



FEEL THE ATKINS CHANGE™

Carb Gram Counter

| Portion | Food item | Total Carbs (g) | Fiber (g) | Net Carbs (g) | Fat (g) | Protein (g) | Calories |
|---------------------------------|---|-----------------|-----------|---------------|---------|-------------|----------|
| CHEESES | | | | | | | |
| 1.00 piece | American Cheese, 2/3 oz. slice | 0.3 | 0 | 0.3 | 6.6 | 4.7 | 79 |
| 2.00 tbs | Blue Cheese, crumbled | 0.4 | 0 | 0.4 | 4.8 | 3.6 | 60 |
| 2.00 tbs | Cheddar Cheese-Shredded | 0.2 | 0 | 0.2 | 4.7 | 3.5 | 57 |
| 2.00 tbs | Cream Cheese | 0.8 | 0 | 0.8 | 10.1 | 2.2 | 101 |
| 0.50 cup | Creamed Cottage Cheese-Small Curd | 2.8 | 0 | 2.8 | 4.7 | 13.1 | 109 |
| 2.00 tbs | Feta Cheese, crumbled | 0.8 | 0 | 0.8 | 4.0 | 2.7 | 49 |
| 2.00 tbs | Fontina Cheese-Shredded | 0.2 | 0 | 0.2 | 4.2 | 3.5 | 53 |
| 2.00 tbs | Goat Cheese-Soft Type | 0.3 | 0 | 0.3 | 6.5 | 5.7 | 82 |
| 1.00 oz-wt | Mascarpone Cheese | 0.6 | 0 | 0.6 | 13.2 | 2.0 | 126 |
| 2.00 tbs | Monterey Jack Cheese-Shredded | 0.1 | 0 | 0.1 | 4.3 | 3.5 | 53 |
| 2.00 tbs | Mozzarella Cheese-Whole Milk-Shredded | 0.3 | 0 | 0.3 | 3.1 | 2.7 | 40 |
| 2.00 tbs | Muenster Cheese-Shredded | 0.2 | 0 | 0.2 | 4.2 | 3.3 | 52 |
| 2.00 tbs | Parmesan Cheese-Shredded | 0.3 | 0 | 0.3 | 2.7 | 3.8 | 42 |
| 1.00 oz-wt | Provolone Cheese-Diced | 0.6 | 0 | 0.6 | 7.5 | 7.3 | 100 |
| 0.25 cup | Ricotta Cheese-Whole Milk | 1.9 | 0 | 1.9 | 8.0 | 6.9 | 107 |
| 2.00 tbs | Swiss Cheese-Shredded | 0.5 | 0 | 0.5 | 3.7 | 3.8 | 51 |
| MILK, CREAM & BUTTER | | | | | | | |
| 1.00 tsp | Butter | 0.0 | 0 | 0.0 | 3.8 | 0.0 | 34 |
| 1.00 cup | Buttermilk, 1% lowfat | 13.0 | 0 | 13.0 | 2.5 | 9.0 | 110 |
| 2.00 tbs | Half and Half Cream | 1.0 | 0 | 1.0 | 3.0 | 1.0 | 40 |
| 2.00 tbs | Heavy Whipping Cream | 0.8 | 0 | 0.8 | 11.0 | 0.6 | 103 |
| 1.00 cup | Milk, 2% | 11.7 | 0 | 11.7 | 4.7 | 8.1 | 121 |
| 1.00 cup | Milk, Whole | 11.4 | 0 | 11.4 | 8.1 | 8.0 | 150 |
| 2.00 tbs | Sour Cream | 1.2 | 0 | 1.2 | 6.0 | 0.9 | 62 |
| 1.00 tsp | Whipped Butter | 0.0 | 0 | 0.0 | 2.6 | 0.0 | 23 |
| 1.00 cup | Yogurt, lowfat, plain | 17.2 | 0 | 17.2 | 3.8 | 12.9 | 155 |
| 1.00 cup | Yogurt, whole milk, plain | 11.4 | 0 | 11.4 | 8.0 | 8.5 | 150 |
| BEEF & VEAL | | | | | | | |
| 6.00 oz-wt | Beef Brisket | 0.0 | 0 | 0.0 | 43.2 | 41.8 | 569 |
| 6.00 oz-wt | Beef Chuck | 0.0 | 0 | 0.0 | 31.6 | 50.1 | 498 |
| 6.00 oz-wt | Beef Eye Round | 0.0 | 0 | 0.0 | 24.0 | 45.2 | 410 |
| 1.00 oz-wt | Beef Jerky | 3.1 | 0.5 | 2.6 | 7.3 | 9.4 | 116 |
| 6.00 oz-wt | Beef Short Ribs | 0.0 | 0 | 0.0 | 71.4 | 36.7 | 801 |
| 6.00 oz-wt | Beef Tenderloin | 0.0 | 0 | 0.0 | 41.8 | 40.7 | 551 |
| 6.00 oz-wt | Beef, Ground, Chuck | 0.0 | 0 | 0.0 | 44.0 | 38.9 | 562 |
| 6.00 oz-wt | Beef, Ground, Round | 0.0 | 0 | 0.0 | 28.1 | 46.7 | 454 |
| 6.00 oz-wt | Calf Liver | 10.4 | 0 | 10.4 | 9.9 | 40.5 | 304 |
| 6.00 oz-wt | Chuck Eye Steak | 0.0 | 0 | 0.0 | 41.1 | 46.2 | 568 |
| 6.00 oz-wt | Corned Beef Brisket | 0.3 | 0 | 0.3 | 33.8 | 33.3 | 449 |
| 6.00 oz-wt | Cubed steak | 0.0 | 0 | 0.0 | 8.3 | 53.9 | 306 |
| 2.00 oz-wt | Frankfurter, Beef | 1.1 | 0 | 1.1 | 16.6 | 7.2 | 185 |
| 6.00 oz-wt | Ground Veal | 0.0 | 0 | 0.0 | 12.9 | 41.5 | 293 |
| 6.00 oz-wt | Meas Raw Boneless: Beef Steak-Shell-All-Lean-1/4"Trim-Brd | 0.0 | 0 | 0.0 | 11.8 | 36.0 | 261 |
| 6.00 oz-wt | Prime Rib | 0.0 | 0 | 0.0 | 56.4 | 36.9 | 667 |
| 6.00 oz-wt | Rib Eye Roast | 0.0 | 0 | 0.0 | 37.8 | 42.4 | 522 |

| | | | | | | | | |
|------|-------|-------------------|-----|---|-----|------|------|-----|
| 6.00 | oz-wt | Rib Eye Steak | 0.0 | 0 | 0.0 | 19.9 | 47.7 | 383 |
| 6.00 | oz-wt | Roast Beef, Deli | 2.3 | 0 | 2.3 | 5.2 | 34.3 | 193 |
| 6.00 | oz-wt | Shell Steak | 0.0 | 0 | 0.0 | 21.3 | 64.9 | 469 |
| 6.00 | oz-wt | Sirloin Steak | 0.0 | 0 | 0.0 | 13.6 | 51.7 | 344 |
| 6.00 | oz-wt | Skirt Steak | 0.0 | 0 | 0.0 | 54.7 | 61.6 | 758 |
| 6.00 | oz-wt | Top Loin | 0.0 | 0 | 0.0 | 12.1 | 51.0 | 327 |
| 6.00 | oz-wt | Top Sirloin | 0.0 | 0 | 0.0 | 30.4 | 44.2 | 463 |
| 6.00 | oz-wt | Veal Arm Shoulder | 0.0 | 0 | 0.0 | 13.1 | 40.4 | 291 |
| 6.00 | oz-wt | Veal Breast | 0.0 | 0 | 0.0 | 33.5 | 39.6 | 472 |
| 6.00 | oz-wt | Veal Cutlet | 0.0 | 0 | 0.0 | 30.4 | 53.4 | 502 |
| 6.00 | oz-wt | Veal Loin | 0.0 | 0 | 0.0 | 30.4 | 53.4 | 502 |
| 6.00 | oz-wt | Veal Rib Chop | 0.0 | 0 | 0.0 | 22.2 | 38.0 | 362 |
| 6.00 | oz-wt | Veal Round Steak | 0.0 | 0 | 0.0 | 7.0 | 47.6 | 265 |
| 6.00 | oz-wt | Veal Scallops | 0.0 | 0 | 0.0 | 6.3 | 52.2 | 279 |
| 6.00 | oz-wt | Veal Shank | 0.0 | 0 | 0.0 | 7.9 | 43.4 | 256 |
| 6.00 | oz-wt | Veal Stew Meat | 0.0 | 0 | 0.0 | 13.4 | 40.2 | 292 |

LAMB

| | | | | | | | | |
|------|-------|-----------------------|-----|---|-----|------|------|-----|
| 6.00 | oz-wt | Ground Lamb | 0.0 | 0 | 0.0 | 30.3 | 38.2 | 436 |
| 6.00 | oz-wt | Lamb Rib Chops | 0.0 | 0 | 0.0 | 50.3 | 37.6 | 614 |
| 6.00 | oz-wt | Lamb Shoulder | 0.0 | 0 | 0.0 | 12.6 | 46.2 | 312 |
| 6.00 | oz-wt | Lamb Stew Meat | 0.0 | 0 | 0.0 | 15.0 | 57.3 | 379 |
| 6.00 | oz-wt | Leg of Lamb, bone in | 0.0 | 0 | 0.0 | 8.2 | 30.0 | 203 |
| 6.00 | oz-wt | Rack of Lamb, bone in | 0.0 | 0 | 0.0 | 9.9 | 19.5 | 173 |

POULTRY

| | | | | | | | | |
|------|-------|---|-----|---|-----|------|------|-----|
| 6.00 | oz-wt | Chicken Breast Cutlet | 0.0 | 0 | 0.0 | 12.7 | 48.7 | 322 |
| 6.00 | oz-wt | Chicken Breast, boneless | 0.0 | 0 | 0.0 | 12.7 | 48.7 | 322 |
| 1.00 | each | Chicken leg | 0.0 | 0 | 0.0 | 15.4 | 29.7 | 265 |
| 1.00 | each | Chicken Thigh | 0.0 | 0 | 0.0 | 9.6 | 15.5 | 153 |
| 6.00 | oz-wt | Chicken Thigh, boneless | 0.0 | 0 | 0.0 | 34.6 | 39.2 | 479 |
| 6.00 | oz-wt | Chicken Thigh, skinless, boneless | 0.0 | 0 | 0.0 | 8.9 | 44.6 | 270 |
| 1.00 | each | Chicken Wing | 0.0 | 0 | 0.0 | 6.6 | 9.1 | 99 |
| 6.00 | oz-wt | Chicken, ground | 0.0 | 0 | 0.0 | 22.5 | 40.2 | 374 |
| 6.00 | oz-wt | Chicken, light and dark, roasted, chopped | 0.0 | 0 | 0.0 | 12.6 | 49.2 | 323 |
| 6.00 | oz-wt | Chicken, whole | 0.1 | 0 | 0.1 | 14.7 | 29.8 | 260 |
| 2.00 | oz-wt | Chicken/turkey sausage | 0.3 | 0 | 0.3 | 6.4 | 9.6 | 97 |
| 6.00 | oz-wt | Cornish Game Hen | 0.0 | 0 | 0.0 | 26.1 | 31.9 | 372 |
| 6.00 | oz-wt | Duck breast, skinless | 0.0 | 0 | 0.0 | 9.6 | 45.0 | 279 |
| 6.00 | oz-wt | Duck, whole | 0.0 | 0 | 0.0 | 89.2 | 26.1 | 916 |
| 6.00 | oz-wt | Goose, whole | 0.0 | 0 | 0.0 | 23.6 | 27.1 | 329 |
| 6.00 | oz-wt | Turkey breast cutlet | 0.0 | 0 | 0.0 | 1.5 | 59.3 | 266 |
| 6.00 | oz-wt | Turkey Breast, skinless, boneless | 0.0 | 0 | 0.0 | 1.5 | 59.3 | 266 |
| 6.00 | oz-wt | Turkey, ground | 0.0 | 0 | 0.0 | 21.2 | 44.1 | 378 |
| 6.00 | oz-wt | Turkey, whole | 0.1 | 0 | 0.1 | 12.2 | 36.1 | 264 |

PORK

| | | | | | | | | |
|------|-------|-----------------------|-----|---|-----|------|------|-----|
| 3.00 | piece | Bacon | 0.1 | 0 | 0.1 | 9.4 | 5.8 | 109 |
| 3.00 | piece | Canadian Bacon | 0.9 | 0 | 0.9 | 5.9 | 16.9 | 129 |
| 6.00 | oz-wt | Ground Pork | 0.0 | 0 | 0.0 | 33.4 | 41.4 | 478 |
| 6.00 | oz-wt | Ham, boneless | 0.0 | 0 | 0.0 | 15.3 | 38.5 | 303 |
| 2.00 | oz-wt | Kielbasa | 0.8 | 0 | 0.8 | 17.2 | 7.6 | 191 |
| 1.00 | oz-wt | Pancetta | 0.2 | 0 | 0.2 | 14.0 | 8.6 | 163 |
| 6.00 | oz-wt | Pork Chop, center cut | 0.0 | 0 | 0.0 | 9.7 | 34.9 | 237 |
| 2.00 | oz-wt | Pork frankfurter | 1.4 | 0 | 1.4 | 16.5 | 6.4 | 181 |
| 6.00 | oz-wt | Pork Loin Chops | 0.0 | 0 | 0.0 | 32.4 | 27.9 | 412 |
| 6.00 | oz-wt | Pork Loin Roas | 0.0 | 0 | 0.0 | 19.7 | 36.4 | 333 |
| 6.00 | oz-wt | Pork loin, boneless | 0.0 | 0 | 0.0 | 24.9 | 46.1 | 422 |
| 2.00 | each | Pork Sausage | 2.0 | 0 | 2.0 | 34.4 | 26.8 | 433 |
| 6.00 | oz-wt | Pork Spareribs | 0.0 | 0 | 0.0 | 51.5 | 49.4 | 675 |

| | | | | | | | | |
|------|-------|-----------------|-----|---|-----|------|------|-----|
| 6.00 | oz-wt | Pork Tenderloin | 0.0 | 0 | 0.0 | 8.2 | 47.9 | 279 |
| 6.00 | oz-wt | Prosciutto | 0.9 | 0 | 0.9 | 13.0 | 37.4 | 281 |

LUNCH MEATS

| | | | | | | | | |
|------|-------|----------------|-----|---|-----|------|------|-----|
| 3.00 | oz-wt | Beef Bologna | 0.7 | 0 | 0.7 | 24.2 | 10.4 | 265 |
| 3.00 | oz-wt | Beef Salami | 2.4 | 0 | 2.4 | 17.6 | 12.8 | 223 |
| 3.00 | oz-wt | BeefPastrami | 2.6 | 0 | 2.6 | 24.8 | 14.7 | 297 |
| 3.00 | oz-wt | Deli ham | 1.5 | 0 | 1.5 | 2.3 | 13.7 | 91 |
| 3.00 | oz-wt | Pork Bologna | 0.6 | 0 | 0.6 | 16.9 | 13.0 | 210 |
| 3.00 | oz-wt | Pork Salami | 1.4 | 0 | 1.4 | 28.7 | 19.2 | 346 |
| 3.00 | oz-wt | Turkey Bologna | 0.8 | 0 | 0.8 | 12.9 | 11.7 | 169 |
| 3.00 | oz-wt | Turkey Breast | 0.0 | 0 | 0.0 | 6.0 | 21.3 | 162 |
| 3.00 | oz-wt | Turkey Roll | 0.5 | 0 | 0.5 | 6.1 | 15.9 | 125 |

SEAFOOD

| | | | | | | | | |
|------|-------|------------------------------|------|---|------|------|------|-----|
| 1.00 | oz-wt | Anchovies in Oil-Cnd-Drained | 0.0 | 0 | 0.0 | 2.8 | 8.2 | 60 |
| 6.00 | oz-wt | Bluefish | 0.0 | 0 | 0.0 | 9.3 | 43.7 | 270 |
| 6.00 | oz-wt | Catfish | 0.0 | 0 | 0.0 | 17.2 | 35.3 | 306 |
| 6.00 | oz-wt | Clams, canned | 8.7 | 0 | 8.7 | 3.3 | 43.5 | 252 |
| 6.00 | oz-wt | Cod | 0.0 | 0 | 0.0 | 1.5 | 38.8 | 179 |
| 3.00 | oz-wt | Cod, salted | 0.0 | 0 | 0.0 | 2.0 | 53.4 | 247 |
| 6.00 | oz-wt | Conch | 26.4 | 0 | 26.4 | 1.4 | 81.1 | 468 |
| 6.00 | oz-wt | Crab meat | 0.0 | 0 | 0.0 | 3.0 | 34.4 | 174 |
| 6.00 | oz-wt | Crab, canned | 0.0 | 0 | 0.0 | 2.1 | 34.9 | 168 |
| 6.00 | oz-wt | Crab, steamed | 0.0 | 0 | 0.0 | 3.0 | 34.4 | 174 |
| 6.00 | oz-wt | Halibut | 0.0 | 0 | 0.0 | 5.2 | 47.2 | 249 |
| 6.00 | oz-wt | Lobster meat | 2.2 | 0 | 2.2 | 1.0 | 34.9 | 167 |
| 6.00 | oz-wt | Lobster, whole | 2.2 | 0 | 2.2 | 1.0 | 34.9 | 167 |
| 6.00 | oz-wt | Mackerel | 0.0 | 0 | 0.0 | 30.3 | 40.6 | 446 |
| 6.00 | oz-wt | Mahi mahi | 0.0 | 0 | 0.0 | 1.6 | 42.0 | 193 |
| 6.00 | oz-wt | Mussels | 8.4 | 0 | 8.4 | 5.1 | 27.0 | 195 |
| 6.00 | oz-wt | Oysters | 12.5 | 0 | 12.5 | 3.5 | 11.8 | 134 |
| 6.00 | oz-wt | Salmon steak | 0.0 | 0 | 0.0 | 24.6 | 45.1 | 415 |
| 6.00 | oz-wt | Salmon, smoked | 0.0 | 0 | 0.0 | 7.3 | 31.1 | 199 |
| 6.00 | oz-wt | Scallops | 3.9 | 0 | 3.9 | 5.4 | 27.7 | 182 |
| 6.00 | oz-wt | Scrod | 0.0 | 0 | 0.0 | 1.5 | 38.8 | 179 |
| 6.00 | oz-wt | Shrimp | 0.0 | 0 | 0.0 | 1.8 | 35.6 | 168 |
| 6.00 | oz-wt | Smoked fish | 0.0 | 0 | 0.0 | 34.3 | 30.0 | 437 |
| 6.00 | oz-wt | Snapper | 0.0 | 0 | 0.0 | 3.0 | 46.5 | 227 |
| 6.00 | oz-wt | Squid | 7.0 | 0 | 7.0 | 3.1 | 35.3 | 209 |
| 6.00 | oz-wt | Trout | 0.0 | 0 | 0.0 | 12.2 | 41.3 | 287 |
| 6.00 | oz-wt | Tuna filet | 0.0 | 0 | 0.0 | 2.2 | 53.0 | 245 |
| 6.00 | oz-wt | Tuna steak | 0.0 | 0 | 0.0 | 2.2 | 53.0 | 245 |
| 6.00 | oz-wt | Tuna, canned, oil packed | 0.0 | 0 | 0.0 | 14.0 | 49.6 | 337 |
| 6.00 | oz-wt | Tuna, canned, water packed | 0.0 | 0 | 0.0 | 1.4 | 43.4 | 197 |

EGGS

| | | | | | | | | |
|------|------|------------|-----|---|-----|-----|-----|----|
| 1.00 | each | Egg White | 0.3 | 0 | 0.3 | 0.0 | 3.5 | 17 |
| 1.00 | each | Egg Yolk | 0.3 | 0 | 0.3 | 5.1 | 2.8 | 59 |
| 1.00 | each | Egg, whole | 0.6 | 0 | 0.6 | 5.3 | 6.3 | 78 |

FATS, OILS & DRESSINGS

| | | | | | | | | |
|------|-----|---------------------------------|-----|-----|-----|------|-----|-----|
| 1.00 | tsp | Corn Oil | 0.0 | 0 | 0.0 | 4.5 | 0.0 | 40 |
| 1.00 | tsp | Mayonnaise | 0.1 | 0 | 0.1 | 3.7 | 0.1 | 33 |
| 1.00 | tsp | Olive Oil | 0.0 | 0 | 0.0 | 4.5 | 0.0 | 40 |
| 2.00 | tbs | Salad Dressing, blue cheese | 2.3 | 0 | 2.3 | 16.0 | 1.5 | 154 |
| 2.00 | tbs | Salad Dressing, caesar | 0.6 | 0.1 | 0.5 | 10.5 | 2.8 | 107 |
| 2.00 | tbs | Salad Dressing, Italian | 3.0 | 0 | 3.0 | 14.2 | 0.2 | 137 |
| 2.00 | tbs | Salad Dressing, ranch | 1.4 | 0 | 1.4 | 11.3 | 0.9 | 109 |
| 2.00 | tbs | Salad Dressing, thousand island | 4.8 | 0 | 4.8 | 11.2 | 0.3 | 118 |
| 1.00 | tsp | Sesame Oil | 0.0 | 0 | 0.0 | 4.5 | 0.0 | 40 |

TOFU

| | | | | | | | | |
|------|-------|--------------|-----|-----|-----|-----|------|-----|
| 8.00 | fl oz | Soy Milk | 4.4 | 3.2 | 1.2 | 4.7 | 6.7 | 81 |
| 4.00 | oz-wt | Tofu, firm | 4.9 | 2.6 | 2.2 | 9.9 | 17.9 | 164 |
| 4.00 | oz-wt | Tofu, silken | 3.3 | 0.1 | 3.2 | 3.1 | 5.4 | 62 |

BEANS

| | | | | | | | | |
|------|-----|-------------------------|------|-----|------|-----|------|-----|
| 0.50 | cup | Baby Lima Beans | 21.2 | 7.0 | 14.2 | 0.3 | 7.3 | 115 |
| 0.50 | cup | Black Beans | 20.4 | 7.5 | 12.9 | 0.5 | 7.6 | 114 |
| 0.50 | cup | Blackeyed Peas | 17.9 | 5.6 | 12.3 | 0.5 | 6.6 | 100 |
| 0.50 | cup | CA Red Kidney Beans | 19.8 | 8.2 | 11.6 | 0.1 | 8.1 | 110 |
| 0.50 | cup | Chickpea/Garbanzo Beans | 22.5 | 6.2 | 16.2 | 2.1 | 7.3 | 134 |
| 0.50 | cup | Great Northern Beans | 18.7 | 6.2 | 12.5 | 0.4 | 7.4 | 104 |
| 2.00 | tbs | Hummos/Hummus | 6.2 | 1.6 | 4.6 | 2.6 | 1.5 | 53 |
| 0.50 | cup | Lentils | 19.9 | 7.8 | 12.1 | 0.4 | 8.9 | 115 |
| 0.50 | cup | Navy Beans | 23.9 | 5.8 | 18.1 | 0.5 | 7.9 | 129 |
| 0.50 | cup | Pink Beans | 23.6 | 4.5 | 19.1 | 0.4 | 7.7 | 126 |
| 0.50 | cup | Pinto Beans | 18.0 | 7.0 | 11.0 | 1.0 | 7.0 | 110 |
| 0.50 | cup | Soybeans | 9.9 | 3.8 | 6.2 | 5.8 | 11.1 | 127 |

NUTS & SEEDS

| | | | | | | | | |
|------|------|------------------------|------|-----|------|------|-----|-----|
| 2.00 | tbs | Almond Butter | 6.8 | 1.2 | 5.6 | 18.9 | 4.8 | 203 |
| 2.00 | tbs | Almonds, slivered | 3.3 | 1.6 | 1.7 | 8.6 | 3.5 | 102 |
| 2.00 | tbs | Almonds, whole | 3.6 | 2.2 | 1.4 | 8.9 | 3.7 | 106 |
| 6.00 | each | Chestnuts, roasted | 26.7 | 2.6 | 24.2 | 1.1 | 1.6 | 124 |
| 2.00 | tbs | Hazelnuts, Chopped | 2.4 | 1.4 | 1.0 | 8.7 | 2.1 | 90 |
| 2.00 | tbs | Hazelnuts, Whole | 2.8 | 1.6 | 1.2 | 10.3 | 2.5 | 106 |
| 2.00 | tbs | Macadamia Nuts | 2.3 | 1.4 | 0.9 | 12.7 | 1.3 | 120 |
| 2.00 | tbs | Peanut Butter, natural | 6.9 | 2.1 | 4.8 | 15.9 | 7.7 | 187 |
| 2.00 | tbs | Peanut Butter, regular | 6.2 | 1.9 | 4.3 | 16.3 | 8.1 | 190 |
| 2.00 | tbs | Peanuts | 3.4 | 1.7 | 1.8 | 8.9 | 4.7 | 105 |
| 2.00 | tbs | Pecans, chopped | 2.1 | 1.4 | 0.6 | 10.7 | 1.4 | 103 |
| 2.00 | tbs | Pine Nuts | 2.4 | 0.8 | 1.7 | 8.6 | 4.1 | 96 |
| 2.00 | tbs | Pistachio Nuts | 4.7 | 1.6 | 3.1 | 6.9 | 3.3 | 88 |
| 2.00 | tbs | Pumpkin Seeds | 3.1 | 0.7 | 2.4 | 7.9 | 4.2 | 93 |
| 2.00 | tbs | Sunflower Seeds | 3.4 | 1.9 | 1.5 | 8.9 | 4.1 | 103 |
| 2.00 | tbs | Walnuts, chopped | 2.1 | 1.0 | 1.1 | 9.8 | 2.3 | 98 |
| 2.00 | tbs | Walnuts, halves | 1.7 | 0.8 | 0.9 | 8.2 | 1.9 | 82 |

BAKING PRODUCTS

| | | | | | | | | |
|------|-------|------------------------------|------|-----|------|------|-----|-----|
| 2.00 | tbs | All Purpose White Flour | 11.9 | 0.4 | 11.5 | 0.2 | 1.6 | 57 |
| 1.00 | tsp | Atkins Thicken/Thin | 1.5 | 1.5 | 0.0 | 0.0 | 0.1 | 6 |
| 1.00 | oz-wt | Baking Chocolate,unsweetened | 8.0 | 4.4 | 3.7 | 15.7 | 2.9 | 148 |
| 0.50 | tsp | Baking Powder | 0.6 | 0.0 | 0.6 | 0.0 | 0.0 | 1 |
| 0.50 | tsp | Baking Soda | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 |
| 2.00 | tbs | Chocolate Chips, semisweet | 13.3 | 1.2 | 12.0 | 6.3 | 0.9 | 101 |
| 0.50 | tsp | Cinnamon | 0.9 | 0.6 | 0.3 | 0.0 | 0.0 | 3 |
| 0.50 | tsp | Cocoa Powder, unsweetened | 0.5 | 0.3 | 0.2 | 0.1 | 0.2 | 3 |
| 2.00 | tbs | Coconut Milk-Canned | 0.8 | 0.3 | 0.5 | 6.0 | 0.6 | 56 |
| 2.00 | tbs | Coconut, dried, unsweetened | 2.4 | 1.6 | 0.8 | 6.3 | 0.7 | 64 |
| 2.00 | tbs | Cornmeal | 13.4 | 1.3 | 12.1 | 0.3 | 1.5 | 63 |
| 1.00 | each | Gelatin, unsweetened | 0.0 | 0.0 | 0.0 | 0.0 | 6.0 | 23 |
| 1.00 | tsp | Ghee | 0.0 | 0.0 | 0.0 | 4.2 | 0.0 | 37 |
| 1.00 | tsp | Margarine | 0.0 | 0.0 | 0.0 | 3.8 | 0.0 | 34 |
| 1.00 | tbs | Molasses | 12.5 | 0.0 | 12.5 | 0.0 | 0.0 | 48 |
| 1.00 | tsp | Sugar, brown | 4.5 | 0.0 | 4.5 | 0.0 | 0.0 | 17 |
| 1.00 | tsp | Sugar, white | 4.2 | 0.0 | 4.2 | 0.0 | 0.0 | 16 |

GRAINS

| | | | | | | | | |
|------|-----|---------------------|------|-----|------|-----|-----|----|
| 0.50 | cup | Bulgur Wheat-Cooked | 16.9 | 4.1 | 12.8 | 0.2 | 2.8 | 76 |
| 2.00 | tbs | Cornmeal | 11.7 | 1.1 | 10.6 | 0.5 | 1.2 | 55 |
| 0.50 | cup | Couscous-Cooked | 18.2 | 1.1 | 17.1 | 0.1 | 3.0 | 88 |
| 0.50 | cup | Hominy-Cooked | 11.8 | 2.1 | 9.7 | 0.7 | 1.2 | 59 |

| | | | | | | | | |
|------|-----|-----------------------|------|-----|------|-----|------|-----|
| 0.50 | cup | Kasha-Cooked | 74.3 | 9.4 | 64.8 | 2.7 | 11.6 | 343 |
| 0.50 | cup | Millet-Cooked | 28.4 | 1.6 | 26.8 | 1.2 | 4.2 | 143 |
| 2.00 | tbs | Oat Bran-Dry | 7.8 | 1.8 | 6.0 | 0.8 | 2.0 | 29 |
| 0.50 | cup | Pearled Barley-Cooked | 22.2 | 3.0 | 19.2 | 0.3 | 1.8 | 97 |
| 0.25 | cup | Quinoa Grain-Dry | 29.3 | 2.5 | 26.8 | 2.5 | 5.6 | 159 |
| 0.50 | cup | Rice, brown, cooked | 22.4 | 1.8 | 20.6 | 0.9 | 2.5 | 108 |
| 0.50 | cup | Rice, white, cooked | 22.3 | 0.3 | 21.9 | 0.2 | 2.1 | 103 |
| 0.50 | cup | Rice, wild, cooked | 17.5 | 1.5 | 16.0 | 0.3 | 3.3 | 83 |
| 2.00 | tbs | Wheat Germ-Toasted | 7.0 | 1.8 | 5.2 | 1.5 | 4.1 | 54 |

CEREALS

| | | | | | | | | |
|------|-----|-----------------------------|------|-----|------|-----|-----|-----|
| 1.00 | cup | Corn Flakes | 24.2 | 0.8 | 23.4 | 0.2 | 1.8 | 102 |
| 0.50 | cup | Cream of Rice Cereal-Cooked | 13.9 | 0.1 | 13.8 | 0.1 | 1.1 | 63 |
| 0.50 | cup | Cream of Wheat -Cooked | 15.8 | 1.4 | 14.3 | 0.2 | 2.2 | 77 |
| 0.50 | cup | Oatmeal-Cooked | 12.6 | 2.0 | 10.6 | 1.2 | 3.0 | 73 |
| 1.00 | cup | Puffed Wheat Cereal | 11.1 | 0.6 | 10.5 | 0.2 | 2.1 | 51 |
| 1.00 | cup | Raisin Bran | 47.1 | 8.2 | 38.9 | 1.5 | 5.6 | 186 |
| 1.00 | cup | Rice Krispies | 22.8 | 0.3 | 22.5 | 0.3 | 1.7 | 100 |

PASTA

| | | | | | | | | |
|------|-------|------------------------------|------|-----|------|-----|-----|-----|
| 0.50 | cup | Noodles, egg, cooked | 19.9 | 0.9 | 19.0 | 1.2 | 3.8 | 106 |
| 0.50 | cup | Pasta, spinach, cooked | 18.3 | 2.5 | 15.9 | 0.4 | 3.2 | 91 |
| 0.50 | cup | Pasta, whole wheat, cooked | 18.6 | 2.0 | 16.6 | 0.4 | 3.7 | 87 |
| 0.50 | cup | Pasta/Noodles, dry, cooked | 19.8 | 1.2 | 18.6 | 0.5 | 3.3 | 99 |
| 4.00 | oz-wt | Pasta/Noodles, fresh, cooked | 28.3 | 2.0 | 26.3 | 1.2 | 5.8 | 149 |

BREADS, ROLLS &

CRACKERS

| | | | | | | | | |
|------|-------|--------------------------------------|------|------|------|------|-----|-----|
| 1.00 | each | Bagel, 2 1/2 oz | 38.0 | 1.7 | 36.3 | 1.1 | 7.5 | 195 |
| 1.00 | each | Biscuit, 2 oz | 27.6 | 1.0 | 26.6 | 6.9 | 4.2 | 191 |
| 1.00 | each | Blueberry Muffin, 2 oz | 27.4 | 1.5 | 25.9 | 3.7 | 3.1 | 158 |
| 1.00 | each | Bran Muffin, 2 oz | 23.8 | 4.0 | 19.8 | 7.3 | 4.0 | 164 |
| 1.00 | each | Breadsticks, sesame, small | 2.2 | 0.1 | 2.1 | 0.5 | 0.4 | 15 |
| 1.00 | each | Corn Muffin, 2 oz | 29.0 | 1.9 | 27.1 | 4.8 | 3.4 | 174 |
| 1.00 | piece | Cornbread 2.5 x 2.5 x 1.5 pce | 22.7 | 1.9 | 20.7 | 4.9 | 4.0 | 152 |
| 5.00 | each | Crackers, butter-type | 51.4 | 1.5 | 49.8 | 18.3 | 5.8 | 393 |
| 5.00 | each | Crackers, rye wafers | 44.2 | 12.6 | 31.6 | 0.5 | 5.3 | 184 |
| 5.00 | each | Crackers, saltines | 10.7 | 0.5 | 10.3 | 1.8 | 1.4 | 65 |
| 5.00 | each | Crackers, water | 10.0 | 0.6 | 9.4 | 0.0 | 1.3 | 44 |
| 1.00 | each | Croissant | 27.0 | 0.0 | 27.0 | 17.0 | 4.0 | 270 |
| 1.00 | each | English Muffin | 26.0 | 1.5 | 24.5 | 1.0 | 4.4 | 133 |
| 1.00 | each | Hard White Roll | 30.0 | 1.3 | 28.7 | 2.5 | 5.6 | 167 |
| 1.00 | piece | Italian Bread | 15.0 | 0.8 | 14.2 | 1.1 | 2.6 | 81 |
| 1.00 | each | Pita Pocket Bread, 6 1/2"diameter | 33.4 | 1.3 | 32.1 | 0.7 | 5.5 | 165 |
| 1.00 | each | Popover | 10.4 | 0.3 | 10.1 | 1.5 | 2.6 | 67 |
| 1.00 | piece | Pumpnickel Bread | 12.4 | 1.7 | 10.7 | 0.8 | 2.3 | 65 |
| 1.00 | piece | Raisin Bread | 13.6 | 1.1 | 12.5 | 1.1 | 2.1 | 71 |
| 1.00 | piece | Rye Bread | 15.5 | 1.9 | 13.6 | 1.1 | 2.7 | 83 |
| 1.00 | each | Soft Hoagie Roll | 32.0 | 2.0 | 30.0 | 4.5 | 7.0 | 200 |
| 1.00 | piece | Sourdough Bread | 13.0 | 0.8 | 12.2 | 0.8 | 2.2 | 69 |
| 1.00 | each | Tortilla, corn | 12.1 | 1.4 | 10.8 | 0.7 | 1.5 | 58 |
| 1.00 | each | Tortillas, flour, 8" | 25.3 | 0.0 | 25.3 | 3.1 | 4.4 | 146 |
| 1.00 | piece | Wheat Bread | 11.8 | 1.1 | 10.7 | 1.0 | 2.3 | 65 |
| 1.00 | piece | White Bread | 14.9 | 0.7 | 14.2 | 1.1 | 2.5 | 80 |
| 1.00 | piece | Whole grain bread | 11.8 | 1.1 | 10.7 | 1.0 | 2.3 | 65 |

PANCAKES, WAFFLES &

FRENCH TOAST

| | | | | | | | | |
|------|-------|--|------|-----|------|-----|-----|-----|
| 1.00 | piece | French Toast-Frozen | 18.9 | 0.7 | 18.3 | 3.6 | 4.4 | 126 |
| 1.00 | each | Pancakes-Frozen-Ready To Eat-6 inch | 31.8 | 1.3 | 30.5 | 2.4 | 3.8 | 167 |
| 1.00 | each | Pancakes-Homemade 6" | 21.8 | 1.1 | 20.7 | 7.5 | 4.9 | 175 |

| | | | | | | | | |
|--------------------------------|-------|--|------|-----|------|------|-----|-----|
| 1.00 | each | Waffles-Frozen-4" square | 13.5 | 0.8 | 12.7 | 2.7 | 2.1 | 88 |
| 1.00 | each | Waffles-Homemade-7" diam | 24.7 | 1.1 | 23.6 | 10.6 | 5.9 | 218 |
| GRAVIES & SAUCES | | | | | | | | |
| 2.00 | tbs | Barbecue Sauce | 4.0 | 0.4 | 3.6 | 0.6 | 0.6 | 23 |
| 0.25 | cup | Gravy, au jus | 1.5 | 0.0 | 1.5 | 0.1 | 0.7 | 10 |
| 0.25 | cup | Gravy, canned (chicken, beef, turkey, etc) | 3.2 | 0.2 | 3.0 | 3.4 | 1.1 | 47 |
| 2.00 | tbs | Hollandaise Sauce | 0.3 | 0.0 | 0.3 | 9.1 | 1.0 | 85 |
| 0.25 | cup | Spaghetti/Marinara Sauce | 5.1 | 1.0 | 4.1 | 1.3 | 0.9 | 36 |
| 0.25 | cup | Sweet & Sour Sauce | 15.1 | 0.1 | 15.1 | 0.0 | 0.2 | 59 |
| 2.00 | tbs | Tartar Sauce | 1.2 | 0.1 | 1.1 | 16.4 | 0.4 | 149 |
| 2.00 | tbs | Teriyaki Sauce | 5.7 | 0.0 | 5.7 | 0.0 | 2.1 | 30 |
| 0.25 | cup | Tomato Sauce | 4.4 | 0.9 | 3.5 | 0.1 | 0.8 | 18 |
| ALCOHOL | | | | | | | | |
| 12.00 | fl oz | Beer | 13.2 | 0.7 | 12.5 | 0.0 | 1.1 | 146 |
| 1.00 | fl oz | Bourbon-80 Proof | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 64 |
| 1.00 | oz-wt | Brandy-86 Proof | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 71 |
| 1.00 | oz-wt | Brandy-86 Proof | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 71 |
| 1.00 | oz-wt | Gin-80 Proof | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 65 |
| 4.00 | fl oz | Medium White Wine | 0.9 | 0.0 | 0.9 | 0.0 | 0.1 | 80 |
| 4.00 | fl oz | Red Wine | 2.0 | 0.0 | 2.0 | 0.0 | 0.2 | 85 |
| 1.00 | oz-wt | Rum-80 Proof | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 65 |
| 1.00 | oz-wt | Tequila-80 Proof | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 65 |
| 1.00 | oz-wt | Triple Sec Liqueur-1 Shot | 12.5 | 0.0 | 12.5 | 0.1 | 0.0 | 100 |
| 1.00 | oz-wt | Vodka-80 Proof | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 65 |
| 1.00 | oz-wt | Whiskey-80 Proof | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 65 |
| MISC. | | | | | | | | |
| 1.00 | each | Atkins-Low Carb Tortilla | 12.0 | 9.0 | 3.0 | 2.0 | 5.0 | 60 |
| 2.00 | tbs | Chicken Liver Pate-Canned | 1.7 | 0.0 | 1.7 | 3.4 | 3.5 | 52 |
| DESSERTS & PASTRIES | | | | | | | | |
| 1.00 | piece | Cake, angelfood, 1/12 cake | 29.4 | 0.1 | 29.2 | 0.2 | 3.1 | 129 |
| 1.00 | piece | Cake, chocolate layer, 3 oz slice | 38.0 | 2.0 | 36.0 | 16.0 | 2.0 | 300 |
| 1.00 | piece | Cake, coffeecake, 2 oz slice | 29.6 | 0.7 | 28.9 | 5.4 | 3.1 | 178 |
| 1.00 | piece | Cake, pound cake, 1 oz slice | 13.8 | 0.1 | 13.7 | 5.6 | 1.6 | 110 |
| 1.00 | oz-wt | Chocolate, dark | 17.9 | 1.7 | 16.2 | 8.5 | 1.2 | 136 |
| 1.00 | oz-wt | Chocolate, milk | 16.8 | 1.0 | 15.8 | 8.7 | 2.0 | 145 |
| 1.00 | each | Cookie, chocolate chip, 1/2 oz | 10.3 | 0.2 | 10.0 | 4.1 | 0.9 | 79 |
| 1.00 | each | Cookie, oatmeal, 1/2 oz | 12.4 | 0.5 | 11.9 | 3.3 | 1.1 | 81 |
| 1.00 | each | Cookie, peanut butter, 2/3 oz | 11.8 | 0.4 | 11.4 | 4.8 | 1.8 | 95 |
| 1.00 | each | Cookie, sugar, 1/2 oz | 10.2 | 0.1 | 10.1 | 3.2 | 0.8 | 72 |
| 1.00 | each | Doughnut, glazed | 26.6 | 0.7 | 25.9 | 13.7 | 3.8 | 242 |
| 1.00 | each | Doughnut, plain | 19.0 | 1.0 | 18.0 | 11.0 | 3.0 | 180 |
| 0.50 | cup | Ice cream, chocolate | 18.6 | 0.8 | 17.8 | 7.3 | 2.5 | 143 |
| 0.50 | cup | Ice cream, fruit | 18.2 | 0.2 | 18.0 | 5.5 | 2.1 | 127 |
| 0.50 | cup | Ice cream, vanilla | 15.6 | 0.0 | 15.6 | 7.3 | 2.3 | 133 |
| 1.00 | piece | Pie, apple, 1/8 of 9" pie | 57.5 | 2.2 | 55.3 | 19.4 | 3.7 | 411 |
| 1.00 | piece | Pie, cherry, 1/8 of 9" pie | 69.3 | 2.7 | 66.6 | 22.0 | 5.0 | 486 |
| 1.00 | piece | Pie, lemon meringue, 1/6 of 8" pie | 53.3 | 1.4 | 52.0 | 9.8 | 1.7 | 303 |
| 1.00 | piece | Pie, pecan, 1/8 of 9" pie | 63.7 | 6.1 | 57.6 | 27.1 | 6.0 | 503 |
| 1.00 | piece | Pie, pumpkin, 1/8 of 9" pie | 40.9 | 4.2 | 36.7 | 14.4 | 7.0 | 316 |
| SNACKS | | | | | | | | |
| 10.00 | piece | Potato Chips | 10.6 | 0.9 | 9.7 | 6.9 | 1.4 | 107 |
| 10.00 | piece | Pretzels | 47.5 | 1.9 | 45.6 | 2.1 | 5.5 | 229 |
| 0.50 | oz-wt | Soy Nuts | 4.5 | 2.5 | 2.0 | 2.0 | 6.0 | 60 |
| 10.00 | piece | Tortilla Chips | 11.3 | 1.2 | 10.2 | 4.7 | 1.3 | 90 |

SOUPS

| | | | | | | | | |
|------|-----|--------------------------------|------|-----|------|-----|-----|-----|
| 1.00 | cup | Broth, beef | 1.0 | 0.0 | 1.0 | 1.4 | 4.8 | 38 |
| 1.00 | cup | Broth, chicken | 1.5 | 0.0 | 1.5 | 1.5 | 3.1 | 31 |
| 1.00 | cup | Soup, black bean | 19.8 | 4.4 | 15.4 | 1.5 | 5.6 | 116 |
| 1.00 | cup | Soup, chicken noodle | 9.4 | 0.7 | 8.6 | 2.5 | 4.0 | 75 |
| 1.00 | cup | Soup, cream of potato | 17.2 | 0.5 | 16.7 | 6.4 | 5.8 | 149 |
| 1.00 | cup | Soup, cream of tomato | 22.3 | 2.7 | 19.6 | 6.0 | 6.1 | 161 |
| 1.00 | cup | Soup, minestrone | 11.2 | 1.0 | 10.3 | 2.5 | 4.3 | 82 |
| 1.00 | cup | Soup, New England clam chowder | 16.6 | 1.5 | 15.1 | 6.6 | 9.5 | 164 |
| 1.00 | cup | Soup, onion | 8.2 | 1.0 | 7.2 | 1.7 | 3.8 | 58 |
| 1.00 | cup | Soup, vegetable | 19.0 | 1.2 | 17.8 | 3.7 | 3.5 | 122 |

CONDIMENTS

| | | | | | | | | |
|------|------|------------------------|------|-----|------|-----|-----|----|
| 1.00 | tsp | Atkins low carb jam | 0.3 | 0.0 | 0.3 | 0.0 | 0.0 | 3 |
| 1.00 | tbs | Balsamic Vinegar | 2.3 | 0.0 | 2.3 | 0.0 | 0.1 | 10 |
| 1.00 | tbs | Capers | 0.4 | 0.3 | 0.1 | 0.1 | 0.2 | 2 |
| 1.00 | tsp | Chili Powder | 1.4 | 0.9 | 0.5 | 0.4 | 0.3 | 8 |
| 1.00 | tbs | Cider Vinegar | 0.9 | 0.0 | 0.9 | 0.0 | 0.0 | 2 |
| 2.00 | tbs | Cranberry Sauce | 13.5 | 0.3 | 13.1 | 0.1 | 0.1 | 52 |
| 1.00 | tsp | Cumin | 0.8 | 0.7 | 0.1 | 0.5 | 0.4 | 9 |
| 1.00 | tsp | Dijon Mustard | 0.6 | 0.1 | 0.5 | 0.5 | 0.3 | 6 |
| 1.00 | each | Dill Pickle | 2.7 | 0.8 | 1.9 | 0.1 | 0.4 | 12 |
| 1.00 | tsp | Fish Sauce | 0.2 | 0.0 | 0.2 | 0.0 | 0.3 | 2 |
| 1.00 | each | Garlic | 1.0 | 0.1 | 0.9 | 0.0 | 0.2 | 4 |
| 1.00 | tbs | Ginger, Root Slices | 0.9 | 0.1 | 0.8 | 0.0 | 0.1 | 4 |
| 1.00 | tsp | Honey | 5.8 | 0.0 | 5.8 | 0.0 | 0.0 | 21 |
| 1.00 | tsp | Horseradish-Prepared | 0.6 | 0.2 | 0.4 | 0.0 | 0.1 | 2 |
| 1.00 | tsp | Jam | 4.6 | 0.1 | 4.5 | 0.0 | 0.0 | 19 |
| 1.00 | tsp | Jelly | 4.5 | 0.1 | 4.4 | 0.0 | 0.0 | 18 |
| 1.00 | tbs | Ketchup/Catsup | 4.2 | 0.2 | 4.0 | 0.1 | 0.2 | 16 |
| 1.00 | tbs | Maple Syrup | 13.4 | 0.0 | 13.4 | 0.0 | 0.0 | 52 |
| 1.00 | tbs | Miso Paste | 3.0 | 0.4 | 2.6 | 0.8 | 1.9 | 27 |
| 5.00 | each | Olives, black | 1.4 | 0.7 | 0.7 | 2.3 | 0.2 | 25 |
| 5.00 | each | Olives, green | 2.5 | 0.0 | 2.5 | 5.0 | 0.0 | 50 |
| 1.00 | tbs | Pesto Sauce | 1.0 | 0.4 | 0.6 | 7.1 | 2.8 | 78 |
| 1.00 | tbs | Pickle Relish | 5.4 | 0.2 | 5.2 | 0.1 | 0.1 | 20 |
| 1.00 | tsp | Preserves | 4.6 | 0.1 | 4.5 | 0.0 | 0.0 | 19 |
| 1.00 | tbs | Red Wine Vinegar | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 |
| 1.00 | tbs | Rice Vinegar, seasoned | 3.0 | 0.0 | 3.0 | 0.0 | 0.0 | 12 |
| 1.00 | tbs | Salsa, green | 0.6 | 0.1 | 0.6 | 0.0 | 0.2 | 4 |
| 1.00 | tbs | Salsa, red | 0.8 | 0.1 | 0.7 | 0.0 | 0.1 | 4 |
| 1.00 | tbs | Sherry vinegar | 0.9 | 0.0 | 0.9 | 0.0 | 0.0 | 2 |
| 1.00 | tbs | Soy sauce | 1.0 | 0.1 | 0.9 | 0.0 | 1.9 | 11 |
| 1.00 | tbs | Soy Sauce-Low Sodium | 1.4 | 0.1 | 1.2 | 0.0 | 0.8 | 8 |
| 1.00 | tbs | Tahini | 3.2 | 0.7 | 2.5 | 8.0 | 2.6 | 89 |
| 1.00 | tbs | White Wine Vinegar | 1.5 | 0.0 | 1.5 | 0.0 | 0.0 | 5 |
| 1.00 | tsp | Worcestershire Sauce | 0.9 | 0.0 | 0.9 | 0.0 | 0.0 | 4 |

HERBS

| | | | | | | | | |
|------|-----|----------------------------|-----|-----|-----|-----|-----|---|
| 1.00 | tbs | Basil, fresh | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 1 |
| 1.00 | tbs | Chives, fresh | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 | 1 |
| 1.00 | tbs | Cilantro (Chinese Parsley) | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 1 |
| 1.00 | tbs | Dill, fresh | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 |
| 1.00 | tbs | Parsley, fresh | 0.2 | 0.1 | 0.1 | 0.0 | 0.1 | 1 |

FRUIT & FRUIT JUICES

| | | | | | | | | |
|------|------|-----------------|------|------|------|------|-----|-----|
| 1.00 | each | Apple, medium | 21.0 | 3.7 | 17.3 | 0.5 | 0.3 | 81 |
| 0.25 | cup | Applesauce | 6.9 | 0.7 | 6.2 | 0.0 | 0.1 | 26 |
| 0.25 | cup | Apricots, dried | 24.9 | 3.6 | 21.3 | 0.2 | 1.5 | 96 |
| 1.00 | each | Apricots, fresh | 3.9 | 0.8 | 3.1 | 0.1 | 0.5 | 17 |
| 1.00 | each | Avocado | 14.9 | 10.1 | 4.8 | 30.8 | 4.0 | 324 |

| | | | | | | | | |
|------|------|---|------|-----|------|-----|-----|-----|
| 1.00 | each | Banana, small | 23.7 | 2.4 | 21.2 | 0.5 | 1.0 | 93 |
| 0.25 | cup | Blackberries | 4.6 | 1.9 | 2.7 | 0.1 | 0.3 | 19 |
| 0.25 | cup | Blueberries | 5.1 | 1.0 | 4.1 | 0.1 | 0.2 | 20 |
| 0.25 | cup | Cantaloupe | 3.3 | 0.3 | 3.0 | 0.1 | 0.4 | 14 |
| 0.25 | cup | Cherries | 4.8 | 0.7 | 4.2 | 0.3 | 0.4 | 21 |
| 0.25 | cup | Cranberries, raw | 3.0 | 1.0 | 2.0 | 0.0 | 0.1 | 12 |
| 0.25 | cup | Currants, dried | 26.7 | 2.4 | 24.2 | 0.1 | 1.5 | 102 |
| 0.25 | cup | Dates, chopped | 32.7 | 3.3 | 29.4 | 0.2 | 0.9 | 122 |
| 0.25 | cup | Figs, dried | 32.5 | 5.8 | 26.7 | 0.6 | 1.5 | 127 |
| 1.00 | each | Figs, fresh | 9.6 | 1.7 | 7.9 | 0.2 | 0.4 | 37 |
| 0.50 | each | Grapefruit Juice-Canned- Unsweetened-Cup | 9.2 | 1.4 | 7.9 | 0.1 | 0.7 | 37 |
| 0.25 | cup | Grapes | 7.1 | 0.4 | 6.7 | 0.2 | 0.3 | 28 |
| 0.25 | cup | Honeydew Melon | 3.9 | 0.3 | 3.6 | 0.0 | 0.2 | 15 |
| 0.50 | cup | Juice, apple | 14.5 | 0.1 | 14.4 | 0.1 | 0.1 | 58 |
| 0.50 | cup | Juice, cranberry | 18.2 | 0.1 | 18.1 | 0.1 | 0.0 | 72 |
| 0.50 | cup | Juice, grape | 18.9 | 0.1 | 18.8 | 0.1 | 0.7 | 77 |
| 0.50 | cup | Juice, grapefruit | 11.1 | 0.1 | 10.9 | 0.1 | 0.6 | 47 |
| 1.00 | tbs | Juice, lemon | 1.3 | 0.1 | 1.3 | 0.0 | 0.1 | 4 |
| 1.00 | tbs | Juice, lime | 1.4 | 0.1 | 1.3 | 0.0 | 0.1 | 4 |
| 0.50 | cup | Juice, orange | 13.4 | 0.2 | 13.2 | 0.1 | 0.8 | 56 |
| 0.50 | cup | Juice, tomato | 5.1 | 0.5 | 4.7 | 0.1 | 0.9 | 21 |
| 1.00 | each | Kiwifruit | 11.3 | 2.6 | 8.7 | 0.3 | 0.8 | 46 |
| 0.25 | cup | Mango | 7.0 | 0.7 | 6.3 | 0.1 | 0.2 | 27 |
| 1.00 | each | Nectarine | 16.0 | 2.2 | 13.8 | 0.6 | 1.3 | 67 |
| 1.00 | each | Orange | 16.3 | 3.4 | 12.9 | 0.1 | 1.4 | 64 |
| 0.25 | cup | Papaya | 3.4 | 0.6 | 2.8 | 0.0 | 0.2 | 14 |
| 1.00 | each | Peach, medium | 10.9 | 2.0 | 8.9 | 0.1 | 0.7 | 42 |
| 1.00 | each | Pear, medium | 25.1 | 4.0 | 21.1 | 0.7 | 0.6 | 98 |
| 0.25 | cup | Pineapple | 4.8 | 0.5 | 4.3 | 0.2 | 0.2 | 19 |
| 1.00 | each | Plums | 8.6 | 1.0 | 7.6 | 0.4 | 0.5 | 36 |
| 0.25 | cup | Prunes | 26.7 | 3.0 | 23.6 | 0.2 | 1.1 | 102 |
| 0.25 | cup | Raspberries | 3.6 | 2.1 | 1.5 | 0.2 | 0.3 | 15 |
| 0.25 | cup | Seedless Raisins | 32.6 | 1.7 | 31.0 | 0.2 | 1.3 | 124 |
| 0.25 | cup | Strawberries | 2.7 | 0.9 | 1.8 | 0.1 | 0.2 | 11 |
| 1.00 | each | Tangerine | 7.8 | 1.6 | 6.2 | 0.1 | 0.4 | 31 |
| 0.25 | cup | Watermelon | 2.8 | 0.2 | 2.6 | 0.2 | 0.2 | 12 |

VEGETABLES

| | | | | | | | | |
|------|-------|-----------------------------|------|-----|------|-----|-----|----|
| 1.00 | each | Artichoke | 13.4 | 6.5 | 6.9 | 0.2 | 4.2 | 60 |
| 1.00 | each | Artichoke hearts, marinated | 1.0 | 0.0 | 1.0 | 2.5 | 0.0 | 25 |
| 6.00 | each | Asparagus spears | 3.8 | 1.4 | 2.4 | 0.3 | 2.3 | 22 |
| 0.50 | cup | Beans, green | 4.9 | 2.0 | 2.9 | 0.2 | 1.2 | 22 |
| 1.00 | cup | Bok Choi | 1.5 | 0.7 | 0.8 | 0.1 | 1.1 | 9 |
| 0.50 | cup | Broccoflower | 3.1 | 1.6 | 1.5 | 0.2 | 1.5 | 16 |
| 0.50 | cup | Broccoli | 3.9 | 2.3 | 1.7 | 0.3 | 2.3 | 22 |
| 0.50 | cup | Broccoli rabe | 2.0 | 0.0 | 2.0 | 0.0 | 1.3 | 10 |
| 6.00 | each | Brussels sprouts | 10.9 | 3.3 | 7.6 | 0.6 | 3.2 | 49 |
| 0.50 | cup | Cabbage, green | 1.9 | 0.8 | 1.1 | 0.1 | 0.4 | 8 |
| 0.50 | cup | Cabbage, red | 1.9 | 0.8 | 1.1 | 0.1 | 0.5 | 9 |
| 0.50 | cup | Cabbage, sauerkraut | 5.1 | 3.0 | 2.1 | 0.2 | 1.1 | 22 |
| 0.50 | cup | Cabbage, savoy | 2.1 | 1.1 | 1.1 | 0.0 | 0.7 | 9 |
| 1.00 | each | Carrots, medium | 7.3 | 2.2 | 5.1 | 0.1 | 0.7 | 31 |
| 6.00 | each | Cauliflower | 4.4 | 2.9 | 1.5 | 0.5 | 2.0 | 25 |
| 1.00 | each | Celery stalk | 1.5 | 0.7 | 0.8 | 0.1 | 0.3 | 6 |
| 1.00 | tbs | Celery, chopped | 0.3 | 0.1 | 0.1 | 0.0 | 0.1 | 1 |
| 1.00 | each | Chili Pepper | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 20 |
| 1.00 | tbs | Chilies, green, chopped | 0.5 | 0.5 | 0.0 | 0.0 | 0.0 | 3 |
| 4.00 | oz-wt | Collards | 7.3 | 4.1 | 3.2 | 0.4 | 3.1 | 37 |
| 0.50 | cup | Corn | 16.0 | 2.0 | 14.1 | 0.4 | 2.3 | 66 |
| 1.00 | each | Cucumber, English | 4.0 | 1.1 | 2.8 | 0.3 | 0.9 | 19 |
| 0.50 | each | Cucumber, small | 2.5 | 0.7 | 1.8 | 0.2 | 0.6 | 12 |
| 0.50 | cup | Daikon | 1.8 | 0.7 | 1.1 | 0.0 | 0.3 | 8 |

| | | | | | | | | |
|------|-------|---------------------------------|------|-----|------|-----|-----|----|
| 0.50 | cup | Eggplant | 3.3 | 1.2 | 2.0 | 0.1 | 0.4 | 14 |
| 0.50 | cup | Eggplant, Italian | 3.3 | 1.2 | 2.0 | 0.1 | 0.4 | 14 |
| 0.50 | cup | Endive | 1.8 | 1.4 | 0.4 | 0.0 | 0.4 | 8 |
| 0.50 | cup | Escarole | 0.8 | 0.8 | 0.1 | 0.1 | 0.3 | 4 |
| 0.50 | cup | Fenned | 3.2 | 1.3 | 1.8 | 0.1 | 0.5 | 13 |
| 1.00 | cup | Greens, mixed | 1.6 | 1.2 | 0.4 | 0.1 | 0.9 | 9 |
| 0.50 | cup | Jicama | 5.7 | 3.2 | 2.5 | 0.1 | 0.5 | 25 |
| 0.50 | cup | Kale | 3.7 | 1.3 | 2.4 | 0.3 | 1.2 | 18 |
| 1.00 | each | Leeks | 12.6 | 1.6 | 11.0 | 0.3 | 1.3 | 54 |
| 1.00 | cup | Lettuce, butterhead | 1.3 | 0.6 | 0.7 | 0.1 | 0.7 | 7 |
| 1.00 | cup | Lettuce, romaine | 1.3 | 1.0 | 0.4 | 0.1 | 0.9 | 8 |
| 0.50 | cup | Mushroom, portobello | 1.4 | 0.4 | 1.0 | 0.1 | 1.0 | 9 |
| 2.00 | tbs | Mushrooms, dried | 8.9 | 2.9 | 6.0 | 0.7 | 5.6 | 64 |
| 0.50 | cup | Mushrooms, fresh | 1.4 | 0.4 | 1.0 | 0.1 | 1.0 | 9 |
| 4.00 | oz-wt | Okra | 7.5 | 2.5 | 5.0 | 0.3 | 1.9 | 34 |
| 1.00 | each | Onions | 9.5 | 2.0 | 7.5 | 0.2 | 1.3 | 42 |
| 0.25 | cup | Onions, green | 1.8 | 0.7 | 1.2 | 0.0 | 0.5 | 8 |
| 0.50 | cup | Peas, edible podded | 5.6 | 2.2 | 3.4 | 0.2 | 2.6 | 34 |
| 0.50 | cup | Peas, green | 9.9 | 3.4 | 6.5 | 0.3 | 3.8 | 55 |
| 0.50 | cup | Pepper, green | 4.8 | 1.3 | 3.4 | 0.1 | 0.7 | 20 |
| 0.50 | cup | Pepper, red | 4.8 | 1.5 | 3.3 | 0.1 | 0.7 | 20 |
| 1.00 | each | Peppers, jalapeno | 0.8 | 0.4 | 0.4 | 0.1 | 0.2 | 4 |
| 0.50 | each | Peppers, roasted | 2.4 | 0.4 | 2.0 | 0.1 | 0.3 | 10 |
| 1.00 | each | Potato, sweet | 22.4 | 3.1 | 19.2 | 0.1 | 1.8 | 95 |
| 0.50 | cup | Potato, white | 15.4 | 1.5 | 13.9 | 0.1 | 1.4 | 66 |
| 0.50 | cup | Pumpkin | 9.9 | 3.6 | 6.3 | 0.3 | 1.3 | 42 |
| 0.50 | cup | Radicchio | 0.9 | 0.2 | 0.7 | 0.1 | 0.3 | 5 |
| 6.00 | each | Radishes | 1.0 | 0.4 | 0.5 | 0.1 | 0.2 | 5 |
| 0.50 | cup | Rhubarb | 2.8 | 1.1 | 1.7 | 0.1 | 0.5 | 13 |
| 0.25 | cup | Shallots | 6.7 | 0.3 | 6.4 | 0.0 | 1.0 | 29 |
| 1.00 | cup | Spinach, raw | 1.1 | 0.8 | 0.2 | 0.1 | 0.9 | 7 |
| 0.50 | cup | Squash, acorn | 14.9 | 4.5 | 10.4 | 0.1 | 1.1 | 57 |
| 0.50 | cup | Squash, butternut | 10.8 | 2.9 | 7.9 | 0.1 | 0.9 | 41 |
| 0.50 | cup | Squash, spaghetti | 5.0 | 1.1 | 3.9 | 0.2 | 0.5 | 21 |
| 0.50 | cup | Squash, summer | 2.5 | 1.1 | 1.4 | 0.1 | 0.7 | 11 |
| 1.00 | each | Squash, zucchini | 5.7 | 2.4 | 3.3 | 0.3 | 2.3 | 27 |
| 0.50 | cup | Swiss chard | 0.7 | 0.3 | 0.4 | 0.0 | 0.3 | 3 |
| 1.00 | each | Tomatillos | 2.0 | 0.6 | 1.3 | 0.3 | 0.3 | 11 |
| 1.00 | each | Tomato, plum | 4.2 | 1.0 | 3.2 | 0.3 | 0.8 | 19 |
| 1.00 | each | Tomato, small | 4.2 | 1.0 | 3.2 | 0.3 | 0.8 | 19 |
| 0.50 | cup | Tomatoes, canned | 5.2 | 1.2 | 4.0 | 0.2 | 1.1 | 23 |
| 6.00 | each | Tomatoes, cherry | 4.7 | 1.1 | 3.6 | 0.3 | 0.9 | 21 |
| 0.50 | cup | Tomatoes, chopped | 3.5 | 0.8 | 2.6 | 0.2 | 0.6 | 16 |
| 0.25 | cup | Tomatoes, sun dried, oil-packed | 6.4 | 1.6 | 4.8 | 3.9 | 1.4 | 59 |
| 0.50 | cup | Turnips | 3.8 | 1.6 | 2.3 | 0.1 | 0.6 | 16 |
| 0.50 | cup | Waterchestnuts | 8.7 | 1.8 | 7.0 | 0.0 | 0.6 | 35 |
| 0.50 | cup | Watercress | 0.2 | 0.2 | 0.0 | 0.0 | 0.4 | 2 |



The Quest to Manage Weight

Whether it's weight loss or weight gain, whether it's five pounds or fifty, almost everyone in our society – irrespective of gender or age – has dealt with **some form of weight issue**.

Often excess weight and weight loss issues revolve around slow metabolism and lack of energy. So, detoxification and system cleansing are frequently needed to boost both metabolic rates and energy levels.

Achieving weight loss and maintaining a healthy weight are crucial factors in sustaining both physical and psychological wellbeing. Shedding those extra pounds not only helps protect the body from heart disease, hypertension, arthritis, diabetes and other physical ailments, but also from mental problems like stress and depression.

At [Native Remedies](#) you will find a comprehensive set of herbal remedies to help you manage and optimize your body and weight health – naturally and safely.

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Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and

therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

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