	0.3	2.0			
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
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

**TIP:** Watch your condiments when eating out. Carbs hide in sauces, salad dressings and gravies. Ask for sauce to be served on the side, then you can decide how much to consume. At home, select low carb or sugar free substitutes for your favorite sauces and dressings.

\*These sauce recipes can be found in the ["Variety Plus" Low Carb Cookbook](#).

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Dairy – Cheese, Butter, Cream, Milk &amp; Yogurt</u></b>								
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	0.3	0	0.3	3.1	2.7	40
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
1.00	tsp	Butter	0.0	0	0.0	3.8	0.0	34
1.00	tsp	Whipped Butter	0.0	0	0.0	2.6	0.0	23
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
2.00	tbs	Sour Cream	1.2	0	1.2	6.0	0.9	62
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
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

**TIP:** Most (but not all) yogurts are high in carbohydrates. Check the labels of every one in your local supermarket and you will find a few brands that are much lower in carbs. Usually the berry flavours. Instead of eating the whole tub, try spoonfuls on some lower carb fresh fruit, topped with a sprinkle of raw nuts and seeds.

## **Recipe**

### **Creamy Cheese Sauce** (from the [\*"Variety Plus" Low Carb Cookbook\*](#))

Total: (1 cup) 6 carbs

#### **Ingredients:**

¼ cup heavy cream  
 4 oz grated cheddar  
 2 oz. cream cheese  
 ¼ t paprika  
 dash Worcestershire sauce

In a small pan, melt heavy cream, cheddar and cream cheese. Add paprika and Worcestershire sauce. Stir until melted. Serve.

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Beef &amp; Veal</u></b>								
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
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
2.00	oz-wt	Frankfurter, Beef	1.1	0	1.1	16.6	7.2	185
6.00	oz-wt	Raw Boneless: 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
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	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, ground	0.0	0	0.0	12.9	41.5	293
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

## **Recipe**

### **Peppered Steak Recipe** *(from the ["Variety Plus" Low Carb Cookbook](#))*

Serves: 4 @ 1.5 carbs ea.

#### **Ingredients:**

4 steaks (200g ea)  
 2 garlic cloves, crushed  
 1 t cracked black pepper  
 ½ t salt  
 ½ cup cream  
 dash Worcestershire sauce  
 fresh parsley, chopped

Combine garlic, salt and black pepper. Coat steak in mixture, pressing coating onto meat with your hands. Heat a non stick pan, sprayed with cooking oil. Add steak and cook to your taste, turning once only. Remove steak from pan and keep warm. Add cream and Worcestershire sauce, stirring to remove all residue from pan. Bring sauce to boil for 2 minutes. Serve sauce over steak, garnish with parsley. Serve immediately.

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Lamb</u></b>								
6.00	oz-wt	Lamb, ground	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

### **Pork**

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
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**

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

**TIP:** Meats are an important part of a low carb diet. They are very versatile and can be made readily available for a healthy low carb snack. The carb count may creep up a little for some of the luncheon meats – read the labels.

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Seafood</u></b>								
1.00	oz-wt	Anchovies in Oil-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
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

**TIP:** Eat more fish. Seafood is high in protein and contains Omega 3 fatty acids – good oils that help to protect us from heart attack and are vital for numerous body functions. Omega 3 oils are particularly abundant in cold water fish (tuna, salmon, sardines, trout and mackerel). Easy to carry - Sardines in a can, may be enjoyed during the day as a snack rolled up in lettuce or on a low carb cracker. There are many great tasting flavoured tuna cans on the market today. Enjoy them on a bed of mixed salad greens for a quick healthy lunch or for a snack.

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Poultry &amp; Eggs</u></b>								
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	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
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

**TIP:** Poultry is virtually carbohydrate free. Just be careful with cooking methods and seasonings – keep it simple. Have hard boiled eggs, chicken pieces or slices of turkey in the fridge for a quick low carb snack.

## **Recipe**

### **Teriyaki Chicken Drumsticks**

Serves: 4 @ 3 carbs ea

#### **Ingredients:**

Chicken drumsticks in the desired amount

1 cup soy sauce

1 T oil

2 garlic cloves, crushed

pinch Splenda

¼ t each of cumin, coriander, allspice, salt and pepper

Mix all ingredients together (except for chicken). Place chicken and marinade together in a plastic bag. Tie off and squish around to coat chicken. Marinate in the fridge for 1 hour, turning once. Preheat oven to 350°F. Cook chicken in the oven for 25 – 30 minutes, basting regularly until chicken is cooked through. Serve immediately.

*(Just one of the delicious chicken recipes found in the ["Variety Plus" Low Carb Cookbook](#).)*

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Tofu, Beans and Grains</u></b>								
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
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	Blackeyed 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
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
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
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

**TIP:** Enjoy grains and rice in moderation once you have reached your goal weight. Choose wholegrain varieties, ie. brown rice instead of white rice.

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Nuts &amp; Seeds</u></b>								
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

**TIP:** Enjoy nuts and seeds – on their own, sprinkled on a salad or in a stir fry. A variety of studies have shown that nuts and peanuts, rich in monosaturated fats help to contribute to weight loss and are good for a healthy heart. They are rich in vitamin E, magnesium, folate, fibre, copper and arginine which all play a role in prevention of heart disease.

Nuts and seeds are convenient to carry around for a snack – just remember to measure your portions – so that you don't overeat.

## **Recipe**

### **Tabil Spice Mixture**

#### **Ingredients:**

1 ½ T caraway seeds  
 ¼ cup coriander seeds  
 2 dried red chilies

Roast the spices in a dry frying pan over medium heat until fragrant.  
 Cool and finely grind in a coffee grinder.

This recipe has minimal carbs - sprinkle on crackers, meats etc for flavor.

*(Another great recipe from the ["Variety Plus" Low Carb Cookbook.](#))*

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Cereals</u></b>								
1.00	cup	Corn Flakes	24.2	0.8	23.4	0.2	1.8	102
0.50	cup	Cream of Rice Cereal-Cooked	13.9	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

**TIP:** Many cereals are high in sugars and high in carbs. Opt for fibre rich, whole grain products with no added sugar.

### **Soups**

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

### **Pasta**

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

**TIP:** Pasta is high in carbs. You don't have to say goodbye to pasta for ever. Look for wholegrain or low carb varieties in your supermarket. Try to eat smaller servings and enjoy with a piece of your favourite protein and a small low carb salad.

### **Snacks**

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

**TIP:** STAY AWAY FROM THOSE SHOWN ABOVE! Carry low carb snacks with you so that you have something on hand to eat if you are hungry and you won't be tempted to eat something that will undo all your hard work. While low carb shakes and bars are very handy and should be used for convenience, don't forget real food – this can be carried for a great snack too; an apricot, nuts, block cheese, olives, hard boiled eggs, jerky, sliced cold meats, celery and cream cheese.

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Breads, Rolls &amp; Crackers</u></b>								
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	27.1	4.8	3.4	174
1.00	piece	Cornbread 2.5 x 2.5 x 1.5 pce	22.7	1.9	20.7	4.9	4.0	152
5.00	each	Crackers, butter-type	51.4	1.5	49.8	18.3	5.83	93
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	Pumpnickel 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

**TIP:** Opt for multigrain or wholewheat breads. Halve your carb count and have an open sandwich instead.

### **Tasty Protein Bread Recipe**

Total Yield: 7 carbs Serves: 8 slices @ .88 carbs

#### **Ingredients:**

¾ cup soy isolate  
 2 T powdered egg whites  
 2 pkts Splenda  
 2 t baking powder  
 pinch salt  
 5 T heavy cream  
 3 eggs, separated  
 dash cream of tartar  
 ¼ cup water  
 ¼ cup oil

Preheat oven 400°F. Spray 8" loaf pan.

Beat egg whites and cream of tartar until stiff. Mix egg yolks, cream, water and oil. Sift in dry ingredients and mix well with electric mixer. Fold in egg whites carefully. Gently spoon into prepared pan and smooth top slightly. Bake for 25 minutes or until bread pulls away from sides of pan and is nicely browned.

*This recipe has been taken from the ["Variety Plus" Low Carb Cookbook](#), where you will find lots more great bread and cracker recipes.*

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Baking Products</u></b>								
2.00	tbs	All Purpose White Flour	11.9	0.4	11.5	0.2	1.6	57
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

### **Pancakes, Waffles & French Toast**

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"	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

### **Desserts & Pastries**

1.00	piece	Cake, angelfood, 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 8" pie	53.3	1.4	52.0	9.8	1.7	303
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

**TIP:** You don't have to miss out on pancakes, French toast and dessert completely. However your best choice here is to make your own. There is a huge variety of puddings, dessert, muffins and more in the ["Variety Plus" Low Carb Cookbook](#).

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
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

**TIP:** These are fantastic for adding flavour to most foods. Keep a variety in your pantry, fridge or even better picked fresh from your garden.

## Recipe

### Scrumptious Chive Spread *(from the ["Variety Plus" Low Carb Cookbook](#))*

Total yield: 18 T One T has 0.3 gram of carbs.

#### **Ingredients:**

4 oz soft cream cheese  
 4 T (1/2 stick) soft butter  
 ½ cup chopped chives  
 1 t Worcestershire sauce  
 salt and freshly ground black pepper to taste

Combine cream cheese butter in a blender or food processor. Add chopped chives. Add Worcestershire sauce, salt and freshly ground black pepper to taste.

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Fruit &amp; Fruit Juices</u></b>								
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
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	cup	Grapefruit Juice-Canned-Unsweet	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

**TIP:** Dried fruits and fruit juices are much higher in carbs than their fresh counterparts. Eat whole fruits and get the added advantage of fibre. Berries are a great choice, being high in fibre and a relatively low carb count.

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Vegetables</u></b>								
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	Broccoflower	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 florets	4.4	2.9	1.5	0.5	2.0	25
1.00	each	Celery stalk (medium)	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 Cob	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
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 podded	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

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
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
1.00	each	Squash, zucchini	5.7	2.4	3.3	0.3	2.3	27
0.5	each	Sweet potato (medium)	13.8	1.7	12.1	1.0	0.1	62
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, sundried, oilpacked	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

**TIP:** Enjoy eating a huge range of vegetables! Just remember to choose wisely. Vegetables are power packed with phytonutrients and fiber. When chosen correctly they can have a relatively low calorie and carbohydrate count.

### Roasted Asparagus Recipe

Don't expect this asparagus to be green and crunchy. It will be browned, soft and sweetly delicious. It needs nothing more than a sprinkling of coarse-grained salt.

Serves: 6 Total Carbs: 41 Carbs per Serving: 6.8

#### **Ingredients:**

2 lbs. thick asparagus  
 1 T olive oil  
 coarse salt  
 lemon wedges

Preheat the oven to 450°F (227°C). Snap or cut off the fibrous ends of the asparagus and discard. Place the asparagus in a bowl and toss with the olive oil. Spread it out in a single layer onto a thick, rimmed baking sheet. Roast the asparagus, shaking the pan occasionally, until tender and browned, about 10-15 minutes. Sprinkle with the salt. Transfer to a heated platter and garnish with the lemon wedges.

*This recipe is from the ["Variety Plus" Low Carb Cookbook.](#)*

Food Item			Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein	Calories
<b><u>Alcohol</u></b>								
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
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

**TIP:** Your body will burn alcohol for fuel when alcohol is available (so it will not be burning fat). Alcohol can still be enjoyed occasionally, just remember to count the carbs. Choose mixers such as seltzer, diet tonic and non-aspartame diet sodas, which do not contain sugar.

*This Carbohydrate Gram Counter is a gift for you from ....*



[Click here to purchase the "Variety Plus" Low Carb Cookbook](#)