QUICK-VIEW FOOD GUIDE 148 LOW CARB FOODS

VEGETABLES

Alfalfa Sprouts - .4 grams per cup Daikon – 1 gram per 1/2 cup Endive - >1 gram per ounce Escarole - >1 gram per ounce Arugula - .2 grams per 1/2 cup Bok Choy - .8 grams per 1 cup/raw Celery - .8 grams per 1 stalk Chicory Greens - .6 grams per 1/2 cup Green Onions - .1 per 1 tablespoon Cucumber - 1 gram per 1/2 cup sliced Fennel - 3.6 grams per 1 cup Iceberg Lettuce - .1 grams per 1/2 cup Jicama - 2.5 grams per 1/2 cup Parsley - >1 gram per ounce Bell Peppers - 2.3 grams per 1/2 cup Radicchio - .7 grams per 1/2 cup Radishes - .9 grams per 10 pieces Romaine Lettuce - .2 grams per 1/2 cup Artichoke (1/4 Steamed) – 4 grams Artichoke Hearts In Water - 2 grams per 1 heart Asparagus - 2.4 grams per 6 spears Bamboo Shoots - 1.1 grams per 1 cup Broccoli - 1 gram per 1/2 cup Brussels sprouts - 2.4 grams per 1/4 cup Cabbage - 2 grams per 1/2 cup Cauliflower - 2 grams per 1 cup Chard - 1.8 grams per 1/2 cup Collard Greens - 4.2 grams per 1/2 cup Eggplant - 1.8 grams per 1/2 cup Hearts of Palm - .7 grams per 1 heart Kale - 2.4 grams per 1/2 cup Kohlrabi - 4.6 grams per 1/2 cup Leeks - 1.7 grams per 1/4 cup Mushrooms – 1 gram per 1/2 cup Okra - 2.4 grams per 1/2 cup Black Olives (10 small, 5 large, or 3 jumbo olives) - 1 gram Onions - 2.8 grams per 1/4 cup Pumpkin - 2.4 grams per 1/4 cup Sauerkraut - 1.2 grams per 1/2 cup Spinach - .2 grams per 1/2 cup Summer Squash - 2 grams per 1/2 cup Tomato (1 medium) - 4 grams



MEAT/FISH POULTRY

Zero Carb Foods All Red Meat

Chicken Turkey Pork Veal Lamb Fowl (duck, goose, hen, quail) Organ Meats (tongue, brains, liver, heart, and kidneys)

SEAFOOD

Shrimp – 0 Carbs

Crawfish - 0 Carbs

Crab - 0 Carbs

Lobster – 2 grams per 6 ounces Mussels – 8.4 per 6 ounces Oysters - 12.4 per 6 ounces Scallops – 3.9 per 6 ounces Clams – 8.7 grams per 6 ounces

ZERO CARB DRINKS

Water

Unsweetened Tea

Unsweetened Coffee

Club Soda



Sugar Free Sparkling Water No-Calorie Flavored Seltzers Herbal Tea (without added barley or fruit sugars)

Game Meats (ostrich, venison, caribou, bison, and elk) Exotic Meats (such as ostrich and emu) Cold Cuts and Bacon (read label some

have added sugar)

CHEESE/DAIRY Egg White - .3 grams Egg Yolk - .3 grams Whole Egg - .6 grams



Heavy Cream - .5 to .7 grams per tablespoon Half-and-Half - .5 to 1 grams per tablespoon Plain Full Fat Greek Yogurt - 9 grams per cup Full Fat Sour Cream (4 tbsp.) - 2 grams Unsweetened Almond Milk – >1 gram per cup Squid – 7 grams per 6 ounces

FRUITS

Limes – 2 grams per 1 ounce Lemons – 2 grams per 1 ounce Rhubarb - 1.7 grams per 1/2 cup Avocado – 4.8 grams each Apricots – 5 grams per fruit Strawberries – 11 grams per cup Blackberries - 7 grams per cup Raspberries – 5 grams per cup Red Grapefruit - 9 grams per 1/2 fruit

FATS AND DRESSINGS

Grass Fed Butter - 0 Carbs 🍃

NUTS/SEEDS



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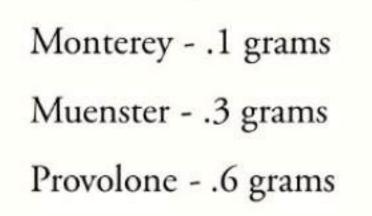
Almonds (2 tbsp. whole) - 1.4 grams Peanuts (2 tbsp.) - 1.8 grams Hazelnuts (2 tbsp. chopped) - 1 gram Macadamia Nuts (2 tbsp. chopped) -.9 grams Pecans (2 tbsp. chopped) - .6 grams Pine Nuts (2 tbsp.) - 1.7 grams Pistachio Nuts (2 tbsp.) - 3.1 grams Walnuts (2 tbsp. chopped) - 1.1 grams Pumpkin Seeds - 5 grams per ounce Sunflower Seeds (2 tbsp.) - 1.5 grams Almond Butter - 3 grams per tablespoon Peanut Butter – 2.4 grams per tablespoon



Cheeses In 1 Ounce Portions

Gruyère Cheese - .1 grams Cheddar - .5 gram Fontina - .4 grams Havarti - .7 grams Parmesan - .9 grams

Gouda - .6 grams Mozzarella - .6 grams Ricotta - .8 grams Blue Cheese - 1 gram Edam - .4 grams



Mayonnaise - 0 Carbs

Oils - 0 Carbs

(olive, avocado, and coconut oils for general use. Cold-pressed or expellerpressed canola, peanut, and grapeseed oils are good for stir-fries) Blue Cheese Dressing (2 tbsp.) -2.3 grams Italian Dressing (2 tbsp.) – 3 grams

Cesar Dressing (2 tbsp.) - .5 grams Ranch Dressing (2 tbsp.) – 1.4

grams

100 Island Dressing (2 tbsp.) - 4.8

grams

HERBS/SPICES

All Herbs And Spices Have Very Few Carbs

MISCELLANEOUS

Shirataki Noodles – 0 Carbs White Vinegar – 0 Carbs Balsamic Vinegar – 0 Carbs Red Wine Vinegar – 0 Carbs Rice Vinegar (seasoned) 3 grams per tbsp. Soy Sauce - 1 gram per tablespoon Mustard - 0 Carbs Unflavored, powdered gelatin (use as a binder in recipes) – 0 Carbs Most Hot Sauces – 0 Carbs Turkey or Beef Jerky (not teriyaki flavor) -3 grams per ounce Kale Chips - 8-12 grams per ounce Coconut Flakes - 4 grams per ounce Pickles - 1 gram per pickle



Cherry Tomatoes - 4 grams per cup Turnips - 2.2 grams per 1/2 cup

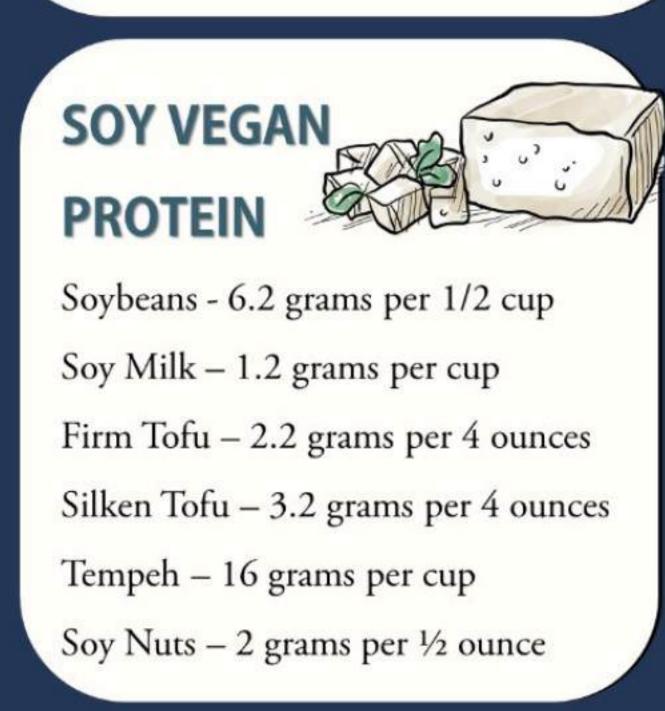
Neufchatel - .1 to .8 grams

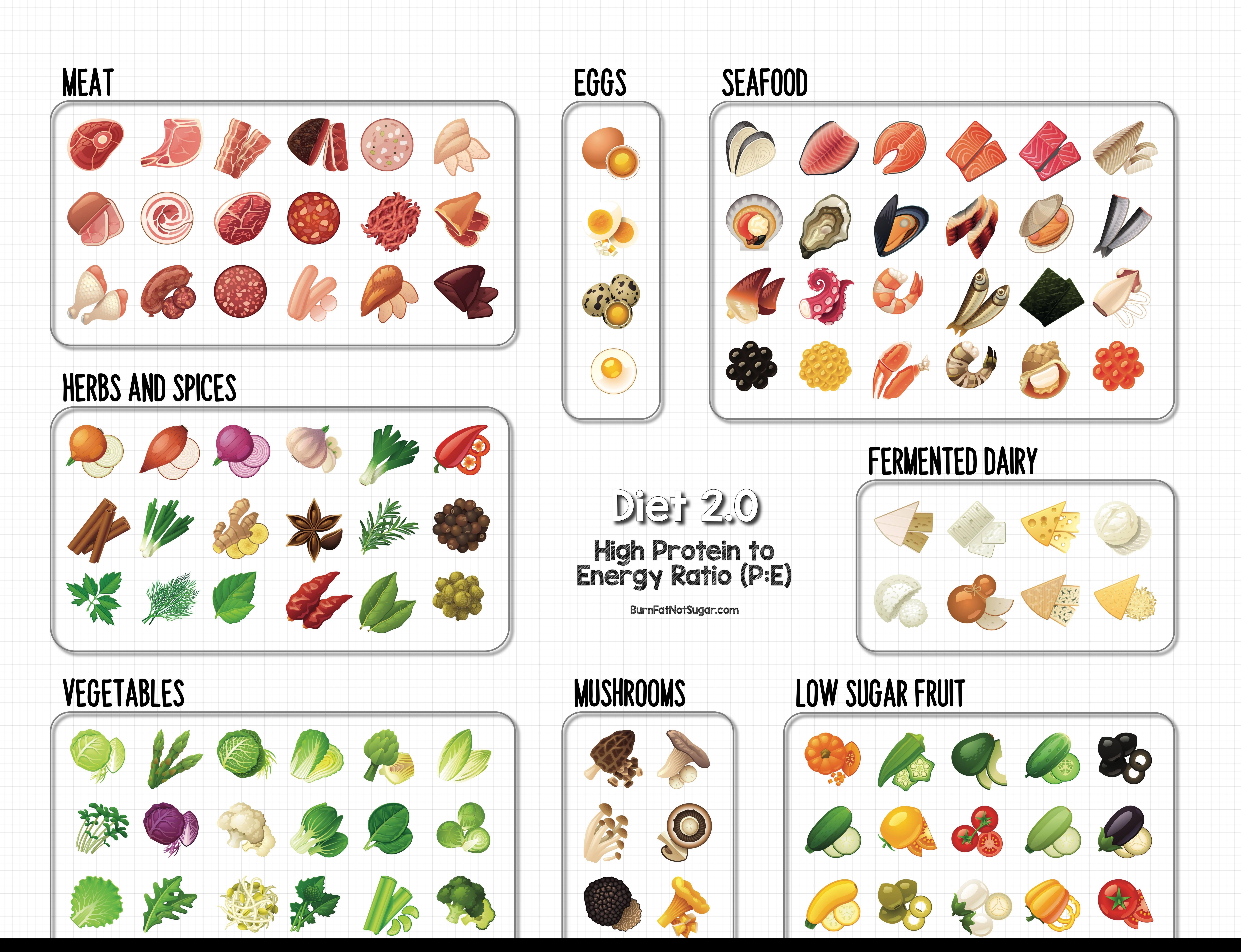


ZERO CARB ALCOHOLIC DRINKS

Gin 🔶 Rum 🔶 Vodka 🔶 Whiskey 🔶 Martini 🔶 Tequila











Carrot 7

Parsnip 13



















Quinoa 18

Fewer carbs





Celery 1

Cucumber 3



Low-carb dip sauce 0-5





Carrot 7

Pepper, green 3 red 4 yellow 5



Cream cheese 4





Chocolate 56

Cookies 58









Fewer carbs

Blackberry 5



Blueberry 12



Watermelon 7

Clementine 10

Coconut (meat) 6

Lemon 6

Fewer carbs

Cantaloupe 7

Peach 8

Orange 9

Plum **10**











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Bloody Mary 7









Tequila shot **0**



Vodka & soda water **0** aka "Skinny Bitch"

Fewer carbs



Cosmopolitan 13



White Russian 17





Margarita **8**



Gin & Tonic 16



Vodka & orange juice 28





Fewer carbs

























Hazelnut 7



Walnut 7



Peanut 8



Pecan 4

Macadamia 5





Almond 9





Pistachio 15







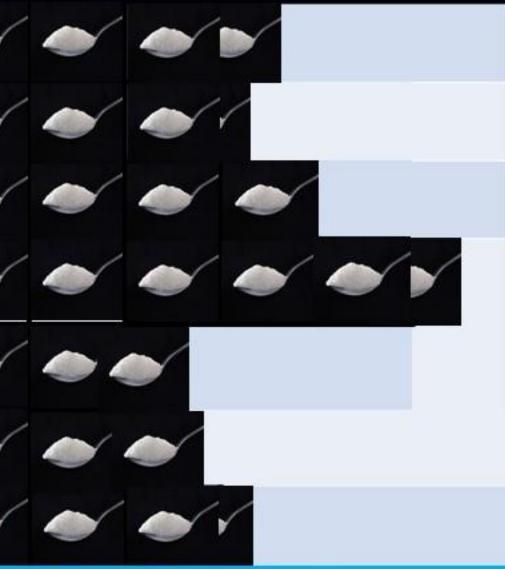


The Glycaemic Index helps predict how these bread types might effect blood glucose – important information if you have type 2 diabetes

			9		-
Type of bread	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How bloo teas	d glu
White	71	30	10	3.7	۲
Brown	74	30	9	3.3	۲
Rye ,69% whole-grain rye flour	78	30	11	4.0	۲
Wholegrain barley, 50% barley	85	30	15	5.5	۲
Wholemeal, stone ground flour	59	30	7	2.6	۲
Pita, wholemeal	56	30	8	2.9	۲
Oatmeal batch	62	30	9	3.3	۲

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP

es one small 30g slice effect ucose compared to 4g ns of table sugar?

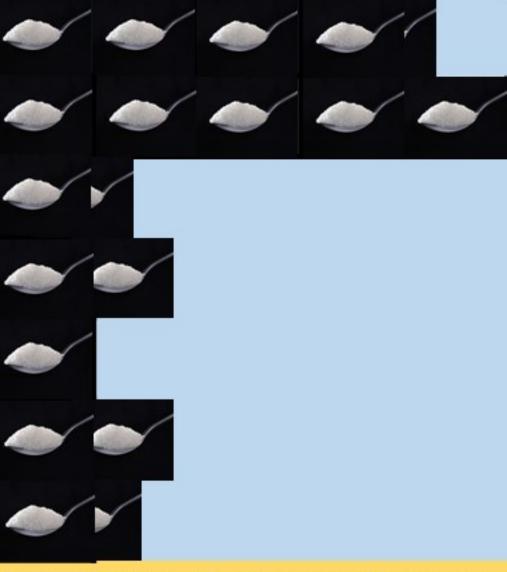


The Glycaemic Index helps predict how these breakfasts might effect blood glucose, important information if you have type 2 diabetes

Cereal	Glycaemic Index	Serve size		does pareo			
Coco Pops	77	30 g	7.3	•	•	<i>`</i>	-
Cornflakes	93	30 g	8.4	•	•		-
Mini Wheats	59	30 g	4.4	•	-	•	-
Shredded Wheat	67	30 g	4.8	-	•		-
Special K	54	30 g	4.0	•	•	-	-
Bran Flakes	74	30 g	4.8	-	•	-	-
Oat porridge	63	150 ml	4.4	-	-		-

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP

al effect blood glucose spoons of table sugar?



FOOD ITEM	G INDEX	SERVE SIZE g		does each food affect blood glue one 4g teaspoon of table sugar?
Basmati rice	69	150	10.1	
Potato - white, boiled	96	150	9.1	
French fries baked	64	150	7.5	
Spaghetti – white boiled	39	180	6.6	
Sweetcorn boiled	60	80	4.0	
Frozen peas boiled	51	80	1.3	-
Banana	62	120	5.7	
Apple	39	120	2.3	
Wholemeal, small slice	74	30	3.0	
Broccoli	54	80	0.2	Other foods in range would b
Eggs	0	60	0	almonds, mus

icose compared

From Unwin et al. It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes The glycaemic index revisited. Journal of Insulin Resistance Aug 2016

n the very low glycaemic be chicken, oily fish, shrooms and cheese

The Glycaemic Index helps predict how these fruits might effect blood glucose important information if you have type 2 diabetes

Type of fruit	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How bloo teas	d glu
Banana	62	120	16	5.9	۲
Grapes, black,	59	120	11	4.0	۲
Apple, Golden Delicious	39	120	6	2.2	•
Watermelon, fresh	80	120	5	1.8	۲
Nectarines, fresh	43	120	4	1.5	۲
Apricots, fresh	34	120	3	1.1	۲
Strawberries, fresh	40	120	1	0.4	

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP

es 120g of each fruit effect ucose compared to 4g ns of table sugar?



A healthy breakfast: cereals, toast, fruit juice?

Food item	Serving size in g/ml	com	does each food a pared with one 4g
Corn flakes	30	8.4	
Milk	125	1	
Brown toast, 1 slice	30	3	
Pure Apple juice	200	8.6	

Total for breakfast 21 teaspoons

Useful information for those with T2Diabetes making dietary choices

*As per calculations derived from the glycaemic index. To be found in: *It's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity* Journal of Insulin Resistance 2016. Unwin et al

fruit juice? affect blood glucose g teaspoon



poons king dietary choices glycaemic response to, not the ulin Resistance 2016. Unwin et al

Public Health Collaboration			Informing Healthy Decisions Find out more @ www.PHCuk.org/sugar
Food Item	Glycaemic Index	Serving Size	How does each food item affect blood glucose compared with one 4g teaspoon of table sugar?
Wholegrain Barley Bread	85	30g	5.5
Special K Cereal	54	30g	4.0
White Bread	71	30g	3.7
Brown Bread	74	30g	3.3
Broccoli	54	80g	0.2
Eggs	0	60g	0

Public HealthCollaboration			Informing Healthy Decisions Find out more @ www.PHCuk.org/sugar
Food Item	Glycaemic Index	Serving Size	How does each food item affect blood glucose compared with one 4g teaspoon of table sugar?
Basmati rice	69	150g	10.1
White potato	96	150g	9.1
Pure Apple Juice	41	200ml	8.6
Cornflakes	93	30g	8.4
Coco pops	77	30g	7.3
Banana	62	120g	5.9

	ublic He ollabor		Informing Healthy Decisions Find out more @ www.PHCuk.org/sugar
Food Item	Glycaemic Index	Serving Size	How does each food item affect blood glucose compared with one 4g teaspoon of table sugar?
Basmati rice	69	150g	
White potato (Boiled)	96	150g	9.1
Pure Apple Juice	41	200ml	8.6
Cornflakes	93	30g	8.4
French Fries (Baked)	64	150g	7.5
Coco pops	77	30g	7.3
Spaghetti (White Boiled)	39	180g	6.6
Banana	62	120g	5.9
Wholegrain Barley Bread	85	30g	5.5
Bran Flakes	74	30g	4.8
Sweetcorn (Boiled)	60	80g	4.0
Special K Cereal	54	30g	4.0
White Bread	71	30g	3.7
Wholemeal (Small Slice)	74	30g	3.0
Broccoli	54	80g	0.2
Eggs	0	60g	0