

BEVERAGES

**CARBS
(GRAMS)** **SERVING
SIZE**

Black Tea (Brewed/Unsweetened)	0	8 fl. oz
Bone Broth	0.6	8 fl. oz
Coffee	0	8 fl. oz
Cranberry Juice (Tropicana)	35	8 fl. oz
Crystal Light	0	8 fl. oz
Diet Soda (Coke Zero)	5	12 fl. oz
Gatorade	35	32 fl. oz
Gin	0	1.5 fl. oz
Green Tea (Brewed/Unsweetened)	0	8 fl. oz
Light Beer (Michelob Ultra)	2.6	12 fl. oz
Orange Juice (Minute Maid)	27	32 fl. oz
Pineapple Juice (Dole)	32	8 fl. oz
Powerade	22	32 fl. oz
Red Wine	4	5 fl. oz
Soda Water, Seltzer, Mineral Water	0	8 fl. oz
Tequila (80 proof)	0	1.5 fl. oz
Unsweetened Iced Tea (Lipton)	0	8 fl. oz
Vodka	0	1.5 fl. oz
Water	0	8 fl. oz
White Tea (Brewed/Unsweetened)	0	8 fl. oz
White Wine	4	5 fl. oz

DAIRY & EGGS

**CARBS
(GRAMS)** **SERVING
SIZE**

Almond Milk	3.3	1 cup
Blue Cheese	0.8	1 oz
Cream Cheese	0.9	1 tbsp
Eggs (Grade A, Large, White)	0.6	1 egg
Flax Milk	7	1 cup
Goat Cheese	0	1 oz
Half-and-Half	0.8	1 tbsp
Heavy Cream (Whipped)	6.4	1 cup
Oat Milk	16	1 cup
Parmesan Cheese	1	1 oz
Rice Milk	22	1 cup
Sour Cream	1	1 tbsp
Soy Milk	8	1 cup

CONDIMENTS

**CARBS
(GRAMS)** **SERVING
SIZE**

Hot Sauce (Frank's RedHot Original)	0	1 tbsp
Italian Vinaigrette	0.4	1 tbsp
Kimchi	3.6	1 cup
Liquid Aminos (Soy Sauce Alternative)	0.1	1 tbsp
Marinara Sauce	10	.5 cup
Mayonnaise	0	1 tbsp
Mustard	1	1 tbsp
Sriracha (Huy Fong Foods)	3	1 tbsp
Sugar-free BBQ Sauce (G Hughes)	1	1 tbsp
Sugar-free Steak Sauce (G Hughes)	1	1 tbsp
Unsweetened Ketchup (Primal Kitchen)	2	1 tbsp

FAT & OILS

**CARBS
(GRAMS)** **SERVING
SIZE**

Almond Oil	0	1 tbsp
Avocado Oil	0	1 tbsp
Butter	0	1 tbsp
Coconut Oil	0	1 tbsp
Extra Virgin Olive Oil	0	1 tbsp
Flaxseed Oil	0	1 tbsp
Ghee Butter	0	1 tbsp
MCT Oil	0	1 tbsp
Soybean Oil	0	1 tbsp

FLOUR

**CARBS
(GRAMS)** **SERVING
SIZE**

Almond Flour	24	1 cup
Almond Meal	24	1 cup
Chia Seed Flour	24	1 cup
Cocoa Powder	50	1 cup
Coconut Flour	65	1 cup
Ground Flaxseed	49	1 cup
Hazelnut Flour	23	1 cup
Macadamia Flour	36	1 cup
Oat Fiber	68	1 cup
Soy Flour	43	1 cup

FRUITS	CARBS (GRAMS)	SERVING SIZE
Apple	25	1
Avocados	17	medium
Bananas	27	1
Blackberries	14	1
Blueberries	21.4	medium
Cantaloupe	45	1 cup
Coconut (copra)	12.9	1 cup
Cranberries	13.2	1 cup
Grapes	16	cubed
Kiwi	10	1 cup
Lemon	19.8	1 cup
Lime	7.6	1 cup
Mango	24.7	1 fruit
Orange	22	1 cup
Peach	17	sliced
Pears	35	1 cup
Pineapple	19.5	sliced
Plum	7.54	1 cup
Raspberries	14.7	sliced
Strawberries	12.7	1 large
Tomatoes (Grape)	4.8	1 large
Watermelon	11	1 large

MEATS (PROCESSED)	CARBS (GRAMS)	SERVING SIZE
Bacon (Cooked)	0.2	1 slice
Bratwurst	2	1 link
Breakfast Sausage	0	1 link
Deli meats	0.7	1 oz
Hot Dog	2	1 link
Italian Sausage	3	1 link

GREENS	CARBS (GRAMS)	SERVING SIZE
Arugula	0.7	1 cup
Beet Greens (Root)	7.9	1 cup
Bok Choy	3	1 cup
Brussel Sprouts	7.8	1 cup
Butter Lettuce	1.2	1 cup
Cabbage	8.3	1 cup chopped
Capers	6.7	1 cup
Chicory Greens	1.4	1 cup sliced
Collard Greens	11	1 cup chopped
Endive	1.8	1 cup chopped
Fennel	6.4	1 cup sliced
Iceberg Lettuce	1.7	1 cup
Kale	7.3	1 cup
Mustard Greens	2.6	1 cup
Rapini	1	1 cup chopped
Romaine Lettuce	1.5	1 cup chopped
Spinach	8	1 cup
Swiss Chard	13	1 cup chopped
Turnip Greens	3.9	1 cup chopped
Watercress	0.4	1 cup chopped

HERBS & SPICES	CARBS (GRAMS)	SERVING SIZE
Adobo	0	1 tbsp
Basil	1	2 tbsp
Cayenne	3	1 tbsp
Chili Powder	4	1 tbsp
Chinese 5 Spice	4.2	1 tbsp
Cilantro	0	1 tbsp
Cinnamon	5	1 tbsp
Garlic Powder	1	1 tbsp
Paprika	3.7	1 tbsp
Parsley	0.2	1 tbsp
Rosemary	2	1 tbsp
Tarragon	2.4	1 tbsp
Thyme	9.6	1 tbsp

MEATS	CARBS (GRAMS)	SERVING SIZE
Bison	0	4 oz
Chicken	0	1 breast
Duck Liver	1.6	1 liver (45g)
Ground Beef	0	4 oz
Ground Turkey, Chicken	0	4 oz
Lamb	0	4 oz
Lamb Chops	0	6 oz
Pork	0	6 oz
Top Sirloin	0	4 oz
Veal	0	4 oz

NUTS & SEEDS	CARBS (GRAMS)	SERVING SIZE
Almond Butter	9	1 tbsp
Almonds	30	1 cup
Brazil Nuts	15	1 cup
Cashews	39	1 cup
Chia Seeds	48	1 cup
Flax Seeds	49	1 cup
Hazelnuts	23	1 cup
Hemp Seeds	48	1 cup
Macadamia Nuts	19	1 cup
Peanut Butter	8	1 tbsp
Peanuts	24	1 cup
Pecans	15	1 cup
Pine Nuts	18	1 cup
Pistachios	34	1 cup
Poppy Seeds	39	1 cup
Pumpkin Seeds	34	1 cup
Sunflower Seeds	28	1 cup
Walnuts	16	1 cup

PLANT BASED PROTEINS	CARBS (GRAMS)	SERVING SIZE
Chickpeas	45	1 cup
Lentils	40	1 cup
Quinoa	28	1 cup
Seitan (Wheat Gluten)	13.6	1 cup
Spirulina	27	1 cup
Tempeh	13	1 cup
Tofu	4	1 cup

SWEETENERS	CARBS (GRAMS)	SERVING SIZE
Equal	0	1 packet
Erythritol	4	1 tsp
Monk Fruit Sweetener	1	1 packet
Splenda	0	1 packet
Stevia	0	1 packet
Sucralose	0	1 tsp
Sweet'N Low	1	1 packet
Truvia	0	1 packet
Xylitol	4	1 tsp

SEAFOOD	CARBS (GRAMS)	SERVING SIZE
Clams	4.4	3 oz
Flounder	0	3 oz
Herring	0	3 oz
Mackerel	0	3 oz
Mussels	6	3 oz
Octopus	3.7	3 oz
Oysters	2.5	1 medium
Salmon	0	3 oz
Sardines	0	1 small
Scallops	4.6	3 oz
Shrimp	1	3 oz
Squid	2.6	3 oz
Trout	0	3 oz
Tuna (Bluefin)	0	3 oz

VEGETABLES

CARBS
(GRAMS)

SERVING
SIZE

Asparagus	5.3	1 cup
Bell Peppers	4	1 pepper
Broccoli	6	1 cup
Brussel Sprouts	8	1 cup
Cauliflowers	5	1 cup
Celery	3	1 cup
Chili Peppers	4	1 pepper
Cucumber	7.3	1 medium
Eggplant	49	1 medium
Garlic	1	1 clove
Green Beans	10	1 cup
Habanero Peppers	4	1 pepper
Jalapeno Peppers	1	1 pepper
Leeks	8	1 cup
Mushrooms	8.3	1 cup
Olives	8.5	1 cup
Onions	9	1 tbsp
Pickles	3.5	1 cups
Poblano Peppers	9	1 pepper
Pumpkins	8	1 cup
Radishes	3.9	1 cup
Red Peppers	4	1 pepper
Rhubarb	6	1 cup
Scallions	7	1 cup
Shallots	1.7	1 tbsp
Spaghetti Squash	10	1 cup
Turnips	6	1 medium
Yellow Squash	15	1 medium
Zucchini	5.8	1 medium

IS GRASS-FED WHEY KETO ?



YES !

