



Printable Low-Carb Cheat Sheet

QUICK-VIEW FOOD GUIDE 148 LOW CARB FOODS

VEGETABLES

Artichoke (1/2 cup) = 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
Parsnips = 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
Sweet Potatoes = 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



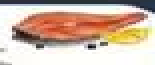
CHEESE/DAIRY

Butter = 1/4 gram per 1/2 cup
Cheese (Cheddar) = 1/4 gram per 1/2 cup
Cream = 1/4 gram per 1/2 cup
Eggs = 1/4 gram per 1/2 cup
Milk = 1/4 gram per 1/2 cup
Yogurt = 1/4 gram per 1/2 cup
Zucchini = 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
Clams = 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
Blueberries = 1/4 gram per 1/2 cup
Grapes = 1/4 gram per 1/2 cup
Lemons = 1/4 gram per 1/2 cup
Limes = 1/4 gram per 1/2 cup
Oranges = 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
Lard = 1/4 gram per 1/2 cup
Mayonnaise = 1/4 gram per 1/2 cup
Olive Oil = 1/4 gram per 1/2 cup
Peanut 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
Vegetable Oil = 1/4 gram per 1/2 cup
Walnut Oil = 1/4 gram per 1/2 cup



HERBS/SPICES

All Herbs and Spices = 1/4 gram per 1/2 cup



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
Flavored Tea (without added sugar) = 0 grams



NUTS/SEEDS

Almonds = 1/4 gram per 1/2 cup
Cashews = 1/4 gram per 1/2 cup
Coconut = 1/4 gram per 1/2 cup
Cranberries = 1/4 gram per 1/2 cup
Grapes = 1/4 gram per 1/2 cup
Lemons = 1/4 gram per 1/2 cup
Limes = 1/4 gram per 1/2 cup
Oranges = 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



MISCELLANEOUS

Alcohol = 1/4 gram per 1/2 cup
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
Fruit = 1/4 gram per 1/2 cup
Herbs/Spices = 1/4 gram per 1/2 cup
Meat = 1/4 gram per 1/2 cup
Nuts/Seeds = 1/4 gram per 1/2 cup
Oils = 1/4 gram per 1/2 cup
Pasta = 1/4 gram per 1/2 cup
Rice = 1/4 gram per 1/2 cup
Soy = 1/4 gram per 1/2 cup
Sugar = 1/4 gram per 1/2 cup
Tea = 1/4 gram per 1/2 cup
Tuna = 1/4 gram per 1/2 cup
Vegetables = 1/4 gram per 1/2 cup
Wine = 1/4 gram per 1/2 cup
Yogurt = 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
Coconut = 1/4 gram per 1/2 cup
Cranberries = 1/4 gram per 1/2 cup
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Tangerines = 1/4 gram per 1/2 cup
Watermelons = 1/4 gram per 1/2 cup



ZERO CARB ALCOHOLIC DRINKS

Beer • Wine • Vodka • Whiskey • Rum • Tequila

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