

# Appendix



## Nutrient Counter

This table lists the number of grams of energy producing nutrients—net carbohydrate, fat, and protein—as well as the caloric content of a variety of basic foods. Net carbohydrate is the carbohydrate in foods that provides calories and affects blood sugar. It is derived by subtracting the fiber content from the total carbohydrate content of each food.

The information in this table is derived primarily from databases of nutritive values of foods published by United States Department of Agriculture (USDA). There are many factors that can influence the amounts of nutrients in foods, including the climate and growing conditions, the method of processing, genetics, the diet of animals, the type of fertilizers used on crops, the season of the year, methods of analysis, methods of storage, and methods of cooking. The values reported in the USDA databases are often presented as single numbers, when in reality, the numbers are actually an average of a range of values based on the samples analyzed. As a consequence, nutrient values reported in various reliable sources may differ slightly. This is why you may see different values for the same type of food from separate sources.

Some nutrient tables list values to the tenth of a gram. This gives the appearance of a highly precise measurement, but in reality gives a false impression of accuracy. All nutrient values are averages and can differ from one source to another by as much as several grams. Therefore, nutrient tables that report values to a tenth of a gram can be misleading and make calculating total nutrient intake more cumbersome without any additional accuracy.

All nutritive values listed in this table are given to the nearest half gram as reported on the USDA databases. Values for many foods not found in this list, including prepared, packaged foods and popular restaurant foods may be found at [www.calorieking.com](http://www.calorieking.com).

<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
<b>Vegetables</b>					
Alfalfa sprouts	1 cup/33 g	0.5	1	0	11
Artichoke, boiled	1 medium/120 g*	6.5	5.5	0.5	86
Arugula	1 cup/20 g	0.5	0	0.5	5
Asparagus, raw	4 spears/1 cup/60 g	2	0	2	15
Avocado (Haas)	1 each/173 g*	3.5	28	4	282
Bamboo shoots, canned	1 cup/131 g	2.5	0.5	2	23
Beans, boiled, drained					
black	1 cup/172 g	26	1	15	173
black-eyed peas	1 cup/172 g	15	1	13	121
garbanzo (chickpeas)	1 cup/164 g	34	4	15	232
great northern	1 cup/177 g	26	1	15	173
green beans, fresh	1 cup/100 g	7	0	2	40
kidney	1 cup/170 g	27	1	14	173
lentils	1 cup/198 g	30	1	18	201
lima	1 cup/172 g	24	1	14	161
navy	1 cup/182 g	32	1	16	201
pinto	1 cup/898 g	24	1	14	161
soybeans	1 cup/172 g	12	15	29	298
Bean sprouts (mung)					
boiled	1 cup/124 g	2	0	3	20
raw	1 cup/104 g	3	0	3	24
Beets (sliced), raw	1 cup/170 g	8	0	1	36
Beet greens, boiled	1 cup/144 g	5	0	4	36
Broccoli, raw, chopped	1 cup/88 g	2	0	3	20
Brussels sprouts, boiled	1 cup/156 g	8	1	6	65
Cabbage, green, shredded					
cooked	1 cup/150 g	3	0.5	1	20
raw	1 cup/70 g	2	0	0.5	10
Cabbage, red, shredded					
cooked	1 cup/150 g	3	0	1	16
raw	1 cup/70 g	2	0	1	12
Chinese cabbage (bok choy)					
cooked	1 cup/170 g	1	0	2.5	14
raw	1 cup/170 g	1	0	1	8
Carrot					
boiled, chopped	1 cup/156 g	10	0	1.5	46
raw, whole	1 medium/72 g	5	0	0.5	22
raw, shredded	1 cup/110 g	8	0	2	40
juice	1 cup/246 g	18	1	2	89

\*The amount indicated is for the edible portion, less skin, core, pit, seeds, etc.

<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
Cauliflower					
boiled	1 cup/124 g	1.5	0.5	2	19
raw, chopped	1 cup/100 g	2.5	0	2	18
Celery					
raw, whole	8 in long/40 g	1	0	0	6
raw, diced	1 cup/120 g	2	0	0.5	10
Chard					
boiled	1 cup/175 g	3.5	0	3	26
raw	1 cup/36 g	1.5	0	0.5	7
Chives, chopped	1 tbsp/6 g	0	0	0	1
Collards					
boiled, drained	1 cup/190 g	4	0.5	4	36
raw	1 cup/37 g	0.5	0	1	6
Cucumber, sliced					
raw with peel	1 cup/119 g	3	0	0	14
Daikon, raw	4 in/10 cm long	6	0	2	33
Eggplant, raw	1 cup/82 g	2	0	1	12
Escarole, raw	1 cup/50 g	0.5	0	1	6
Garlic, raw	1 clove	1	0	0	4
Jerusalem artichoke, raw	1 cup/150 g	24	0	3	104
Jicama, raw	1 cup/130 g	5	0	1	24
Kale, chopped, boiled	1 cup/130 g	3	1	3	33
Kelp, raw	1 oz/28 g	2	0	1	12
Kohlrabi					
cooked, sliced	1 cup/140 g	7	0	2	36
raw, sliced	1 cup/165 g	9	0	3	48
Leeks, raw	1 cup/104 g	13	0	2	60
Lettuce					
butterhead	2 leaves/15 g	0	0	0	1
iceberg	1 wedge/135 g	1	0	1	8
iceberg, shredded	1 cup/56 g	0.5	0	0.5	4
loose leaf, chopped	1 cup/56 g	0.5	0	0.5	4
romaine, chopped	1 cup/56 g	0.5	0	0.5	4
Mushrooms (button)					
boiled	1 cup/156 g	4	0.5	3.5	34
raw, sliced	1 cup/70 g	2.5	0	2.5	20
raw	3 mushrooms	1	0	1	9
Mustard greens					
raw	1 cup/60 g	1	0	1.5	10
boiled	1 cup/140 g	0.5	0	3	14
Okra, raw, sliced	1 cup/184 g	12	0	4	64

<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
Onion					
raw, sliced	1 cup/115 g	8	0	1	36
raw, chopped	1 cup/160 g	11	0	2	52
raw, whole medium	2.5 in/6.4 cm dia	10	0	1	46
Parsley					
raw, chopped	1 tbsp/4 g	0	0	0	1
Parsnips					
raw, chopped	1 cup/110 g	17.5	0.5	1.5	80
Peas					
edible-pod, cooked	1 cup/160 g	7	0.5	5.5	54
green, boiled	1 cup/160 g	7	0	4	44
split, boiled	1 cup/196 g	31	1	16	197
Peppers					
hot red chili, raw	½ cup/68 g	3	0	1	17
jalapeno, canned	½ cup/68 g	1	0	1	8
sweet (bell), raw,	1 cup/50 g	2	0	1	10
sweet (bell), raw	1 medium	4	0	1	20
Potatoes					
baked, with skin	1 medium/202 g	46	0	5	204
baked, without skin	1 medium/156 g	32	0	3	140
mashed, with milk	1 cup/210 g	34	1	4	162
hash brown					
cooked in oil	1 cup/156 g	41	18	5	344
Pumpkin, canned	1 cup/245 g	15	0.5	2.5	75
Radish, raw	10 radishes/45 g	1	0	0	7
Rhubarb, raw, copped	1 cup/122 g	3.5	0	1	18
Rutabaga, chopped,					
cooked	1 cup/170 g	12	0	2	58
Sauerkraut, canned					
with liquid	1 cup/236 g	6	0	2	32
Scallions					
raw, chopped	½ cup/50 g	3	0	1	16
raw, whole	4 in/10 cm long	1	0	0	5
Shallots, raw, minced	1 tbsp/10 g	1	0	0	7
Spinach					
cooked, drained	1 cup/180 g	3	0	5	32
raw, chopped	1 cup/56 g	1	0	2	13
Sprouts, see Alfalfa					
Squash, summer varieties					
crookneck, raw, sliced	1 cup/180 g	5	1	2	36
scallop, raw sliced	1 cup/113 g	3	0	1	18
zucchini, raw sliced	1 cup/180 g	3	0	1	16

<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
<b>Squash, winter varieties</b>					
acorn, baked, mashed	1 cup/245 g	29	0	3	128
butternut, baked, mashed	1 cup/245 g	19	0	2	84
Hubbard, baked, mashed	1 cup/240 g	20	1	6	113
spaghetti, baked	1 cup/155	6	0	1	28
Sweet potato, baked	1 med, 4 oz/114 g	25	0	2.5	110
<b>Taro</b>					
root, cooked, sliced	1 cup/104 g	24	0	2	104
leaves, raw, chopped	1 cup/28 g	1	0	1	9
Tofu	½ cup/126 g	1	5	10	88
<b>Tomato</b>					
cooked/stewed	1 cup/240 g	10	1	3	61
raw, chopped	1 cup/180 g	5	0	2	28
raw, sliced	0.25 in/0.6 cm thick	1	0	0	4
raw, whole	1 med, 4.3 oz/123 g	4	0	1	22
raw	1 lg, 6.4 oz/181 g	5	0	2	28
cherry	2 med, 1.2 oz/34 g	1	0	0	6
Italian	1 med, 2.2 oz/62 g	2	0	1	11
juice	1 cup/244 g	8	0	2	42
paste	½ cup/131 g	19	1	5	105
sauce	½ cup/122 g	7	0	3	40
Turnips, raw	1 med	6	0	1	28
Turnip greens, raw	1 cup/55g	1.5	0	0.5	12
Water chestnuts, sliced	½ cup/70 g	7	0	0.5	30
Watercress, raw chopped	½ cup/17 g	0	0	0	2
Yam, baked	1 cup/150 g	36	0	2	152
<b>Fruit</b>					
<b>Apples</b>					
raw	1 each/138 g*	18	0	0.5	76
juice	1 cup/248 g	29	0	0	116
applesauce, unsweetened	1 cup/244 g	24	0	0	98
<b>Apricots</b>					
raw	1 each	3	0	0.5	16
canned, in syrup	1 cup/258 g	51	0	1.5	213
Banana	1 each/114 g*	25	0.5	1	109
Blackberries, fresh	1 cup/144 g	8	1	1	45
Blueberries, fresh	1 cup/145 g	17	1	1	83

<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
Boysenberries, frozen	1 cup/132 g	9	0	1	40
Cantaloupe	½ each/267 g	19	1	2	94
Cherries, sweet, raw	10 each/68 g	9.5	0	0.5	40
Cranberry					
Raw	1 cup/95 g	7	0	0	44
Sauce, whole berry canned	1 cup/277 g	102	0	1	410
Dates, raw					
whole without pits	10 each/83 g	54	0	2	228
chopped	1 cup/178 g	116	1	4	489
Elderberries, raw	1 cup/145 g	16.5	0.5	1	75
Figs	10 each/187 g	101	2	6	446
Gooseberries, raw	1 cup/150 g	9	1	1	49
Grapefruit, raw	1 half/91 g	7	0	1	34
Grapes					
Thompson seedless	10 each/50 g	8	0	0	35
American (slip skin) juice, canned	10 each/50 g	4	0	0	18
juice, from frozen concentrate	1 cup/236 ml	37	0	0	150
frozen concentrate	1 cup/236 ml	31	0	0	126
Honeydew	1 cup/6 oz/170 g*	14	0	1	60
Kiwi, raw	1 each/76 g*	8	0.5	1	38
Lemon, raw	1 each	4	0	0.5	18
Lemon Juice	1 tbsp/15 ml	1	0	0	4
Lime, raw	1 each	3	0	0	12
Lime Juice	1 tbsp/15 ml	1	0	0	4
Loganberries, frozen	1 cup/147 g	11	0.5	2	57
Mandarin orange					
canned, juice pack	1 cup/250 g	22	0	1.5	94
canned, light syrup	1 cup/250 g	39	0	1	160
Mango, raw	1 each/207 g*	28	1	1	125
Mulberries, raw	1 cup/138 g	11	0.5	2	57
Nectarines, raw	1 each/136 g*	13	0.5	1.5	63
Olives					
black	10 each	2	4	0	44
green	10 each	1	5	0	49
Oranges, raw	1 each/248 g*	12	0	1	52
Juice, fresh	1 cup/236 ml	25	0.5	1.5	110
Juice, from frozen concentrate	1 cup/236 ml	27	0	12	115
Papayas, raw, sliced	1 cup/140 g*	12	0	1	52

\*The amount indicated is for the edible portion, less skin, core, pit, seeds, etc.

<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
<b>Peaches</b>					
raw, whole	1 each/87 g*	8	0	1	37
raw sliced	1 cup/153 g	14	0.5	1.5	66
canned, heavy syrup	1 cup/256 g	48	0	1	196
canned, juice packed	1 cup/248 g	26	0	2	112
<b>Pears</b>					
raw	1 each/166 g*	20	0.5	1	89
canned, heavy syrup	1 cup/255 g	45	0	1	184
canned, juice packed	1 cup/248 g	28	0	1	116
Persimmon, raw	1 each	8.5	0	0	34
<b>Pineapple,</b>					
fresh, cubed	1 cup/155 g	17	1	1	81
crushed/cubed, packed in heavy syrup	1 cup/255 g	50	0	1	204
crushed/cubed, juice packed	1 cup/250 g	37	0	1	152
Plantains, cooked, sliced	1 cup/154 g*	41	0	1	168
Plums, raw	1 each/66 g*	7.5	0	0.5	34
<b>Prunes</b>					
dried	10 each/84 g	45	0	2	188
juice	1 cup/236 ml	42	0	2	176
Raisins	1 cup/145 g	106	1	5	431
Raspberries, raw	1 cup/123 g	6	0.5	1	33
<b>Strawberries</b>					
raw, whole	1 each	1	0	0	3
raw, halves	1 cup/153 g	8	0	1	36
raw, sliced	1 cup/167 g	9	0	1	41
Tangerines, fresh	1 each/84 g*	7.5	0	0.5	32
<b>Watermelon</b>					
sliced	1 inch/2.5 cm	33	0.5	3	149
balls	1 cup/160 g	11	0	1	47
<b>Nuts and Seeds</b>					
<b>Almonds</b>					
sliced or slivered	1 cup/95 g	9	47	20	539
whole	1 oz/28 g	3	15	6	171
almond butter	1 tbsp/16 g	2	9	2	97
Brazil nuts	1 oz/28 g	1.5	19	4	193
<b>Cashew</b>					
halves and whole	1 cup/137 g	37	63	21	799
whole	1 oz/28 g	6	14	5	170
cashew butter	1 tbsp/16 g	3	8	3	94

<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
<b>Coconut</b>					
fresh	2 x 2 in/5 x 5 cm	2	15	2	153
fresh, shredded	1 cup/80 g	3	27	3	267
dried, unsweetened	1 cup/78 g	7	50	5	498
dried, sweetened	1 cup/93 g	35	33	3	449
<b>Filberts (hazelnuts)</b>					
whole	1 oz/28 g	2	18	4	186
whole	1 cup/118 g	11	72	15	752
<b>Macadamia</b>					
whole	1 oz/28 g	1.5	22	2	212
whole or halves	1 cup/134 g	7	102	10.5	988
<b>Peanuts</b>					
oil roasted	1 cup/144 g	14	71	38	846
oil roasted	1 oz/28 g	3	14	7	164
peanut butter	1 tbsp/16 g	2	8	4	94
<b>Pecans</b>					
halves, raw	1 cup/108 g	5	73	8	709
halves, raw	1 oz/28 g	3	19	2	191
<b>Pine nuts</b>					
whole	1 oz/28 g	3	17	3	177
<b>Pistachio</b>					
Whole, roasted	1 oz/28 g	6	14	6	174
Whole, roasted	1 cup/128 g	21	68	19	772
<b>Pumpkin seeds</b>					
whole	1 oz/28 g	3	12	9	154
whole	1 cup/227 g	11	50	39	650
<b>Sesame seeds</b>					
whole	1 tbsp/9.5 g	1	4.5	1.5	51
sesame butter (tahini)	1 tbsp/15 g	2	8	3	92
Soy nuts, roasted	1 oz/28 g	5	5	9	101
<b>Sunflower seeds</b>					
whole, hulled	1 tbsp/8.5 g	1	4	2	47
<b>Walnuts</b>					
Black	1 oz/28 g	1	16	7	176
black, chopped	1 cup/125 g	4	71	30	775
English	1oz/28 g	3	18	4	190
English, chopped	1 cup/120 g	8	74	17	766
<b>Grains and Flours</b>					
Amaranth, whole grain	1 cup/192 g	100	13	28	629
Arrowroot flour	1 tbsp/8.5 g	7	0	0	27



<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
<b>Barley</b>					
pearled, uncooked	1 cup/200 g	127	2	16	590
pearled, cooked	1 cup/157 g	40	1	4	183
flour	1 cup/124 g	95	2	15	458
<b>Buckwheat</b>					
whole grain	1 cup/175 g	112	4	23	576
flour	1 cup/98 g	73	4	15	388
<b>Bulgur</b>					
whole grain, cooked	1 cup/182 g	23	0	6	116
flour	1 cup/140 g	75	2	17	386
Coconut flour	1 cup/114 g	24	16	24	336
<b>Corn</b>					
whole kernel	1 cup/210 g	38	1	5	181
ear, small	6 in/15 cm long	12	1	3	69
ear, medium	7 in/18 cm long	15	1	3	81
ear, large	8.5 in/22 cm long	23	2	5	90
grits, uncooked	1 cup/156 g	122	2	14	562
grits, cooked with water	1 cup/240 g	30	1	3	140
cornmeal, dry	1 cup/122 g	81	4	10	400
corn starch	1 tbsp/8.5 g	7	0	0	28
popcorn, air popped	1 cup/8.5 g	5	0	1	24
hominy, canned	1 cup/260 g	20	2	2	106
<b>Millet</b>					
uncooked	1 cup/200 g	129	7	22	667
cooked	1 cup/240 g	54	2	8	266
<b>Oats</b>					
oatmeal, cooked	1 cup/234 g	21	2	6	126
oatmeal, uncooked	1 cup/100 g	46	5	11	269
oat bran, uncooked	¼ cup/25 g	13	2	4	86
<b>Quinoa</b>					
uncooked	1 cup/170 g	98	10	24	578
cooked	1 cup/184 g	34	4	8	204
<b>Rice</b>					
brown, cooked	1 cup/195 g	42	2	5	206
white, cooked	1 cup/205 g	56	1	6	257
instant, cooked	1 cup/165 g	34	1	3	157
wild rice, cooked	1 cup/164 g	32	1	4	153
brown rice flour	1 cup/159 g	114	4	11	536
white rice flour	1 cup/159 g	123	2	9	546
Rye flour	1 cup/102 g	64	2	10	314
Semolina flour, enriched	1 cup/167 g	115	2	21	562

<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
Soy flour	1 cup/88 g	24	6	41	314
Tapioca					
pearl dry	1 cup/152 g	133	0	3	544
flour	1 tbsp/8 g	7	0	0	26
Wheat					
white, flour	1 cup/128 g	92	1	13	429
white, flour	1 tbsp/8 g	6	0	1	28
whole wheat flour	1 cup/120 g	72	2	16	370
whole wheat flour	1 tbsp/7.5 g	5	0	1	24
wheat bran	½ cup/30 g	11	1	5	73
<b>Bread and Baked Goods</b>					
Bagels					
white enriched	1 ea (3.7 oz/105 g)	57	2	12	294
whole grain	1 ea (4.5 oz/128 g)	64	3	14	339
Bread					
rye	1 slice	13	1	3	73
whole wheat	1 slice	11	1	4	69
white	1 slice	12	1	2	65
raisin bread	1 slice	13	1	2	69
hamburger bun	1 roll	20	2	4	114
hot dog bun	1 roll	20	2	4	114
hard/Kaiser roll	1 roll	29	2	6	158
Crackers					
Saltine	1 each	2	0	0	9
wheat	1 each	1	0	0	5
cheese	1 each	1	0	0	5
English muffin	1 each	24	1	4	121
Pancake	1 ea (4 in/10 cm dia)	13	5	3	108
Pita					
white	1 each	32	1	5	157
whole wheat	1 each	31	2	6	166
Tortilla					
corn	1 ea (6 in/15 cm)	11	1	2	61
flour	1 ea (8 in/20 cm)	22	4	4	140
flour	1 ea (10.5 in/27 cm)	34	5	6	205
Wonton wrappers	1 ea (3.5 in/9 cm)	5	0	1	23
<b>Pasta</b>					
Macaroni, cooked					
white, enriched	1 cup/140 g	38	1	8	193

<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
whole wheat corn	1 cup/140 g	35	1	8	181
	1 cup/140 g	32	1	4	153
<b>Noodles, cooked</b>					
cellophane (mung bean)	1 cup/190 g	39	0	1	160
egg	1 cup/160 g	36	2	8	194
soba	1 cup/113 g	19	0	6	100
rice	1 cup/175 g	42	0	2	176
<b>Spaghetti, cooked</b>					
white, enriched	1 cup/140 g	38	1	7	189
whole wheat	1 cup/140 g	32	1	7	165
corn	1 cup/140 g	32	1	4	153
<b>Dairy</b>					
Almond milk	1 cup/236 ml	7	3	1	59
Butter	1 tbsp/14 g	0	12	0.5	110
Buttermilk	1 cup/236 ml	12	8	8	152
<b>Cheese (hard)</b>					
American, sliced	1 oz/28 g	0.5	9	6	107
Cheddar, sliced	1 oz/28 g	0.5	9	7	111
Cheddar, shredded	1 cup/113 g	1.5	37	28	451
Colby, sliced	1 oz/28 g	0.5	9	7	111
Colby, shredded	1 cup/113 g	3	36	27	444
Edam, sliced	1 oz/28 g	0.5	8	7	101
Edam, shredded	1 cup/113 g	1.5	29	26	371
Gruyere, sliced	1 oz/28 g	0	9	8	113
Gruyere, shredded	1 cup/113 g	0.5	35	32	445
Monterey, sliced	1 oz/28 g	0	9	7	108
Monterey, shredded	1 cup/113 g	1	34	28	421
mozzarella, sliced	1 oz/28 g	0.5	6	6	80
mozzarella, shredded	1 cup/113 g	2.5	25	25	335
Muenster, sliced	1 oz/28 g	0	8	7	100
Muenster, shredded	1 cup/113 g	1	33	26	405
Parmesan, sliced	1 oz/28 g	1	7	10	107
Parmesan, grated	1 tbsp/5 g	0	2	2	25
Swiss, sliced	1 oz/28 g	1.5	8	8	110
Swiss, shredded	1 cup/113 g	6	30	29	305
<b>Cheese (soft)</b>					
Brie	1 oz/28 g	1	8	6	100
Camembert	1 oz/28 g	0	7	6	87
cottage, non-fat	1 cup/226 g	9.5	0.5	15	102
cottage, 2% fat	1 cup/226 g	8	4	31	192

<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
cream cheese, plain	1 tbsp/14 g	0.5	5	1	51
cream cheese, low-fat	1 tbsp/14 g	1	3	1.5	37
feta, crumbled	1 oz/28 g	1	6	4	75
ricotta, whole milk	1 oz/28 g	1	3.5	3	44
ricotta, whole milk	1 cup/246 g	7.5	31.5	27.5	424
ricotta, part skim	1 oz/28 g	1.5	2	3	36
ricotta, part skim	1 cup/246 g	12.5	19	27.5	331
Coconut milk, canned	1 cup/236 ml	7	50	5	498
Coconut milk beverage, carton	1 cup/236 ml	7	5	1	77
<b>Cream</b>					
heavy whipping	1 cup/236 ml	6.5	89	5	847
half and half	1 cup/236 ml	10.5	28	7	322
sour	1 tbsp/28 g	0.5	2.5	0.5	26
Goat milk	1 cup/236 ml	11	10	9	170
<b>Milk</b>					
skim, non-fat	1 cup/236 ml	12	0.5	8.5	86
1%	1 cup/236 ml	12	2.5	8.5	104
2%	1 cup/236 ml	11.5	4.5	8	119
whole, 3.3% fat	1 cup/236 ml	11	8	8	148
Kefir	1 cup/236 ml	9	5	9	117
<b>Rice milk</b>					
plain	1 cup/236 ml	23	3	1	123
vanilla	1 cup/236 ml	26	3	1	135
Soy milk	1 cup/236 ml	7	4	6	88
<b>Yogurt</b>					
plain, fat-free	1 cup/227 g	19	0.5	14	136
plain, low-fat	1 cup/227 g	16	3	12	139
plain, whole milk	1 cup/227 g	12	8.5	9	160
vanilla, low-fat	1 cup/227 g	31	3	11	195
fruit added, low-fat	1 cup/227 g	43	2.5	10	234
<b>Meat and Eggs</b>					
Beef	3 oz/85 g	0	18	21	246
Eggs	1 large	0.5	5	6	71
Egg yolk	1 large	0.5	5	3	59
Egg white	1 large	0	0	4	17
<b>Fish</b>					
bass	3 oz/85 g	0	3	21	111
cod	3 oz/85 g	0	1	19	87
flounder	3 oz/85 g	0	1	21	93

<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
haddock	3 oz/85 g	0	1	19	87
Pollock	3 oz/85 g	0	1	20	89
salmon	3 oz/85 g	0	5	17	113
sardines, canned, drained	3 oz/85 g	0	11	21	183
trout	3 oz/85 g	0	4	22	124
tuna, canned, water packed	3 oz/85 g	0	1	25	109
Lamb chop	3 oz/85 g	0	20	25	280
<b>Poultry</b>					
chicken, dark meat	1 cup/140 g	0	14	38	278
chicken, dark meat	3 oz/85 g	0	8	23	164
chicken, light meat	1 cup/140 g	0	6	43	226
chicken, light meat	3 oz/85 g	0	4	26	140
duck	½ duck/221 g	0	108	73	1264
turkey, dark meat	3 oz/85 g	0	6	24	150
turkey, light meat	3 oz/85 g	0	3	25	127
turkey, ground	3 oz/85 g	0	12	21	192
<b>Pork</b>					
bacon, cured	3 pieces	0.5	13	10	159
Canadian-style bacon	2 pieces	1	4	11	84
chops	3 oz/85 g	0	19	24	267
fresh side (uncured bacon)	3 oz/85 g	0	13	10	157
ham	3 oz/85 g	1	14	18	202
<b>Sausage</b>					
frankfurter, beef/pork	1 ea/57 g	1	17	6	181
frankfurter, chicken	1 ea/45 g	3	9	6	117
frankfurter, turkey	1 ea/45 g	1	8	6	100
bratwurst	1 ea/70 g	2	20	10	228
kielbasa	1 ea/26 g	1	7	3	79
Polish	1 ea/28 g	0	8	4	88
pork, link (large)	1 ea/68 g	1	21	9	229
pork, link (small)	1 ea/13 g	0	4	3	48
salami, beef/pork	2 pices/57 g	1	11	8	135
<b>Shellfish</b>					
clams, canned	3 oz/85 g	4	2	22	122
crab, cooked	1 cup/135 g	0	2	27	126
lobster, cooked	1 cup/145 g	2	1	30	137
mussels, cooked	1 oz/28 g	2	1	7	45
oysters, raw	1 cup/248 g	10	6	18	166

<b>Food</b>	<b>Amount</b>	<b>Net Carbs (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Calories (kcal)</b>
scallops	3 oz/85 g	1	1	20	93
shrimp, cooked	3 oz/85 g	0	1	18	81
Venison	3 oz/85 g	0	3	26	131
<b>Miscellaneous</b>					
Baking soda	1 tsp/9 g	0	0	0	0
Catsup					
regular	1 tbsp/15 g	4	0	0	15
low-carb	1 tbsp/15 g	1	0	0	5
Fats and oils	1 tbsp/14 g	0	14	0	122
Gelatin, dry	1 envelope/7 g	0	0	6	23
Fish sauce	1 tbsp/15 ml	0.5	0	1	11
Herbs and spices	1 tbsp/5 g	2	0	0	9
Honey	1 tbsp/21 g	17	0	0	68
Horseradish, prepared	1 tbsp/15 g	1.5	0	0	5
Maple syrup	1 tbsp/15 ml	13.5	0	0	54
Mayonnaise	1 tbsp/14 g	0	10	0	90
Molasses	1 tbsp/20 g	15	0	0	58
Molasses, blackstrap	1 tbsp/20 g	12	0	0	47
Mustard					
yellow	1 tbsp/15 g	0	1	1	12
Dijon	1 tbsp/15 g	0	0	0	5
Pancake syrup	1 tbsp/15 g	15	0	0	58
Pickles					
dill, medium	1 pickle/65 g	3	0	1	12
dill, slice	1 (0.2 oz/6 g)	1	0	0	5
sweet, medium	1 pickle/35 g	11	0	0	44
pickle relish, sweet	1 tbsp/15 g	5	0	0	20
Tartar sauce	1 tbsp/15 g	2	8.5	0	85
Salsa	1 tbsp/15 g	1	0	0	5
Soy sauce	1 tbsp/15 ml	1	0	1	8
Sugar					
white, granulated	1 tbsp/11 g	12	0	0	48
brown, unpacked	1 tbsp/8 g	9	0	0	35
powdered	1 tbsp/8 g	8	0	0	32
Vinegar					
apple cider	1 tbsp/15 ml	0	0	0	3
balsamic	1 tbsp/15 ml	2	0	0	8
red wine	1 tbsp/15 ml	0	0	0	3
rice	1 tbsp/15 ml	0	0	0	3
Worcestershire sauce	1 tbsp/15 ml	3	0	0	12