



Printable Low-Carb Cheat Sheet

QUICK-VIEW FOOD GUIDE 148 LOW CARB FOODS

VEGETABLES

Artichoke (globe) - 4 grams per cup
Asparagus - 1 gram per 1/2 cup
Beetroot - 1/4 gram per 1/2 cup
Broccoli - 1/4 gram per 1/2 cup
Brussels Sprouts - 1/4 gram per 1/2 cup
Cabbage - 1/4 gram per 1/2 cup
Cauliflower - 1/4 gram per 1/2 cup
Celery - 1/4 gram per 1/2 cup
Cucumber - 1/4 gram per 1/2 cup
Eggplant - 1/4 gram per 1/2 cup
Fennel - 1/4 gram per 1/2 cup
Garlic - 1/4 gram per 1/2 cup
Ginger - 1/4 gram per 1/2 cup
Kale - 1/4 gram per 1/2 cup
Lettuce - 1/4 gram per 1/2 cup
Mushrooms - 1/4 gram per 1/2 cup
Onions - 1/4 gram per 1/2 cup
Peas - 1/4 gram per 1/2 cup
Pumpkin - 1/4 gram per 1/2 cup
Spinach - 1/4 gram per 1/2 cup
Squash - 1/4 gram per 1/2 cup
Tomatoes - 1/4 gram per 1/2 cup
Zucchini - 1/4 gram per 1/2 cup



MEAT/FISH/POULTRY

Beef (ground) - 1/4 gram per 1/2 cup
Chicken - 1/4 gram per 1/2 cup
Duck - 1/4 gram per 1/2 cup
Eggs - 1/4 gram per 1/2 cup
Fish - 1/4 gram per 1/2 cup
Pork - 1/4 gram per 1/2 cup
Turkey - 1/4 gram per 1/2 cup
Venison - 1/4 gram per 1/2 cup
Wild Game - 1/4 gram per 1/2 cup
Yogurt - 1/4 gram per 1/2 cup



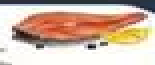
CHEESE/DAIRY

Cheddar - 1/4 gram per 1/2 cup
Cream Cheese - 1/4 gram per 1/2 cup
Gouda - 1/4 gram per 1/2 cup
Mozzarella - 1/4 gram per 1/2 cup
Parmesan - 1/4 gram per 1/2 cup
Swiss - 1/4 gram per 1/2 cup
Taco Cheese - 1/4 gram per 1/2 cup
Vegan Cheese - 1/4 gram per 1/2 cup
Whipped Cream - 1/4 gram per 1/2 cup
Yogurt - 1/4 gram per 1/2 cup



SEAFOOD

Salmon - 1/4 gram per 1/2 cup
Shrimp - 1/4 gram per 1/2 cup
Tuna - 1/4 gram per 1/2 cup
Crab - 1/4 gram per 1/2 cup
Lobster - 1/4 gram per 1/2 cup
Mussels - 1/4 gram per 1/2 cup
Oysters - 1/4 gram per 1/2 cup
Scallops - 1/4 gram per 1/2 cup
Squid - 1/4 gram per 1/2 cup



FRUITS

Apples - 1/4 gram per 1/2 cup
Bananas - 1/4 gram per 1/2 cup
Berries - 1/4 gram per 1/2 cup
Grapes - 1/4 gram per 1/2 cup
Kiwifruit - 1/4 gram per 1/2 cup
Lemons - 1/4 gram per 1/2 cup
Limes - 1/4 gram per 1/2 cup
Mangoes - 1/4 gram per 1/2 cup
Pineapples - 1/4 gram per 1/2 cup
Raspberries - 1/4 gram per 1/2 cup
Strawberries - 1/4 gram per 1/2 cup
Tangerines - 1/4 gram per 1/2 cup
Watermelons - 1/4 gram per 1/2 cup



FATS AND DRESSINGS

Avocado - 1/4 gram per 1/2 cup
Butter - 1/4 gram per 1/2 cup
Coconut Oil - 1/4 gram per 1/2 cup
Flaxseed Oil - 1/4 gram per 1/2 cup
Olive Oil - 1/4 gram per 1/2 cup
Sesame Oil - 1/4 gram per 1/2 cup
Sunflower Oil - 1/4 gram per 1/2 cup
Vegan Butter - 1/4 gram per 1/2 cup
Vegan Oil - 1/4 gram per 1/2 cup
Vegan Mayo - 1/4 gram per 1/2 cup



HERBS/SPICES

All Herbs and Spices are Low Carb



ZERO-CARB DRINKS

Water - 0 grams
Unsweetened Tea - 0 grams
Unsweetened Coffee - 0 grams
Club Soda - 0 grams
Sugar Free Sparkling Water - 0 grams
Non-Caloric Flavored Water - 0 grams
Unsweetened Alcohol - 0 grams



NUTS/SEEDS

Almonds - 1/4 gram per 1/2 cup
Cashews - 1/4 gram per 1/2 cup
Coconuts - 1/4 gram per 1/2 cup
Hemp Seeds - 1/4 gram per 1/2 cup
Macadamia - 1/4 gram per 1/2 cup
Peanut Butter - 1/4 gram per 1/2 cup
Peanut Oil - 1/4 gram per 1/2 cup
Pine Nuts - 1/4 gram per 1/2 cup
Pistachios - 1/4 gram per 1/2 cup
Pumpkin Seeds - 1/4 gram per 1/2 cup
Sesame Oil - 1/4 gram per 1/2 cup
Sesame Seeds - 1/4 gram per 1/2 cup
Sunflower Seeds - 1/4 gram per 1/2 cup
Walnuts - 1/4 gram per 1/2 cup



MISCELLANEOUS

Alcohol - 0 grams
Bacon - 1/4 gram per 1/2 cup
Butter - 1/4 gram per 1/2 cup
Cheese - 1/4 gram per 1/2 cup
Eggs - 1/4 gram per 1/2 cup
Fish - 1/4 gram per 1/2 cup
Flour - 1/4 gram per 1/2 cup
Grapes - 1/4 gram per 1/2 cup
Kale - 1/4 gram per 1/2 cup
Lettuce - 1/4 gram per 1/2 cup
Mushrooms - 1/4 gram per 1/2 cup
Onions - 1/4 gram per 1/2 cup
Parsnips - 1/4 gram per 1/2 cup
Pumpkin - 1/4 gram per 1/2 cup
Spinach - 1/4 gram per 1/2 cup
Squash - 1/4 gram per 1/2 cup
Tomatoes - 1/4 gram per 1/2 cup
Zucchini - 1/4 gram per 1/2 cup



SOY/VEGAN PROTEIN

Almonds - 1/4 gram per 1/2 cup
Cashews - 1/4 gram per 1/2 cup
Coconuts - 1/4 gram per 1/2 cup
Hemp Seeds - 1/4 gram per 1/2 cup
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Sunflower Seeds - 1/4 gram per 1/2 cup
Walnuts - 1/4 gram per 1/2 cup



ZERO-CARB ALCOHOLIC DRINKS

Beer - 0 grams
Brewery - 0 grams
Cider - 0 grams
Distilled - 0 grams
Flavored - 0 grams
Hard - 0 grams
Non-Alcoholic - 0 grams
Sparkling - 0 grams
Wine - 0 grams

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A Gutmann



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Scientific American ,1878 Monthly magazine devoted to topics of general scientific interest **Backpacker** ,2001-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured Backpacker ,2007-09 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *American Artisan and Illustrated Journal of Popular Science* ,1874 **Scientific American** ,1905 **The Electrical Experimenter** ,1919 **Literary Gazette and Journal of Belles Lettres, Arts, Sciences, Etc** William Jerdan,William Ring Workman,Frederick Arnold,John Morley,Charles Wycliffe Goodwin,1839 **Western Canner and Packer** ,1949 **Children's Books in Print, 2007** ,2006 **New Outlook** ,1923 *The Outlook* Lyman Abbott,Hamilton Wright Mabie,Ernest Hamlin Abbott,Francis Rufus Bellamy,1923 *La Sucrerie belge* ,1975 **Cooking with Maths** Christine Schelfhout,2004 Teaching notes provide a clear statement of the mathematical focus regarding 26 recipes which use simple readily available ingredients require little preparation and little actual cooking Provides information and extension ideas about the worksheets shopping lists and associated outcome links and answers are supplied

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