



Low Carbohydrate Diet

<u>Food</u>	<u>Household Measure</u>	<u>Grams</u>
Apple	1 small	20.0
Apricots	2 - 3	12.9
Apricots	4 - 6	20.0
Asparagus	6 stalks	2.0
Avocado	½	5.1
Bacon	3 strips	.0
Beef	1 serving	.0
Beet Greens	1/2cup	5.6
Beets	2 medium	9.7
Berries (except strawberries)	2/3 cups	15.1
Bologna	2 slices	1.0
Broccoli	½ cup	5.6
Brown Sugar	1 TBS	10.5
Brussel Sprout	6 pieces	6.2
Butter	1 TBS	.0
Cantaloupe	½ melon	6.9
Cabbage	2/3 cup cooked	5.3
Carrots	1 large	9.3
Cauliflower	4 TBS	3.4
Celery	2 stalks	1.9
Cheese	1 oz. serving	.5
Cherries	½ cup	20.0
Chicken	1 serving	.0
Corn Meal	½ cup	15.0
Cornflakes	1 cup	18.0
Cornstarch	1 TBS	9.0
Cottage Cheese	1 rounded TBS	1.3
Cranberry Sauce	1 TBS	10.2
Cucumber	½ piece	1.4
Eggs	1 egg	.73
Eggplant	½ cup cooked	5.5
Fish	1 serving	.0
French Dressing	1 TBS	5.3
Grapefruit	½ small	10.1
Grapes	22	16.7
Gelatin Desserts	1 TBS	5.3
Graham Crackers	1	7.0
Green Beans	½ cup	2.0
Green Peas	½ cup	17.7
Ham	1 serving	.0
Hash	1 serving	7.0
Honey	1 TBS	15.0

Hot Dog	1	1.9
Ice Cream (low fat)	½ pint	10.0
Jam	1 level TBS	14.2
Jellies	1 level TBS	13.0
Kale	½ cup cooked	7.2
Ketchup	1 TBS	4.8
Lamb	1 serving	.0
Lettuce	5 leaves	.9
Lemons	1 medium	8.7
Mayonnaise	1 TBS	2
Macaroni	½ cup	4.8
Milk	2% or less	10.75
Noodles	½ cup	14.1
Nuts (mixed)	10-15	3.0
Oatmeal	½ cup cooked	13.0
Okra	6 pods	10.0
Onions	2/3 small	10.3
Orange	1 small	11.2
Orange Juice	½ cup	12.9
Oysters	4 – 6	1.2
Peach	1 medium	12.0
Pear	1 medium	15.8
Peppers	1 piece	5.7
Pineapple	½	13.7
Plums	3 medium	12.9
Pork	1 serving	.0
Potatoes	1 small	19.1
Rhubarb	1 cup	3.8
Rice	½ cup cooked	15.8
Rolls	2	16.0
Salad Oil		.0
Shrimp	5 – 6	.5
Spaghetti	½ cup	4.8
Spinach	½ cup cooked	3.2
Squash	½ cup	3.9
Strawberries	10 large	8.1
Sugar Cubes	2	4.7
Syrup	1 TBS	14.8
Tapioca Pudding	1 TBS	12.9
Tomatoes	1 medium	.4
Tomato Juice	1 cup	.4
Turkey	1 serving	.0
Turnip	½ cup	7.1
Veal	1 serving	.0
Whole Grain Wheat	1 slice	13.0