

lean proteins

Meats

one serving = 3 oz. (unless otherwise noted)

- Beef, lean (0 grams net carb)
- Chicken Breast (0 grams net carb)
- Deli meats, low sodium, 2 oz. (about 2 to 3 slices) (≤ 1 gram net carb)
- Ham, low-sodium (0 grams net carb)
- Pork, trimmed (0 grams net carb)
- Turkey breast (0 grams net carb)

Seafood

one serving = 3 oz.

- Fish, all varieties (0 grams net carb)
- Shellfish
- Clams (4 grams net carb)
- Mussels (6 grams net carb)
- Oysters (5 grams net carb)
- Scallops (5 grams net carb)
- Lobster (0 grams net carb)
- Shrimp (1 gram net carb)
- Crab (0 gram net carb)

Eggs

serving sizes noted for each

- Egg whites, 3 large (1 gram net carb)
- Whole egg, 1 large (0 gram net carb)

healthy fats

Nuts and seeds

one serving = 1 oz. or approximately 1/4 cup nuts and 2-3 Tbsp. seeds

- Almonds (3 grams net carb)
- Brazil nuts (1 gram net carb)
- Chia seeds (2 grams net carb)
- Flaxseeds (1 gram net carb)
- Hazelnuts (2 grams net carb)
- Macadamia nuts (2 grams net carb)
- Peanuts (4 grams net carb)

Cheese

Choose cheeses that contain 1 gram or less net carbs per serving more often than those containing more than 1 gram net carb.

one serving = 1 oz., or about 1 slice or 1/4 cup shredded (unless otherwise noted)

- Cheddar (1 gram net carb)
- Swiss (0 grams net carb)
- Goat (0 grams net carb)
- Blue (1 gram net carb)
- Feta (1 gram net carb)
- Cottage cheese, 4% fat, 1/2 cup (4 grams net carb)
- Parmesan, grated (1 gram net carb)
- Ricotta, full fat (4 grams net carb)
- String cheese, 1 piece (1 gram net carb)

Dairy

serving sizes noted for each

- Greek yogurt, plain, full fat, small container (about 5.3 oz. or 1/2 cup) (≤ 6 grams net carb)
- Soy milk, unsweetened, 1 cup (≤ 2 grams net carb)

Other

- Protein powder, 2 Tbsp. (choose varieties with 3 grams net carb or less per serving)

- Pecans (1 gram net carb)
- Pine nuts (3 grams net carb)
- Pumpkin seeds (2 grams net carb)
- Sunflower seeds (4 grams net carb)
- Walnuts (2 grams net carb)

Nut Butter

one serving = 2 Tbsp.

- Almond butter, natural (≤ 3 grams net carb)
- Peanut butter, natural (≤ 4 grams net carb)

healthy fats continued

Oils and Other Fats

serving sizes noted for each

- Avocado, 1/2 fruit (2 grams net carb)
- Canola oil, 1 Tbsp. (0 grams net carb)
- Coconut oil, 1 Tbsp. (0 grams net carb)
- Guacamole, 1/4 cup (2 grams net carb)
- Olives, 1/2 cup (2 grams net carb)
- Olive oil, 1 Tbsp. (0 grams net carb)
- Coconut, unsweetened, 2 Tbsp. (1 gram net carb)
- Salad dressings, 2 Tbsp. (\leq 3 grams net carb)
- Plant-Sterol or Omega-3 Based Margarines, 1 Tbsp. (0 grams net carb)
- Mayonnaise, olive-oil based, 1 Tbsp. (0 grams net carb)



vegetables

one serving = 1 cup raw or 1/2 cup cooked
(unless otherwise noted)

- Artichoke hearts (3 grams net carb)
- Artichokes, 1/2 medium (3 grams net carb)
- Arugula (0 grams net carb)
- Asparagus (2 grams net carb)
- Bamboo shoots, canned (1 gram net carb)
- Bok choy (1 gram net carb)
- Broccoli (4 grams net carb)
- Broccoli rabe (0 grams net carb)
- Cabbage, green, napa, red, savoy (3 grams net carb)
- Cauliflower (3 grams net carb)
- Celery, 2 medium stalks (1 gram net carb)
- Cucumbers (3 grams net carb)
- Daikon radish (3 grams net carb)
- Eggplant (2 grams net carb)
- Endive (0 grams net carb)

- Escarole (0 grams net carb)
- Grape leaves (1 gram net carb)
- Greens, mustard, beet, chicory, collard, turnip or dandelion (0–2 grams net carb)
- Hearts of palm (2 grams net carb)
- Kale (1 gram net carb)
- Lettuce and mixed greens, all varieties (1 gram net carb)
- Radicchio (1 gram net carb)
- Radishes (2 grams net carb)
- Sauerkraut, 1/2 cup canned (1 gram net carb)
- Shallots, 2 Tbsp. raw (3 grams net carb)
- Spinach (1 gram net carb)
- Summer squash (3 grams net carb)
- Watercress (0 grams net carb)
- Zucchini (3 grams net carb)

extras

- Almond milk, unsweetened, 1 cup (1 gram net carb)
- Cream or Half and Half, 1 Tbsp. (1 gram net carb)
- Cream cheese, full fat, 1/2 Tbsp. (0.5 gram net carb)
- Coconut, unsweetened, 1 Tbsp. (1 gram net carb)
- Salsa, 2 Tbsp. (2 grams net carb)

- Oil, olive, canola, sesame, avocado, 1 tsp. (0 grams net carb)
- Butter, 1 tsp. (0 grams net carb)
- Clarified butter or Ghee, 1/2 tsp. (0 grams net carb)
- Heavy cream, 1/2 Tbsp. (0 grams net carb)
- Sour cream, full fat, 1 Tbsp. (0.5 gram net carb)