

Introduction

Many food labels list foods as having zero carbs. Labeling laws allow food companies to print "zero grams" on the label if the food has less than one gram of carbs.

Sugar substitutes, cheeses, eggs and spices are common examples of this situation. If you're being extra cautious, count them as 0.5g net carbs per serving

<http://lowcarbdiem.com/atk-ins-zero-carb-foods-list-free--download/>

Beverages

- ☐ Water
- ☐ Sparkling Water
- ☐ Club Soda
- ☐ Coffee
- ☐ Tea
- ☐ Diet Soda (watch the artificial sweetener)

Seasoning

- ☐ Salt and Pepper
- ☐ Vinegar
- ☐ Ground Cinnamon
- ☐ Most Hot Sauces
- ☐ Pre-mixed Seasonings (check the label)
- ☐ Yellow Mustard
- ☐ Dill weed
- ☐ Chives, Basil, Oregano, Rosemary, Thyme,

Meats

- ☐ Beef
- ☐ Veal
- ☐ Lamb
- ☐ Pork
- ☐ Fowl (turkey, chicken, duck, goose, hen, quail)
- ☐ Organ Meats (brains, tongue, liver, heart, kidneys)
- ☐ Game Meats (venison, bison, ostrich, caribou, elk)
- ☐ Exotic Meats (such as ostrich and emu)

Oils

- ☐ Olive oil
- ☐ Coconut oil
- ☐ Grass-fed butter
- ☐ Walnut Oil
- ☐ MCT oil
- ☐ Avocado oil
- ☐ Fish oil
- ☐ Animal Fats (including lard)

Less healthy oils:

- ☐ Mayonnaise (check each label)
- ☐ Vegetable Shortening
- ☐ Sesame oil

Sea Food

- ☐ Cod
- ☐ Flounder
- ☐ Sole
- ☐ Haddock

Sea Food (cont)

- ☐ Halibut
- ☐ Sardine
- ☐ Swordfish
- ☐ Tuna
- ☐ Trout
- ☐ Salmon
- ☐ Catfish
- ☐ Bass

These options have trace carbs:

- ☐ Crab
- ☐ Shrimp
- ☐ Lobster
- ☐ Squid

These options have a bit more:

- ☐ Oysters (count .35 net carbs per oyster)
- ☐ Mussels (count .38 net carbs per mussel)
- ☐ Clams (count .35 net carbs per clam)

Fruit and Veggies

Serving size: 1/2 cup

- ☐ Spinach .2
- ☐ Parsley .4
- ☐ Avocado .5
- ☐ Radish .5
- ☐ Lettuce .25
- ☐ Bok Choy .7
- ☐ Celery .8

Serving size: 1/4 cup

- ☐ Mushrooms .5
- ☐ Garlic (1/2 clove) .5
- ☐ Pokeberry Shoots .5
- ☐ Cabbage .5

Fruit and Veggies (cont)

- ☐ Asparagus (3 pieces) .6
- ☐ Coconut .5
- ☐ Yellow Squash .7
- ☐ Raspberries .7
- ☐ Cauliflower .7
- ☐ Broccoli .8
- ☐ Cucumber .9

Cheese

Serving size: 1 oz = 1" cube = 1/4 cup grated (approx.)

- ☐ Asiago .9
- ☐ Blue .6
- ☐ Brie .1
- ☐ Camembert .1
- ☐ Cheddar .3
- ☐ Colby .7
- ☐ Edam .4
- ☐ Fontina .4
- ☐ Goats .6
- ☐ Gouda .6
- ☐ Gruyère .1
- ☐ Havarti .7
- ☐ Mexican Blend Cheese .5
- ☐ Monterey .1
- ☐ Mozzarella .6
- ☐ Muenster .3
- ☐ Neufchatel .1 to .8
- ☐ Parmesan .9
- ☐ Provolone .6
- ☐ Ricotta .8

Low Carb Foods

ALL ZERO CARB FOODS ON A SINGLE LIST

YES

MEAT

As far as possible, choose grass-fed or organic meats. Enjoy the fat and the skin!

Bacon Try to find chorizo-style bacon, if possible without nitrites and nitrates, and with the lowest salt content (which means the least sugar)

- Beef
- Chicken
- Duck
- Game
- Lamb
- Pork
- Turkey

All cured meats cured with the least amount of sugar and without strange chemicals you don't recognize

All sausages containing only meat and spices – avoid sausages with fillers like gluten, milk, eggs, sugar and more

EGGS

Any which way you like, for breakfast, lunch and dinner. Real organic eggs are definitely best, if you can find them.

FRUIT*

- Berries
- Coconut

FISH/SEAFOOD

(on the USDA green list, if possible)

The saltier the better:

- Anchovies
- Angel fish
- Calamari
- Crabs
- Halibut
- Hake
- Kodi
- Mackerel
- Mussels
- Salmon
- Sardines
- Scallops
- Shrimp
- Squid
- Tuna
- Yak
- Yellowtail

DRINKS

- All teas (not with milk)
- Coffee (with cream or butter, not milk)
- Sauces (with water)

VEGGIES

Rule of thumb here is, if it grows above ground, it's OK.

- Asparagus
- Artichokes
- Audubon's onion
- Eggplant
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Cucumber
- Green beans
- Kale

SEEDS

- Chia seeds
- Flax seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

If you're eating all the right things and still not losing weight, you may be eating too many seeds, too many berries or too much dairy or protein. Try cutting back on those and see how it goes.

FLOUR

- Almond flour
- Coconut flour
- Hazelnut flour
- Other nut flours

NUTS*

- Almonds
- Brazil
- Hazelnuts
- Pecans
- Pistachios
- Walnuts

DAIRY*

(all full fat)

While you are trying to lose weight, it may be better to eat real dairy rather than sweetened butter – unless, for the sake of delivery in coffee!

- Blue cheese
- Butter
- Cheese
- Cream cheese
- Feta cheese
- Ghee
- Greek yogurt
- Parmesan cheese
- all other high fat cheeses

SOMETIMES

ALCOHOL

- Brandy
- Champagne
- Dry red wine
- Dry white wine
- Rum
- Sour mash
- Tequila
- Whisky

SWEET THINGS

- Black chocolate (with and without cocoa content – and only very occasionally)
- Honey (no more than 1 tsp per day, very occasionally). It's honey, so it's not really a sugar, otherwise it will make you back into sugar cravings in no time!

NUTS

- Cashews

FRUIT

- All fruit other than berries

VEGGIES

- Butternut
- Carrots
- Sweet potato

NEVER

ALCOHOL

- Anything labeled "95"
- Beer
- Cider
- Cocktails
- Sugary liqueurs

STARCHES

- Banana
- Bread
- Cheese
- Chickpeas
- Dried beans
- Lentils
- Pasta
- Potatoes
- Pumpkins
- Quinoa
- Rice

NUTS

- Peanuts (they're not really a nut)

SWEET THINGS

- Any artificial sweeteners
- Banana
- Cakes
- Chocolate
- Energy drinks
- Fruit drinks
- Fruitbars
- Fruit juices
- HFCS
- Ice cream
- Milk
- Pancakes
- Sugar
- Sweeteners
- Syrup
- Veggie juices

GRAINS

- All whole grains
- Amaranth
- Banana
- Breakfast cereals
- Bulgur wheat
- Corn
- Couscous
- Millet
- Muesli
- Quinoa
- Rye
- Rice
- Sorghum
- Spelt
- Wheat

DRIED FRUIT

- All of it

SOY

- Edamame beans
- Flour
- Any soy-based foods – soybeans etc.

FATS

- Canola oil
- Coconut oil
- Flaxseed oil
- Grapeseed oil
- Hemp oil
- Margarine
- Sesame oil
- Soybean oil
- Sunflower oil
- Sunflower oil

Heavy Cream

Most heavy whipping cream brands have > 1 carb per tablespoon, even if the packaging declares "0 carbs." Carefully check labels – each brand of cream is very different.

☐ Heavy Cream .4 net carbs per tablespoon.

☐ Half-and-Half .2 to 1 net carb per tablespoon.

Eggs

Eggs are so versatile: fried, scrambled, omelets, quiche, boiled, deviled and of course – egg salad:

■ Eggs .2 to .7 per egg (check carton)

Eggs are almost zero carb, ranging from .2 to 1 net carb per egg. Organic, free-range, cage-free, etc. eggs have larger yolks, making them lower in carbs.

Published 18th January, 2018.

Last updated 18th January, 2018.

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