

Low Carb Sugars & Starches Pocket Card

Fruits and Vegetables are approx. ½ cup each NET carbs

Watercress 0.0	Rhubarb 1.7
Escarole 0.1	Coconut 2.5
Chicory & Mustard Greens 0.1	Lemon 2.5
Iceberg & Romaine Lettuce 0.2	Lime 2.9
Alfalfa, Arugula 0.2	Raspberries 3.0
Bok Choy 0.2	Strawberries 3.6
Mesclun 0.3	Cranberries 4.0
Endive 0.4	Crenshaw Melon 4.6
Mixed Greens – Lettuces 0.5	Pumpkin 4.8
Collard Greens 0.5	Currents 5.0
Radishes 0.5, White Mushroom 0.5	Guava 5.3
Turnip Greens 0.6	Blackberries 5.4
Black Olives 0.7	Loganberries 5.5
Radicchio 0.7	Sour Cherries 5.6
Chinese Napa Cabbage 0.8	Boysenberries 5.6
Celery 0.8	Watermelon 5.7
Cucumber & Pickles 1.0	Mulberries 5.7
Daikon Radish 1.0	Papaya 6.1
Asparagus 1.2	Nectarine 6.4
Bamboo Shoots 1.2	Apple 7.0
Cauliflower 1.4	Grapefruit 7.0
Spinach 1.5	Cantaloupes 7.4
Mushroom Portabella/Brown 1.5	Honey Dew Melon 7.4
Green Cabbage 1.6	Clementine 7.6
Sugar & Snow Peas 1.6	Plum 8.2
Broccoli 1.7	Peaches 8.2
Swiss Chard, Fennel 1.8	Cherries 8.4
Avocado Hass 1.8	Orange FL & Navel 8.5
Cabbage Savoy 1.9 - Okra 1.9	Apricots 8.5
Red Cabbage, Beet Greens 2.0	Blueberries 8.8
Artichoke Hearts 2.0 CA Avocado 2.0	Pineapple 10.0
Eggplant 2.0 - Broccoli Rabe 2.0	Mango 12.5
Green Beans 2.0 Wax Beans 2.0	European Grapes 13.0
Peppers Green 2.1 Red 2.9 Yel 2.8	US Grapes 15.0
Bean Sprouts 2.1 - Snap Peas 2.1	Banana 15.0
Turnip 2.3	Figs 40.0
Kale 2.4	Dates 50.0
Scallions or Green Onions 2.4	----- 1 oz
Jicama 2.5 FL Avocado 2.5	Low Fat Cheddar 0
Summer Squash 2.6	Monterey Jack 0
Snap Beans 3.0	Brie 0.1
Patty Pan Squash 3.0	Gruyere 0.1
Zucchini Squash 3.3	Muenster 0.3
Snow Peas (pods) 3.4	Goat 0.3
Leeks 3.4	Cheddar 0.4
Brussel Sprouts 3.5	Colby 0.4
Beet Greens 3.7	Fontina 0.5
Tomatoes 4.0 Carrots 4.0	American 0.5
Spaghetti Squash 4.0	Gouda 0.6
Sweet Onion 5.0	Roqueford 0.6
Yellow Onion 6.0	Mozzarella 0.6
White & Red Potato 11.0	Blue 0.7
Sweet Potato 11.5	Parmesan 0.9
Russet Potato 13.0	Swiss 1.0
Wild Rice 16.0	Pine Nuts 1.0
White Rice 17.5	Pecans 1.2
-----	Feta 1.2
Gin, Rum, Vodka, Whisky 0.0	Brazil 1.4
Smirnoff's Thin Ice 1.0	Flax Seed 1.4
Dry Red Wine 1.8	Chia Seed 1.7
Budweiser Select 55 1.9	Hazel Nuts 1.0
Miller Gen Draft 64 2.4	Walnuts 1.9
Dry Champaign 2.5	Macadamia 2.0
Molson Ultra 2.5	Almonds 2.3
Labatt Select 2.5	Peanuts 3.0
Coors Aspen Edge 2.6	Sunflower Seeds 3.6
Michelob Ultra 2.6	Pumpkin Seeds 3.9
	Cashews 8.0

Compliments of LC-Foods - Low Carb, Gluten Free, Sugar Free, Diabetic Friendly Products.

www.HoldTheCarbs.com