

Alcohol		Total Carbs (g)	Fat (g)	Protein (g)
300 mls	Beer	11.2	0	0.9
100 mls	Medium white wine	0.7	0	0
100 mls	Red wine	1.7	0	0.1
Baking Needs		Total Carbs (g)	Fat (g)	Protein (g)
2 tbs	All purpose white flour	11.9	0.2	1.6
0.5 tsp	Cocoa powder, unsweetened	0.5	0.1	0.2
2 tsp	Coconut milk, canned	0.8	6	0.6
2 tsp	Coconut, dried, unsweetened	2.4	6.3	0.7
2 tbs	Cornmeal	13.4	0.3	1.5
1 tsp	Ghee	0	4.2	0
1 tbs	Molasses	12.5	0	0
1 tsp	Sugar, brown	4.5	0	0
1 tsp	Sugar, white	4.2	0	0
Breads, Rolls & Crackers		Total Carbs (g)	Fat (g)	Protein (g)
1 each	Biscuit, 60 gm	27.6	6.9	4.2
1 each	Corn Muffin, 60 gm	29	4.8	3.4
5 each	Crackers, butter-type	51.4	18.3	5.8
5 each	Crackers, rye wafers	44.2	0.5	5.3
5 each	Crackers, water	10	0	1.3
1 each	English muffin	26	1	4.4
1 each	Hard white roll	30	2.5	5.6
1 each	Italian bread	15	1.1	2.6
1 each	Pita pocket bread 16cm	33.4	0.7	5.5
1 piece	Pumpernickel bread	12.4	0.8	2.3
1 piece	Raisin bread	13.6	1.1	2.1
1 piece	Rye bread	15.5	1.1	2.7
1 piece	Sourdough bread	13	0.8	2.2
1 each	Tortilla, corn	12.1	0.7	1.5
1 piece	Wheat bread	11.8	1	2.3
1 piece	White bread	14.9	1.1	2.5
1 piece	Whole grain bread	11.8	1	2.3
Beans		Total Carbs (g)	Fat (g)	Protein (g)
0.5 cup	Baby lima beans	21.2	0.3	7.3
0.5 cup	Black beans	20.4	0.5	7.6
0.5 cup	Black eyed peas	17.9	0.5	6.6
0.5 cup	Red kidney beans	19.8	0.1	8.1
0.5 cup	Chickpea/ Garbanzo beans	22.5	2.1	7.3
2 tbs	Hummos / Hummus	6.2	2.6	1.5
0.5 cup	Lentils	19.9	0.4	8.9
0.5 cup	Navy beans	23.9	0.5	7.9
0.5 cup	Pinto beans	18	1	7
0.5 cup	Soybeans	9.9	5.8	11.1
Cereals		Total Carbs (g)	Fat (g)	Protein (g)
1 cup	Corn flakes	24.2	0.2	1.8
0.5 cup	Oatmeal, cooked	12.6	1.2	3
1 cup	Puffed wheat cereal	11.1	0.2	2.1
1 cup	Rice Krispies	22.8	0.3	1.7
Cheeses		Total Carbs (g)	Fat (g)	Protein (g)
2 tbs	Blue cheese, crumbled	0.4	4.8	3.6
2 tbs	Cheddar cheese, shredded	0.2	4.7	3.5
2 tbs	Cream cheese / cottage cheese	0.8	10.1	2.2
2 tbs	Feta cheese, crumbled	0.8	4	2.7
2 tbs	Goats cheese, soft type	0.3	6.5	5.7
2 tbs	Mozzarella, whole milk, shredded	0.3	3.1	2.7
2 tbs	Parmesan cheese, shredded	0.3	2.7	3.8
0.25 cup	Ricotta cheese, whole milk	1.9	8	6.9
2 tbs	Swiss cheese, shredded	0.5	3.7	3.8

Condiments		Total Carbs (g)	Fat (g)	Protein (g)
1 tbs	Cider vinegar	0.9	0	0
1 each	Dill pickle	2.7	0.1	0.4
1 each	Garlic	1	0	0.2
1 tbs	Ginger, Root slices	0.9	0	0.1
1 tsp	Honey	5.8	0	0
1 tsp	Jam	4.6	0	0
1 tbs	Ketchup / Catsup	4.2	0.1	0.2
1 tbs	Maple syrup	13.4	0	0
1 tbs	Miso paste	3	0.8	1.9
5 each	Olives, black	1.4	2.3	0.2
5 each	Olives, green	2.5	5	0
1 tbs	Pesto sauce	1	7.1	2.8
1 tbs	Soy sauce	1	0	1.9
1 tbs	Tahini	3.2	8	2.6
Dairy – Milk, Cream & Butter		Total Carbs (g)	Fat (g)	Protein (g)
1 tsp	Butter	0	3.8	0
1 cup	Buttermilk, 1% low fat	13	2.5	9
2 tbs	Heavy Whipping cream	0.8	11	0.6
1 cup	Milk, whole	11.4	8.1	8
2 tbs	Sour cream	1.2	6	0.9
1 cup	Yoghurt, low fat, plain	17.2	3.8	12.9
1 cup	Yoghurt, whole milk, plain	11.4	8	8.5
Desserts & Pastries		Total Carbs (g)	Fat (g)	Protein (g)
1 piece	Cake, choc layer, 85 gm	38	16	2
1 piece	Cake, pound, 30 gm	13.8	5.6	1.6
30 gms	Chocolate, dark	18.0	9.0	1.3
30 gms	Chocolate, milk	17.0	9.0	2.2
1 each	Cookie, peanut, 20 gm	11.8	4.8	1.8
1 each	Doughnut, glazed	26.6	13.7	3.8
1 each	Doughnut, plain	19	11	3
0.5 cup	Ice cream, chocolate	18.6	7.3	2.5
Eggs		Total Carbs (g)	Fat (g)	Protein (g)
1 each	Egg, white	0.3	0	3.5
1 each	Egg, yolk	0.3	5.1	2.8
1 each	Egg, whole	0.6	5.3	6.3
Fruit & Fruit Juices		Total Carbs (g)	Fat (g)	Protein (g)
1 each	Apple, medium	21	0.5	0.3
0.25 cup	Applesauce	6.9	0	0.1
0.25 cup	Apricots, dried	24.9	0.2	1.5
1 each	Apricots, fresh	3.9	0.1	0.5
1 each	Avocado	14.9	30.8	4
1 each	Banana, small	23.7	0.5	1
0.25 cup	Blackberries	4.6	0.1	0.3
0.25 cup	Blueberries	5.1	0.1	0.2
0.25 cup	Cherries	4.8	0.3	0.4
0.25 cup	Currants, dried	26.7	0.1	0.7
0.25 cup	Dates, chopped	32.7	0.2	0.9
0.25 cup	Figs, dried	32.5	0.6	1.5
1 each	Figs, fresh	9.6	0.2	0.4
0.25 cup	Grapes	7.1	0.2	0.3
0.25 cup	Honeydew melon	3.9	0	0.2
0.5 cup	Juice, apple	14.5	0.1	0.1
0.5 cup	Juice, grape	18.9	0.1	0.7
0.5 cup	Juice, grapefruit	11.1	0.1	0.6
1 tbs	Juice, lemon	1.3	0	0.1
0.5 cup	Juice, orange	13.4	0.1	0.8
0.5 cup	Juice, tomato	5.1	0.1	0.9
1 each	Kiwifruit	11.3	0.3	0.8
0.25 cup	Mango	7	0.1	0.2
1 each	Nectarine	16	0.6	1.3
1 each	Orange	16.3	0.1	1.4
0.25 cup	Papaya	3.4	0	0.2
1 each	Peach, medium	10.9	0.1	0.7
1 each	Pear, medium	25.1	0.7	0.6
0.25 cup	Pineapple	4.8	0.2	0.2
1 each	Plums	8.6	0.4	0.5
0.25 cup	Prunes	26.7	0.2	1.1
0.25 cup	Raspberries	3.6	0.2	0.3
0.25 cup	Strawberries	2.7	0.1	0.2
0.25 cup	Watermelon	2.8	0.2	0.2

Grains		Total Carbs (g)	Fat (g)	Protein (g)
2 tbs	Cornmeal	11.7	0.5	1.2
0.5 cup	Couscous, cooked	18.2	0.1	3
0.5 cup	Millet, cooked	28.4	1.2	4.2
2 tbs	Oat Bran, dry	7.8	0.8	2
0.5 cup	Pearled Barley, cooked	22.2	0.3	1.8
0.25 cup	Quinoa Grain, dry	29.3	2.5	5.6
0.5 cup	Rice, brown, cooked	22.4	0.9	2.5
0.5 cup	Rice, white, cooked	22.3	0.2	2.1
Meat – Beef & Veal		Total Carbs (g)	Fat (g)	Protein (g)
170 gms	Beef Brisket	0	43.2	41.8
170 gms	Beef Chuck	0	31.6	50.1
170 gms	Beef Eye Round	0	24	45.2
170 gms	Beef Short Ribs	0	71.4	36.7
170 gms	Beef Tenderloin	0	41.8	40.7
170 gms	Calf Liver	10.4	9.9	40.5
170 gms	Chuck Eye Steak	0	41.1	46.2
170 gms	Cubed Steak	0	8.3	53.9
170 gms	Ground Veal	0	12.9	41.5
170 gms	Prime Rib	0	56.4	36.9
170 gms	Rib Eye Roast	0	37.8	42.4
170 gms	Rib Eye Steak	0	19.9	47.7
170 gms	Roast Beef, Deli	2.3	5.2	34.3
170 gms	Sirloin Steak	0	13.6	51.7
170 gms	Skirt Steak	0	54.7	61.6
170 gms	Top Loin	0	12.1	51
170 gms	Top Sirloin	0	30.4	44.2
170 gms	Veal Arm Shoulder	0	13.1	40.4
170 gms	Veal Cutlet	0	30.4	53.4
170 gms	Veal Loin	0	30.4	53.4
170 gms	Veal Scallops	0	6.3	52.2
170 gms	Veal Shank	0	7.9	43.4
Meat – Lamb		Total Carbs (g)	Fat (g)	Protein (g)
170 gms	Ground Lamb	0	30.3	38.2
170 gms	Lamb Rib Chops	0	50.3	37.6
170 gms	Lamb Shoulder	0	12.6	46.2
170 gms	Lamb Stew Meat	0	15	57.3
170 gms	Leg of Lamb, bone in	0	8.2	30
170 gms	Rack of Lamb, bone in	0	9.9	19.5
Meat – Poultry		Total Carbs (g)	Fat (g)	Protein (g)
170 gms	Chicken Breast, boneless	0	12.7	48.7
1 each	Chicken Leg	0	15.4	29.7
2 tbs	Chicken Liver Pate, canned	1.7	3.4	3.5
170 gms	Chicken Thigh, boneless	0	34.6	39.2
170 gms	Chicken Thigh, skinless, boneless	0	8.9	44.6
1 each	Chicken Wing	0	6.6	9.1
170 gms	Chicken, mince	0	22.5	40.2
Seafood		Total Carbs (g)	Fat (g)	Protein (g)
30 gms	Anchovies, in oil, canned, drained	0	2.8	8.2
170 gms	Cod	0	1.5	38.8
85 gms	Cod, salted	0	2	53.4
170 gms	Salmon steak	0	24.6	45.1
170 gms	Salmon, smoked	0	7.3	31.1
170 gms	Snapper	0	3	46.5
170 gms	Trout	0	12.2	41.3
Oils & Dressings		Total Carbs (g)	Fat (g)	Protein (g)
1 tsp	Mayonnaise	0.1	3.7	0.1
1 tsp	Olive Oil	0	4.5	0
2 tbs	Salad Dressing, Italian	3	14.2	0.2
2 tbs	Salad Dressing, thousand island	4.8	11.2	0.3
1 tsp	Sesame Oil	0	4.5	0
Nuts & Seeds		Total Carbs (g)	Fat (g)	Protein (g)
2 tbs	Almond Butter	6.8	18.9	4.8
2 tbs	Almonds, whole	3.6	8.9	3.7
2 tbs	Hazelnuts, whole	2.8	10.3	2.5
2 tbs	Macadamia Nuts	2.3	12.7	1.3
2 tbs	Peanut Butter, natural	6.9	15.9	7.7
2 tbs	Peanut Butter, regular	6.2	16.3	8.1
2 tbs	Peanuts	3.4	8.9	4.7
2 tbs	Pecans, chopped	2.1	10.7	1.4

2 tbs	Pine Nuts	2.4	8.6	4.1
2 tbs	Pistachio Nuts	4.7	6.9	3.3
2 tbs	Pumpkin Seeds	3.1	7.9	4.2
2 tbs	Sunflower Seeds	3.4	8.9	4.1
2 tbs	Walnuts, halves	1.7	8.2	1.9
Pasta		Total Carbs (g)	Fat (g)	Protein (g)
0.5 cup	Noodles, egg, cooked	19.9	1.2	3.8
0.5 cup	Pasta, spinach, cooked	18.3	0.4	3.2
0.5 cup	Pasta, whole wheat, cooked	18.6	0.4	3.7
0.5 cup	Pasta/Noodles, dry, cooked	19.8	0.5	3.3
110gms	Pasta/Noodles, fresh, cooked	28.3	1.2	5.8
Snacks		Total Carbs (g)	Fat (g)	Protein (g)
10 piece	Potato chips	10.6	6.9	1.4
10 piece	Pretzels	47.5	2.1	5.5
10 piece	Tortilla chips	11.3	4.7	1.3
Vegetables		Total Carbs (g)	Fat (g)	Protein (g)
1 each	Artichoke	13.4	0.2	4.5
1 each	Artichoke hearts, marinated	1	2.5	0
6 each	Asparagus spears	3.8	0.3	2.3
0.5 cup	Beans, green	4.9	0.2	1.2
1 cup	Bok Choy	1.5	0.1	1.1
0.5 cup	Broccoflower	3.1	0.2	1.5
0.5 cup	Broccoli	3.9	0.3	2.3
6 each	Brussels sprouts	10.9	0.6	3.2
0.5 cup	Cabbage, red / green	1.9	0.1	0.5
0.5 cup	Cabbage, sauerkraut	5.1	0.2	1.1
1 each	Carrots, medium	7.3	0.1	0.7
6 each	Cauliflower	4.4	0.5	2
1 each	Celery stalk	1.5	0.1	0.3
1 each	Chili pepper	0	0	0
1 tbs	Chillies, green, chopped	0.5	0	0
110 gms	Collards	7.3	0.4	3.1
0.5 cup	Corn	16	0.4	2.3
1 each	Cucumber, English	4	0.3	0.9
0.5 each	Cucumber, small	2.5	0.2	0.6
0.5 cup	Eggplant	3.3	0.1	0.4
0.5 cup	Endive	1.8	0	0.4
0.5 cup	Kale	3.7	0.3	1.2
1 each	Leeks	12.6	0.3	1.3
1 cup	Lettuce, butterhead	1.3	0.1	0.7
1 cup	Lettuce, romaine	1.3	0.1	0.9
2 tbs	Mushrooms, dried	8.9	0.7	5.6
0.5 cup	Mushrooms, fresh	1.4	0.1	1
110gms	Okra	7.5	0.3	1.9
1 each	Onions	9.5	0.2	1.3
0.5 cup	Peas, edible podded	5.6	0.2	2.6
0.5 cup	Peas, green	9.9	0.3	3.8
0.5 cup	Pepper, green or red	4.8	0.1	0.7
1 each	Peppers, jalapeno	0.8	0.1	0.2
0.5 each	Peppers, roasted	2.4	0.1	0.3
1 each	Potato, sweet	22.4	0.1	1.8
0.5 cup	Potato, white	15.4	0.1	1.4
0.5 cup	Pumpkin	9.9	0.3	1.3
6 each	Radishes	1	0.1	0.2
0.5 cup	Rhubarb	2.8	0.1	0.5
0.25 cup	Shallots	6.7	0	1
1 cup	Spinach, raw	1.1	0.1	0.9
0.5 cup	Squash, butternut	10.8	0.1	0.9
1 each	Squash, zucchini	5.7	0.3	2.3
1 each	Tomatoes	4.2	0.3	0.8
6 each	Tomatoes, cherry	4.7	0.3	0.9
0.25 cup	Tomatoes, sun dried, oil-packed	6.4	3.9	1.4
0.5 cup	Turnips	3.8	0.1	0.6
0.5 cup	Water chestnuts	8.7	0	0.6
0.5 cup	Watercress	0.2	0	0.4