

# LOW-CARBOHYDRATE FOODS

The foods in this list does not have the immediate effect on blood glucose level that carbohydrate-containing foods do, but they still provide calories (in most cases) and, in some cases, fat. For this reason, portion sizes of low-carb foods should be observed as carefully as those of carbohydrate-containing foods.

## VEGETABLES

(one serving is  $\frac{1}{2}$  cup cooked or 1 cup raw = 5 grams carb)

Asparagus  
Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumbers  
Green beans  
Greens (collards, kale, mustard greens, spinach)  
Mixed vegetables (without corn, peas, or pasta)  
Mushrooms  
Onions  
Pea pods (snow peas or sugar snap)  
Peppers  
Salad greens (lettuce, spinach)  
Tomatoes  
Tomato juice  
Turnips  
Zucchini

## MEATS

Beef, chicken, fish, 1 oz.  
Ham, lamb, pork, 1 oz.  
Seafood, veal 1 oz.

## MEAT SUBSTITUTES

Cottage cheese,  $\frac{1}{2}$  cup  
Cheese, 1 oz.  
Egg, 1  
Egg substitute,  $\frac{1}{4}$  cup  
Egg whites, 2  
Peanut butter, 2 Tbsp.  
Salmon, water-packed,  $\frac{1}{4}$  cup  
Tofu,  $\frac{1}{2}$  cup  
Tuna, water-packed,  $\frac{1}{4}$  cup

## FATS

Avocado, 1/8  
Bacon, 1 slice  
Butter/margarine, 1 tsp.  
Regular cream cheese, 1 Tbsp.  
Low-fat cream cheese, 2 Tbsp.  
Cream, 2 Tbsp.  
Gravy, 2 Tbsp.  
Regular Mayonnaise, 1 tsp.  
Low-fat mayonnaise, 1 Tbsp.  
Nuts, 1 Tbsp.  
Oil, 1 tsp.  
Peanut butter, 2 tsp.  
Regular salad dressing, 1 Tbsp.  
Reduced-fat salad dressing, 2 Tbsp.  
Regular sour cream, 2 Tbsp.  
Low-fat sour cream, 3 Tbsp.

## FREE FOODS

### *Unlimited use*

Bouillon & broth  
Club soda, unsweetened  
Tonic water, unsweetened  
Mineral water  
Coffee  
Tea  
Diet soft drinks  
Herbs and spices  
Mustard  
Soy sauce  
Sugar free drink mixes

### Vinegar

Sugar-free Jell-O  
Sugar-free Popsicles  
Sugar substitute

### *Limit to 3 servings/day*

Cream cheese, fat-free, 1 Tbsp.  
Mayonnaise, fat-free, 1 Tbsp.  
Salsa,  $\frac{1}{4}$  cup  
Sour cream, fat-free, 1 Tbsp.  
Ketchup, 1 Tbsp.  
Dill pickle, 1 large  
Jam or jelly, low-sugar or light, 1-2 tsp.  
Syrup, sugar-free, 2 Tbsp.  
Yogurt, plain, 2 Tbsp.