

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!

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

FISH/SEAFOOD
(on the USDA green list, if unsure?)
The colder the better:

- Anchovies
- Angler 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)
- 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

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

SOMETIMES

ALCOHOL

- Brandy
- Champagne
- Dry red wine
- Dry white wine
- Rum
- Sparkling wine
- Tequila
- Vodka
- Whisky

NEVER

ALCOHOL

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

STARCHES

- Bananas
- Bread
- Cakes
- Chickpeas
- Cornflakes
- Corn
- Crackers
- Croutons
- Flour
- French fries
- Macaroni
- Milk
- Milkshakes
- Pasta
- Potatoes
- Porridge
- Protein bars
- Rice

NUTS

- Peanuts (they're not really a nut)

SWEET THINGS

- Any artificial sweeteners
- Bananas
- Cakes
- Chocolate
- Energy drinks
- Fruit juices
- Ice cream
- Malts
- Marshmallows
- Sugar
- Sweeteners
- Syrups
- Veggie juices

MEATS

- Lunch meats
- Processed meats
- Wurst sausages

GRAINS

- All whole grains
- Amaranth
- Buckwheat
- Barley
- 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 (sausages etc)

FATS

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

SEEDS

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

NUTS

- Cashews

FRUIT

- All fruit other than berries

VEGGIES

- Butternut
- Carrots
- Sweet potato

SOY

- Organic soy isolate (long-term use and only a tiny bit when cooking)

SEEDS

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

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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.

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