

HOW TO USE THE ATKINS CARB COUNTER

THE CARB COUNTER is an invaluable tool to help track your daily carb intake and plan meals. In concert with the Acceptable Foods Lists that precede it, the Carb Counter also assists you in reintroducing foods as you move from one phase to the next or increase your carb intake within a phase. In fact, before you delve into the Carb Counter, check out the lists of Acceptable (and Unacceptable) Foods for each phase of the program, which start on page 3.

Tuck this booklet into your purse or pocket when you go shopping to look for certain brands or compare others with the ones listed in the following pages. The Carb Counter is the perfect partner to the new free Atkins Mobile App, which includes a robust food search, daily meal planner and progress tracker, as well as an overview of each phase of the Atkins Diet. For more on the app, see *Chain Restaurants* on page 61.

Organizing Principles

Categories are listed alphabetically, as are items within each of the 24 categories. Brand names of processed foods are provided when necessary for clarity. Items such as fruit and vegetables are listed generically. The amount listed for each item is the one indicated on the package as a single serving. However, it's not necessarily an appropriate portion for Atkins, which is why the first column for each food is labeled "amount" instead. Sometimes the amounts are provided in cups, tablespoons or teaspoons; in other cases, they're in ounces. We've used the measurements provided by ESHA, a nutritional database compiled from the latest U.S. Department of Agriculture data. (Abbreviations appear on page 3.)

ESHA is also the primary source of the per-serving content of carbohydrate and fiber, as well as sugar alcohols, including glycerin (noncaloric sweeteners), from which Net Carbs are calculated. (See "Counting Carbs?" on page 2.) The numbers under the Net Carbs column refer to grams of Net Carbs. For products not listed in ESHA, we've used serving sizes and other data provided by the manufacturer.

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The Right Choices

According to *Progressive Grocer* magazine, the typical well-stocked supermarket contains almost 39,000 items, encompassing thousands of brands. Although the Atkins Carb Counter provides an extensive list of low-carb foods, it clearly cannot include all of them. Nonetheless, the selection that follows, as well as offerings from major chain restaurants, provides a myriad of Atkins-friendly foods.

Also included are a number of foods that are unacceptable for one or more reasons and others that are best avoided. Some are just outrageously high in carbs. In other cases, two brands of a certain item may initially seem the same but one of them contains ingredients you're better off not consuming. Footnotes at the bottom of each page clarify such information.

What to Avoid

For example, manufactured trans fats, which are hydrogenated or partially hydrogenated oils, have no place in a healthy diet. Even if you stay away from sugary treats, added sugar (under numerous aliases) turns up in bread, sauces, marinades and salad dressings, to name just a few products. We also alert you to the presence of white flour, cornstarch and other

refined grains, as well as certain fats. Most of us get up to 40 times as much omega-6 fats as omega-3 fats in our diet because the former are used in most processed foods. Ideally, the ratio should be 1 to 1.

That's why we recommend you not cook with certain oils or eat products that contain them. Specifically, steer clear of soybean, regular safflower—the high-oleic type is fine—corn and peanut oil, as well as "vegetable" oil, which can contain any of the above.

In addition to relying on the Carb Counter, it's a good idea to become a careful reader of Nutritional Facts panels on processed foods, which allow you to calculate grams of Net

***Counting Carbs?**

Atkins Net Carb Count assists you in tracking carbs that impact blood sugar. Fiber and sugar alcohols should be subtracted from the total carbs since they minimally impact blood sugar.

TOTAL CARBS	FIBER	SUGAR ALCOHOLS	ATKINS NET CARBS
19 grams	- 6 grams	- 9 grams	4g

Carbs. Be sure to also scan the list of ingredients to make sure that hidden sugars and other problematic ingredients discussed above aren't included.

Note: Again, just because a food is listed doesn't mean that it's acceptable on the Atkins Diet. Some foods are included to allow you to compare those high in carbs with more appropriate foods.

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Abbreviations and Symbols

We have abbreviated a number of terms that occur with frequency, as listed below.

C = cup	lg = large	pkg = package	T = tablespoon
dia = diameter	lb = pound	sl = slice	w/ = with
ea = each	med = medium	sm = small	w/o = without
env = envelope	oz = ounce	sq = square	" = inch
g = gram	pkt = packet	t = teaspoon	< = less than

ACCEPTABLE FOODS LISTS

When you're just starting out on Atkins, this "cheat sheet" can help you remember what you can and cannot eat in each phase. More extensive lists appear in the categories in the Carb Counter, as noted below. All Atkins brand products are coded on the package for appropriate phases.

Acceptable Foods in Phase 1, Induction

- **All fish and shellfish**, but no pickled or creamed herring with added sugar, artificial crab (surimi or "sea legs") or other processed, battered or breaded products. Also, limit clams, oysters and mussels to about 2 ounces a day. See page 29.
- **All chicken, turkey and other poultry**, but no breaded, battered or processed products. See page 42.
- **Beef, lamb, pork and other meat**, but no bologna, kielbasa, hot dogs, meatballs, meatloaf or other products made with fillers. Also, no ham or bacon cured with sugar. See page 9.
- **Eggs** cooked any way.
- **Soy and other vegetarian products**. Almond or soymilk (plain and unsweetened), Quorn products (unbreaded), seitan, shirataki soy noodles, veggie or vegan "cheese," tempeh (without grains), tofu and tofu meat analogs, some veggie burgers. See page 59.
- **Cheese**. All firm or aged cheese, but no cottage, ricotta or other fresh cheeses, cheese spreads with other ingredients or cheese "products." See page 23.
- **Foundation vegetables**, which include all leafy greens and other salad vegetables, and many others that are often or usually cooked, but excluding most starchy vegetables. Some foundation vegetables, such as celery root, leeks, mushrooms, onions and pumpkin, are higher in carbs than others, so keep portions small. See page 54.
- **Salad dressings** with no more than 2 grams of Net Carbs per 2 tablespoons and that contain no sugar, honey, maple syrup or other caloric sweeteners. Look for products made with canola or olive oil.

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- **Fats and oils.** Butter and canola, coconut, flaxseed, grape seed, olive, high-oleic safflower, sesame and walnut oils, preferably cold pressed or expeller pressed.
 - Avoid “low fat” products and all margarines and shortening products, which may contain small amounts of trans fats.
 - Avoid corn, soybean, sunflower seed and other “vegetable” oils discussed above.
- **Noncaloric sweeteners,** including sucralose, stevia, saccharin and xylitol are acceptable in moderation. A more complete list, including brand names, appears on page 51.
- **All condiments, herbs and spices,** as long as they have no added sugar, flour, cornstarch or other carb-filled thickeners. They include dozens of foods you’ll find on pages 22–23 and 44–46.
- **Beverages.** Broth/bouillon (not low sodium and no added sugars, hydrogenated oils or MSG), club soda; heavy or light cream or half-and-half (1–1.5 ounces a day); caffeinated or decaffeinated coffee and tea; diet soda with noncaloric sweeteners; lemon juice or lime juice (2–3 tablespoons a day); plain or flavored seltzer (must say “no calories”); herb tea (no added barley or fruit sugars); unsweetened, unflavored milk substitutes.

Other Unacceptable Phase 1 Foods

In addition to any foods cited above, avoid the following:

- Fruits other than avocado, olives and tomatoes, which are actually fruits, but

- are listed with foundation vegetables. See page 54.
- Any fruit or vegetable juice other than lemon and lime juice
- Regular sodas sweetened with sugar or corn syrup
- Grains, even whole grains, and any food made with flour or other grain products
- Any food with added sugar, such as evaporated cane juice, glucose, dextrose, honey or corn syrup
- Alcohol of any sort
- Nuts and seeds
- Kidney beans, chickpeas, lentils and other legumes
- Starchy vegetables such as parsnips, carrots, pod peas, potatoes, sweet potatoes, winter squash and yams. See page 58.
- Dairy products other than hard or aged cheese, cream, sour cream and butter
- Cow or goat milk of any sort
- Yogurt, cottage cheese or ricotta
- “Low-fat” products
- “Diet” products, unless they have no more than 3 grams of Net Carbs per serving

Additional Foods Acceptable in Phase 2, Ongoing Weight Loss

- **Nuts and seeds,** including nut and seed butters and meals (flours). For a complete list, see page 38.
 - Avoid chestnuts (very high in carbs) and honey-roasted or smoked products.
 - Avoid products, such as Nutella, that contain added sugar.
- **Berries and other fruits.** All fresh or frozen berries (without added sugar) and

- cherries and cantaloupe, Crenshaw and honeydew melon (but not watermelon). Also, 1-tablespoon portions of preserves made without added sugar.
- **Fresh cheese and other dairy products,** including ricotta and cottage cheese, and plain, unsweetened, whole milk yogurt or Greek yogurt and kefir; also 2-ounce portions of whole milk.
 - Avoid yogurt made with fruit or other flavorings or with any added sugar.
 - Avoid low-fat and no-fat cottage cheese or yogurt products.
- **Legumes,** including lentils, chickpeas and other dried beans, and edamame, hummus and refried beans. For a complete list, see page 36.
 - Avoid jarred or canned baked beans, which are full of sugar, beans in tomato sauce with added sugar or starches and bean dips and other products with added sugar or starch.
- **Vegetable and fruit juices.** Up to 6 tablespoons a day of lemon and/or lime juice and 4-ounce portions of tomato juice or tomato juice cocktail.
- **Atkins All Purpose Baking Mix**
- **Alcohol,** in moderation, including “lite” or low-carb beer, red or white wine and spirits such as bourbon, gin, rum, Scotch and vodka.
 - Avoid flavored brandy and cordials.
 - Avoid regular beer.
 - Avoid fruit juice, tonic water and other mixers high in carbs.

Other Unacceptable Foods in Phase 2

- Fruits other than those previously listed
- Starchy vegetables
- Grains, including whole grains

Additional Foods Acceptable in Phase 3, Pre-Maintenance

The following foods are acceptable in this phase and in Phase 4, Lifetime Maintenance.

- **Fruit other than berries and melon,** including apples, grapes, grapefruit, peaches and pears. For a complete list, see page 31.
 - Avoid canned fruit packed in juice concentrate or syrup, including “lite” syrup.
 - Continue to avoid fruit juice, other than lemon and lime juice.
 - Avoid dried fruit.
- **Starchy vegetables,** including beets, carrots, corn, parsnips, peas in pods, potato, sweet potato and winter squash. For a complete list, see page 58.
- **Whole grains,** including couscous (whole wheat), cracked wheat, kasha (buckwheat groats), oatmeal (rolled or steel cut), quinoa, brown rice and wild rice. For a complete list, see page 34. (Atkins Cuisine Penne Pasta is acceptable only in Phase 4, Lifetime Maintenance.)
 - Avoid refined grains, such as white flour, “enriched flour” and white rice.
 - Baked goods should be made with 100-percent whole grains.
 - Continue to avoid products with added sugar.
- **Dairy products.** 4-ounce portions of whole milk or buttermilk—but continue to avoid skim, nonfat or low-fat milk.

ATKINS & OTHER LOW-CARB SPECIALTY FOODS

The full array of Atkins Nutritionals products appears below, including a new line of frozen meals. Also listed is a sprinkling of choices from other companies that specialize in low-carb products. Many websites that sell such products provide more extensive lists. There are no guidelines on what makes a food low carb. Most Atkins products have been tested on people to gauge their glycemic impact. We cannot vouch for the carb counts provided by other manufacturers. Some products marketed as low carb contain added sugars and white flour, so read ingredient lists carefully. We’ve noted when products contain sugar alcohols, as excessive consumption can result in gastric distress. Again, to calculate Net Carbs, subtract not just fiber but also sugar alcohols from grams of total carbs. Other low-carb products appear in *Breads, Crackers, Tortillas & Wraps, Baking Ingredients, Candy, Desserts and Snacks*.

	Amount	Net Carbs
Atkins Nutritionals Products		
Atkins Advantage Meal Bars		
Chocolate Chip Cookie Dough ¹	1 bar	3.0
Chocolate Chip Granola ¹	1 bar	3.0
Chocolate Peanut Butter ¹	1 bar	2.0
Cinnamon Bun ¹	1 bar	3.0
Cookies ‘n Crème ¹	1 bar	3.0

	Amount	Net Carbs
Mudslide ¹	1 bar	3.0
Peanut Butter Granola ¹	1 bar	3.0
Peanut Fudge Granola ¹	1 bar	2.0
Strawberry Almond ¹	1 bar	3.0
Atkins Advantage Snack Bars		
Caramel Chocolate		
Peanut Nougat ¹	1 bar	2.0
Caramel Double		
Chocolate Crunch ¹	1 bar	3.0
Caramel Chocolate Nut Roll ¹	1 bar	3.0
Caramel Fudge Brownie ¹	1 bar	3.0
Cashew Trail Mix ¹	1 bar	5.0
Coconut Almond Delight ¹	1 bar	2.0
Dark Chocolate Almond		
Coconut Crunch ¹	1 bar	3.0
Dark Chocolate Decadence ¹	1 bar	3.0
Triple Chocolate ¹	1 bar	3.0
Atkins Advantage Ready-to-Drink Shakes		
Café Caramel	1 shake	2.0
Dark Chocolate Royale	1 shake	2.0
French Vanilla	1 shake	1.0
Milk Chocolate Delight	1 shake	2.0
Mocha Latte	1 shake	2.0
Strawberry	1 shake	1.0
Atkins Day Break Bars		
Apple Crisp ¹	1 bar	3.0
Blueberry Almond		
Baked Square ¹	1 bar	6.0
Chocolate Chip Crisp ¹	1 bar	3.0

	Amount	Net Carbs
Chocolate Hazelnut ¹	1 bar	3.0
Chocolate Oatmeal Fiber ¹	1 bar	7.0
Cranberry Almond ¹	1 bar	2.0
Oatmeal Cinnamon Baked Square ¹	1 bar	6.0
Peanut Butter Fudge Crisp ¹	1 bar	2.0
Atkins Day Break Ready-to-Drink Shakes		
Creamy Chocolate	1 shake	3.0
Strawberry Banana	1 shake	2.0
Atkins Indulge Treats		
Caramel Nut Chew ¹	1 bar	2.0
Chocolate Candies ¹	1 pack	1.0
Chocolate Caramel Mousse ¹	1 bar	2.0
Chocolate Coconut ¹	1 bar	3.0
Chocolate Peanut Candies ¹	1 pack	1.0
Nutty Fudge Brownie ¹	1 bar	2.0
Peanut Butter Cups ¹	1 bar	2.0
Peanut Caramel Cluster ¹	1 bar	3.0
Atkins Cuisine		
Penne Pasta, dry	1/2 C	19.0
Atkins Breakfast Frozen Meals		
Bacon Scramble	1 bowl	5.0
Farmhouse-Style Sausage Scramble	1 bowl	5.0
Steak Scramble	1 bowl	5.0
Tex-Mex Scramble	1 bowl	5.0
Atkins Entrée Frozen Meals		
Beef Merlot	1 tray	6.0
Chicken & Broccoli Alfredo	1 tray	5.0

	Amount	Net Carbs
Chicken Marsala	1 tray	7.0
Chile Con Carne	1 tray	4.0
Crustless Chicken Pot Pie	1 tray	5.0
Italian Sausage Primavera	1 tray	5.0
Italian-Style Pasta Bake	1 tray	7.0
Mexican-Style Chicken and Vegetables	1 tray	7.0
Meatloaf w/ Portobello Mushroom Gravy	1 tray	7.0
Orange Chicken	1 tray	7.0
Roasted Turkey w/ Herb Pan Gravy	1 tray	6.0
Sesame Chicken Stir-Fry	1 tray	7.0
Shrimp Scampi	1 tray	7.0
Swedish Meatballs	1 tray	6.0
Other Low Carb Products Baking & Cooking Products		
Better Bowls Sugar Free		
Gelatin Mix, all flavors, prepared	1/2 C	2.0
Pudding Mix, Chocolate ² , prepared w/ whole milk	1/2 C	7.0
Pudding Mix, Vanilla ² , prepared w/ whole milk	1/2 C	6.0
Big Train Low Carb		
Breeding & Batter Mix ²	1 T	1.0
Brownie Mix, baked ^{1, 2, 3}	1 ea	1.0
Chocolate Chip Cookie Mix ^{2, 3} , prepared	1 ea	7.0
Peanut Butter Cookie		

Contains: ¹sugar alcohol ²cornstarch and/or white or rice flour ³added sugar ⁴soybean oil

Contains: ¹sugar alcohol ²cornstarch and/or white or rice flour ³added sugar ⁴soybean oil

ATKINS & OTHER LOW-CARB SPECIALTY FOODS

	Amount	Net Carbs
Mix ^{2,3} , prepared	1 ea	5.0
Bob's Red Mill Low Carb Bread Mix ³ , prepared	1 sl	5.0
CarLO CARBiano Low Carb Ready to Heat Pizza Crust	1 ea	3.0
Dixie Diners' Carb Counters		
Angel Food Cake Mix, prepared	5.2 oz	1.0
Dixie Diners' Carb Counters		
Brownie Mix, prepared	2" sq	1.0
Instant Mashers, Cheddar & Bacon ⁴ , prepared	1/2 C	5.0
Muffin Mix, Apple Cinnamon ² , prepared	1 ea	4.0
Snackin' Cake Mix, Carrot, prepared	2.3" sq	2.0
Thick It Up Thickener	1 t	0.0
LC Foods Low Carb Mixes		
Banana Bread, prepared	1 sl	1.0
Frosting, Chocolate or Vanilla, prepared	1 T	0.0
Muffin Mix, prepared	1 ea	1.0
Breakfast Cereals		
Dixie Diners' Carb Counters		
Apple Cinnamon	1 pkt	3.0
Smaps Sweet Maple, dry	1/2 C	2.0
Kay's Naturals Protein Apple Cinnamon ^{2,3} , dry	1.2 oz	12.0
LC Foods Cereal, Raspberry, dry	1/4 C	1.5

Contains: ¹sugar alcohol ²cornstarch and/or white or rice flour ³added sugar ⁴soybean oil

BEEF, LAMB, PORK & OTHER MEATS

meats also contain added sugar. The amounts listed below reflect the weight after cooking and minus bones. Note that the Atkins Frozen meals listed on page 7 contain no added sugar or fillers.

	Amount	Net Carbs
Beef		
Brisket	6 oz	0.0
Corned Beef	6 oz	0.8
Chuck	6 oz	0.0
Chuck Eye Steak	6 oz	0.0
Corned Brisket	6 oz	0.0
Cubed Steak	6 oz	0.0
Eye Round	6 oz	0.0
Flank Steak	6 oz	0.0
Ground Chuck/Round	6 oz	0.0
Liver, Calf	6 oz	8.8
London Broil	6 oz	0.0
Prime Rib	6 oz	0.0
Rib Eye Roast/Steak	6 oz	0.0
Shell Steak	6 oz	0.0
Short Ribs	6 oz	0.0
Sirloin Steak	6 oz	0.0
Skirt Steak	6 oz	0.0
Tenderloin	6 oz	0.0
Top Loin	6 oz	0.0
Veal		
Breast	6 oz	0.0
Chop, Loin or Rib	6 oz	0.0

Contains/may contain: ¹fillers ²added sugar

	Amount	Net Carbs
Nutlettes, dry	1/2 C	4.0
Nutritious Living Hi-Lo, Original, ^{2,3} dry	1/2 C	7.0
Sensato High Fiber		
Butter Pecan, prepared	1/2 C	1.0
Nut & Flax Granola, Cinnamon, dry	1/2 C	2.0
Prepared Meals		
Dixie Diners' Carb Counters		
Meal in a Cup		
Chili	1 C	5.0
Mac & Cheese	1 C	3.0
Spaghetti	1 C	5.0
Teriyaki Noodles	1 C	7.0

BAKING INGREDIENTS

Low-carb baking requires ingredients such as nut meals, unsweetened chocolate and coconut flakes, and other ingredients without added sugar or refined grains. The following list includes both ingredients that are acceptable in some or all phases of the Atkins Diet, as well as some that should be avoided, including granulated and other forms of sugar and white flour provided for comparison purposes. Also see *Nuts & Seeds, Grains and Dairy, Eggs & Dairy Substitutes*. A more extensive list of sweeteners appears in *Sweeteners, Jams & Syrups*. Low-carb bake mixes are in *Atkins & Other Low-Carb Specialty Foods*.

	Amount	Net Carbs
Cutlet	6 oz	0.0
Ground	6 oz	0.0
Loin	6 oz	0.0
Round Steak	6 oz	0.0
Scallops	6 oz	0.0
Shank	6 oz	0.0
Shoulder	6 oz	0.0
Stew Meat	6 oz	0.0
Goat		
Roast	6 oz	0.0
Lamb		
Chop, Loin or Rib	6 oz	0.0
Ground	6 oz	0.0
Leg	6 oz	0.0
Roast	6 oz	0.0
Shoulder	6 oz	0.0
Stew Meat	6 oz	0.0
Pork		
Bacon, Slab, Sliced ²	3 sl	0.5
Canadian Bacon ²	3 sl	1.4
Chop, Center Cut	6 oz	0.0
Chop, Loin	6 oz	0.0
Ground	6 oz	0.0
Ham	6 oz	0.0
Loin Roast	6 oz	0.0
Scrapple ¹	4 oz	15.6
Spam ¹	2 oz	1.7
Spare Ribs	6 oz	0.0

Contains/may contain: ¹fillers ²added sugar

	Amount	Net Carbs
Almond Meal/Flour	1/2 C	6.0
Arrowroot	1 T	6.8
Baking Soda	1/2 t	0.0
Baking Chocolate, Unsweetened	1 oz	4.1
Baking Powder	1/2 t	0.0
Chocolate Chips, Semisweet ³	2 T	16.5
Cinnamon, ground	1 t	0.7
Cocoa Powder, Unsweetened	2 T	2.7
Coconut, Shredded		
Unsweetened	1/4 C	1.3
Sweetened ³	1/4 C	10.0
Coconut Milk, Canned, Regular	1/2 C	2.0
Cornmeal	2 T	9.7
Cream of Tartar	1 t	1.8
Dried Egg Whites	2 T	0.8
Egg Replacement	1 oz	0.5
Flaxseed Meal	1/4 C	0.0
Flour, White, All Purpose	1/4 C	23.0
Flour, Whole Wheat		
All Purpose	1/4 C	18.4
Pastry	1/4 C	19.0
Gelatin, Unflavored for Baking & Canning	1 env	0.0
Molasses	1 T	15.0
Nutmeg, ground	1 t	0.6
Oat Flour	1/4 C	12.1
Rice Flour, White	1/4 C	30.7
Rice Flour, Brown	1/4 C	28.4
Rye Flour, Medium	1/4 C	16.2

Contains ³added sugar

	Amount	Net Carbs
Stew Meat	6 oz	0.0
Tenderloin	6 oz	0.0
Game Meats		
Beefalo	6 oz	0.0
Buffalo (Bison)	6 oz	0.0
Rabbit	6 oz	0.0
Venison	6 oz	0.0
Frankfurters		
Beef ¹	1 frank	1.8
Beef & Pork ¹	1 frank	3.7
Hebrew National ¹	1 frank	1.0
Pork	1 frank	0.1
Sausages		
Andouille, Pork	1 link	0.5
Beef	2 oz	0.2
Beef & Pork	1 link	1.1
Bratwurst ¹	1 link	2.4
Breakfast, Pork	1 link	0.0
Bulk, Pork	3 oz	0.0
Cheddarwurst ¹	1 link	5.0
Cheese Dog ¹	1 link	3.8
Chicken w/ Apple	2 oz	1.3
Chicken w/ Dried Tomato	2 oz	1.3
Chicken & Turkey w/ Gruyère	2 oz	0.0
Chorizo ¹	2 oz	1.1
Italian, Hot ¹	2 oz	0.7
Italian, Sweet ¹	2 oz	1.2
Kielbasa, Beef ¹	2 oz	1.6

Contains/may contain: ¹fillers ²added sugar

	Amount	Net Carbs
Soy Flour	1/4 C	5.4
Sucralose-Brown Sugar Blend for Baking ³	1/4 C	50.1
Sucralose-Sugar Blend for Baking ³	1/4 C	57.7
Sugar, Brown, packed	1/4 C	54.2
Sugar, Confectioners	1/4 C	29.9
Sugar, White	1/4 C	50.4
Sugar & Stevia Blend ³	1/4 C	48.0
Truvia Baking Blend ³	1/4 C	48.0
Pure Vanilla & Other Extracts	1 t	0.0

BEEF, LAMB, PORK & OTHER MEATS

Most meat is composed completely of protein and fat, with calf's liver being a notable exception. However, ham, bacon or other pork products cured with sugar in any form, do contain carbs. Depending upon how these products were cured and how thick the slices are, the Net Carb gram count can vary significantly, so check both the Nutritional Facts panel and the list of ingredients. Pepperoni, salami and the like are also often cured with sugar. Sausages and frankfurters may contain fillers that add to the carb count. Any dish that is stuffed, breaded or deep-fried, including many pre-cooked frozen convenience products, also contains carbs. So do items such as meat-loaf or rolled stuffed pork loin prepared by a butcher. A number of sandwich and deli

	Amount	Net Carbs
Kielbasa, Beef & Pork ¹	2 oz	1.6
Kielbasa, Pork & Turkey ¹	2 oz	2.2
Knockwurst ¹	1 link	2.3
Linguica ¹	2 oz	1.0
Smoked, Beef	4 oz	2.7
Smoked, Hot	4 oz	1.3
Deli, Luncheon and Cured Meats		
Bologna		
Beef ¹	3 sl	2.1
Beef & Pork ¹	3 sl	2.2
Ham, Deli Style		
Baked, sliced ²	6 oz	3.2
Boiled, sliced ²	6 oz	3.0
Deviled ²	4 oz	1.9
Honey Cured, sliced ²	6 oz	3.8
Liverwurst ¹	4 sl	5.8
Mortadella ²	6 oz	5.2
Olive Loaf ²	3 sl	5.9
Pancetta	3 oz	0.0
Pastrami, Beef	1 sl	0.6
Pepperoni	6 oz	0.0
Pork Roll	5 sl	0.6
Prosciutto	6 oz	0.0
Roast Beef, Sliced ²	1 oz	3.0
Salami		
Beef ²	3 sl	1.5
Beef & Pork ²	3 sl	1.0
Pork ²	3 sl	0.5
Sopressata (dry salami) ²	1 oz	1.0

Contains/may contain: ¹fillers ²added sugar

**BEEF, LAMB, PORK
& OTHER MEATS**
continued

	Amount	Net Carbs
Frozen Heat & Eat Meals (Also see <i>Atkins & Other Low-Carb Specialty Foods</i>)		
Family Buffet		
Salisbury Steaks ^{2,3}	1 serv	5.0
Harris Ranch Beef		
Swiss Steak Dinner ²	5 oz	10.0
Steak Umm Sliced Steaks	1 ea	0.0
Stouffer's Dinners		
Beef Pot Roast w/ Roasted Potatoes & Vegetables ²	1 serv	23.0
Creamed Chipped Beef ²	1 serv	11.0
Homestyle Beef Skillet Dinner ^{2,3}	1 serv	31.0
Green Peppers Stuffed w/ Beef & Tomato Sauce ²	1 serv	18.0
Lasagna w/ Meat & Sauce ²	1 serv	24.0
Meatball Rotini ²	1 serv	35.0
Oven Roasted Beef w/ Broccoli & Cheese Sauce	1 serv	16.0
Salisbury Steak ^{2,3}	1 serv	28.0
Skillet Beef		
Stroganoff ^{1,2,3}	1 serv	32.0
Veal Parmigianino ^{2,3}	1 pkg	55.0
Yankee Pot Roast ²	1 serv	38.0

Contains: ¹fillers ²added sugar ³trans fats.

**BEVERAGES
& ALCOHOLIC
BEVERAGES**

Most of the entries below are acceptable on the Atkins Diet. However, a few unacceptable ones are included to compare, for example, cola sweetened with high-fructose corn syrup versus sucralose. In this case, the difference is more than 35 grams of Net Carbs (carb counts may vary by brand). We've also listed some fruit juices to make it clear that you're always better off eating whole fruit, which contains the fiber that when subtracted from the number of total carbs, results in the Net Carb count. Avoid most energy drinks, which are full of sugar and opt for sugar-free alternatives. There are numerous iced tea and lemonade choices made with a variety of sweeteners. Check the Nutritional Facts panel on herb teas to make sure they contain no added sugar. Spirits contain no carbs and most wines relatively few, but avoid wine coolers and conventional mixers. Instead, opt for sugar-free mixers.

	Amount	Net Carbs
Chocolate Drinks		
Canfield's Diet Chocolate		
Fudge Soda	12 oz	0.0
Hot Cocoa ²	1 pkt	22.4
Hot Cocoa w/ Marshmallows ²	1 pkt	14.3

	Amount	Net Carbs
Peach Nectar, canned	4 oz	16.6
Pear Nectar, canned	4 oz	19.0
Pineapple, unsweetened	4 oz	15.8
Prune	4 oz	21.1
Tangerine-Orange	4 oz	12.5
Kool-Aid, Sugar Free Mix, all flavors	1 pkt	0.0
Lemonade / Limeade		
Canned, No Added Sugar	8 oz	0.0
Crystal Light	8 oz	0.0
Bottled, Diet	8 oz	1.3
Bottled, sweetened ²	8 oz	29.0
Minute Maid Light, bottled	8 oz	2.0
Prepared from concentrate ²	8 oz	25.8
Prepared from powder ²	8 oz	17.6
True Lemon Mix ¹	1 pkt	0.0
True Lime Mix ¹	1 pkt	0.0
True Grapefruit Mix ¹	1 pkt	0.0
True Orange Mix ¹	1 pkt	0.0
Tea & Tea Drinks		
Bottled Iced Tea		
Green, unsweetened	8 oz	0.0
Lemon Flavored ²	8 oz	22.0
Lemon Flavored, Diet	8 oz	0.0
Raspberry, Diet	8 oz	1.0
Brewed Tea		
Black	8 oz	0.0
With 1 T Milk	8 oz	0.7
With 1 T Cream	8 oz	0.4

¹Sweetened with stevia ²Added sugar ³Sweetened with stevia and sugar.

	Amount	Net Carbs
Nestlé Carb Select		
Hot Cocoa Mix	1 pkt	4.0
No-Mu Hot Chocolate Powder	6 g	2.0
Swiss Miss, Diet, Hot Cocoa Mix	1 pkt	3.0
Swiss Miss Hot Cocoa, No Sugar Added	1 pkt	0.0
Coffee & Coffee Drinks		
Cappuccino		
Instant Powder	1 t	2.8
Instant Powder, Decaf	1 t	2.8
Sugar Free Mix	3 T	3.0
Sugar Free Mix, Decaf	3 T	3.0
Coffee		
Black, Brewed	1 C	0.0
Black, Decaf, Brewed	1 C	0.0
Decaf, Instant	1 C	0.8
With 1 T Cream	1 C	0.4
With 1 T Whole Milk	1 C	0.7
Iced, w/ 1 T Whole Milk	12 oz	0.7
Starbucks		
Caffè Americano	12 oz	2.0
Caffè Latte w/ Whole Milk	12 oz	14.0
Cappuccino w/ Whole Milk	12 oz	9.0
Espresso, Black	12 oz	0.0
Espresso w/ Whole Milk	12 oz	9.0
Frappuccino, Bottled ²	9.5 oz	37.0

²Contains added sugar

	Amount	Net Carbs
Chamomille	8 oz	0.5
Peppermint	8 oz	0.0
Iced Tea		
Diet	8 oz	0.0
Lipton Pureleaf, Unsweetened ¹	8 oz	0.0
Sweetened ²	8 oz	21.0
True Lemon Mix ³	1/8 pkt	1.0
Unsweetened, from instant	8 oz	0.4
With Stevia	8 oz	0.0
Vegetable Juices		
Carrot	4 oz	10.0
Clam & Tomato	4 oz	14.0
Tomato	4 oz	4.0
Vegetable Juice Cocktail	4 oz	4.5
Vitamin Water		
Glaceau ²	12 oz	13.0
Glaceau Zero, Sugar Free	12 oz	0.0
Nestlé, Sugar Free	12 oz	0.0
Skinny Water, Sugar Free	12 oz	0.0
Water		
Bottled	8 oz	0.0
Sparkling Mineral	8 oz	0.0
Spring	8 oz	0.0
Tap	8 oz	0.0
Alcoholic Beverages		
Beer		
"Lite"	12 oz	5.6

¹Sweetened with stevia ²Added sugar ³Sweetened with stevia and sugar.

	Amount	Net Carbs
Latte, Iced, w/ Whole Milk	12 oz	10.0
Mocha w/ Whole Milk ²	12 oz	30.0
Mocha Frappuccino ²	12 oz	38.3
Carbonated Beverages, Soda, Mixers		
Cherry Cola ²	12 oz	39.0
Cherry Cola, Diet	12 oz	0.0
Club Soda	12 oz	0.0
Cola ²	12 oz	35.2
Cola, Diet	12 oz	0.0
Diet Sodas, all flavors	12 oz	0.0
Fruit Refreshers, Sugar Free, all flavors	12 oz	0.0
Ginger Ale ²	12 oz	32.1
Ginger Ale, Diet	12 oz	0.0
Grape Soda ²	12 oz	41.7
Grape Soda, Diet	12 oz	0.0
Lemon/Lime Soda ²	12 oz	38.0
Lemon/Lime Soda, Diet	12 oz	0.0
Root Beer/Birch Beer ²	12 oz	42.0
Root Beer/Birch Beer, Diet	12 oz	0.0
Seltzer	12 oz	0.0
Seltzer, Essence Flavored	12 oz	0.0
Tonic Water ²	12 oz	32.2
Tonic Water, Sugar Free	12 oz	0.0
Energy Sports Drinks		
Amp Energy ²	8 oz	29.0
Amp Energy, Sugar Free	8 oz	0.0

	Amount	Net Carbs
Low Carb	12 oz	2.5
Near (>0.5% alcohol)	12 oz	13.7
Nonalcoholic	12 oz	14.1
Bourbon	1 oz	0.0
Champagne	1 oz	2-3
Gin	1 oz	0.0
Rum	1 oz	0.0
Scotch	1 oz	0.0
Sherry, Dry	1 oz	4.7
Vodka	1 oz	0.0
Wine, Red	3.5 oz	2.6
Wine, Rosé	3.5 oz	2.4
Wine, White, Sauvignon	3.5 oz	2.0
Cocktail Mixes		
Bloody Mary	3.5 oz	3.3
Margarita ²	3.5 oz	13.8
Margarita, Baja Bob's Low Carb	4 oz	0.0
Margarita, Master of Mixes, Lite	4 oz	3.0
Mojito, Baja Bob's Low Carb	4 oz	0.0
Piña Colada ²	3.5 oz	22.2
Screwdriver ²	3.5 oz	8.5
Strawberry Daiquiri, Lt. Blender's Sugar Free	4 oz	5.0
Strawberry Daiquiri, Master of Mixes, Lite	4 oz	5.6
Sweet 'N Sour, Master of Mixes, Lite	4 oz	8.0

BREADS, CRACKERS, TORTILLAS & WRAPS

The Net Carb counts provided for different types of bread are averages because both carb counts and ingredients can vary significantly from one brand to another. Always check the Nutritional Facts panel as well as the list of ingredients. Omitted are bagels, rolls, pastries and other conventional baked goods, which are almost always very high in carbs and full of refined white flour and/or added sugar. For example, a cinnamon raisin English muffin, a blueberry muffin and a croissant contain, respectively, 26.1, 25.8 and 19 grams of Net Carbs. Instead, baked goods that are within acceptable carb counts are listed, although some of these do contain white flour or added sugar, as noted. Be aware, as well, that some "whole grain" products also contain refined grains. Brand names appear when carb counts for similar products differ. Also, see *Snacks* and *Atkins and Other Low-Carb Specialty Foods*.

	Amount	Net Carbs
Breads		
Bran	1 sl	10.6
Ezekiel	1 sl	12.0
French ¹	1 sl	15.3
Italian ¹	1 sl	13.4
Oatmeal ¹	1 sl	12.0
Pumpernickel ¹	1 sl	11.6

¹Contains white flour ² Contains/may contain added sugar

BREADS, CRACKERS, TORTILLAS & WRAPS

continued

	Amount	Net Carbs
Wraps		
Don Pancho's Low-Carb		
Whole Wheat, large ²	1 ea	5.0
Whole Wheat, medium ²	1 ea	3.0
La Tortilla Factory Gourmet		
Whole Grain Rye	1 ea	8.0
Whole Grain White	1 ea	10.0
Master Choice		
Multigrain	1 ea	5.0
Rosemary	1 ea	9.0
Rye	1 ea	6.0

Muffins

Food for Life Sprouted Whole Grain English Muffins	1 ea	12.0
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Tortillas

Buena Vida Whole Wheat	1 ea	4.0
Corn	6"	10.8
Flour ¹	6"	14.5
Whole Wheat	8"	19.0

La Tortilla Company

Whole Wheat Garlic Herb	1 ea	3.0
Green Onion	1 ea	4.0
Original, medium	1 ea	3.0
Original, large	1 ea	6.0
Mama Lupe Three-Net		
Impact Carb ²	1 ea	3.0

¹Contains white flour ² Contains/may contain added sugar

	Amount	Net Carbs
Pumpernickel,		
100% Rye Meal	1 sl	16.5
Pumpernickel, Thin Sliced	1 sl	8.2
Raisin ¹	1 sl	12.5
Rye ¹	1 sl	12.1
Rye, 100%	1 sl	17.0
Sourdough ¹	1 sl	34.6
Sprouted Whole Wheat ²	1 sl	18.0
Sunflower Seed	1 sl	17.0
White ¹	1 sl	12.1
Whole Grain ¹	1 sl	9.3
100% Whole Grain ²	1 sl	9.0
Whole Wheat ¹	1 sl	9.8
100% Whole Wheat ²	1 sl	10.0

Breadsticks

Delallo Thin		
100% Whole Wheat	1 oz	21.0
Granforno Whole Wheat	5 ea	7.0
Pepperidge Farm Snack Sticks, Toasted Sesame¹		
	6 ea	9.0
Racconto Thin,		
100% Whole Wheat	4 ea	8.0

Crackers

Amy Lyn's Original Flax Thins	5 ea	2.0
Blue Diamond		
Almond Nut Thins	17 ea	22.0
Carr's Whole Wheat ²	2 ea	10.0
Cheez-It ¹	12 ea	7.8
FlatOut Multigrain Crisps	1 ea	9.0

CANDY & CHEWING GUM

Since most conventional candy is almost all sugar, it's one of the most important "foods" to avoid on Atkins. For example, an Almond Joy bar has more than 26 grams of Net Carbs. A Milky Way: a whopping 42 grams. A packet of Skittles contains 50 grams of Net Carbs, 40 of which are sugar. There are numerous sugar-free alternatives, many of which mimic well known brands. They use a variety of sweeteners, including sugar alcohols. Some manufacturers offer low- or no-sugar versions of their candy or gum brands. Note the comparison of Pep-O-Mint with and without sugar, as a case in point. Look for products labeled sugar free, low glycemic or no added sugar. Some are formulated for people with diabetes. Even low-carb candy

	Amount	Net Carbs
JJ Flats²		
	1 ea	2.8
Matzoh, Plain¹		
	1 ea	22.6
Matzoh, Whole Wheat		
	1 ea	18.8
Melba Toast¹		
	1 ea	3.5
Melba Toast, Rye^{1,2}		
	1 ea	4.0
Melba Toast, Whole Wheat^{1,2,1}		
	1 ea	3.5
San-J Brown Rice		
w/ Sesame Seeds	3 ea	9.6
Stone-Ground Wheat ¹	5 ea	10.3
100% Stone-Ground Wheat	3 ea	6.2
Triscuit	3 ea	8.0
Wheat Thins ^{1,2}	8 ea	10.0

Crispbreads

Ak-Mak²		
	5 ea	16.0
Finn Crisp		
Caraway	2 sl	8.0
Multigrain	2 sl	8.0
Original	2 sl	8.0
GG Scandinavian		
Bran Crispbread	1 ea	2.0
Kavli		
Crispy Thin	3 sl	11.0
Five-Grain	1 sl	7.0
Heart Thin	1 sl	6.0
Nejames Lavash Crisps		
Flatbread ¹	1 ea	10.0
Flatbread, Sesame ¹	1 ea	9.0
Ryvita		
Dark Rye	2 sl	10.0

¹Contains white flour ² Contains/may contain added sugar

should be consumed in moderation, especially those with sugar alcohols, which can cause gastric distress in excess. Also see *Atkins & Other Low-Carb Specialty Foods*.

	Amount	Net Carbs
Caramels		
Asher's Sugar Free		
Pecan Caramel Patties ¹	3 oz	0.0
Almond Butter Toffee ¹	3 oz	0.0
Judy's Sugar Free		
Almond Caramel Clusters ¹	1 ea	2.0
Vanilla Pecan Caramels ¹	1 ea	<1.0
Peanut Brittle ¹	2 oz	2.0

Chewing Gum

Eclipse Sugar Free, all flavors ¹	2 ea	0.0
Orbit, all favors ¹	1 ea	0.0

Chocolate

Asher's Sugar Free		
Cordial Cherries ¹	3 ea	0.0
Dark Chocolate		
Raspberry Jellies ¹	3 ea	1.0
Mint Patties ¹	2 ea	1.0
Pretzel Bites ^{1,4}	10 ea	9.0
Dove Sugar Free		
w/ Chocolate Crème ¹	5 ea	2.0
Hersey's Sugar Free ¹	3 oz	4.3
Kopper Dark Chocolate		
Covered Espresso Beans ¹	32 ea	2.0
Lucienne's Sugar Free Dark Chocolate, all flavors^{1,3}		
	1 bar	6.2

Contains: ¹sugar alcohols ²aspartame ³stevia ⁴white flour

	Amount	Net Carbs
Flavorful Fiber		
	2 sl	11.0
Light Rye		
	2 sl	10.0
Rye & Oat Bran		
	2 sl	8.0
Sesame Rye		
	2 sl	8.0
Wasa		
Fiber	1 sl	6.0
Hearty Rye	1 sl	9.0
Light Rye	1 sl	11.0
Multigrain	1 sl	9.0
Sesame	1 sl	9.0
Sourdough	1 sl	7.0
100% Whole Grain	1 sl	8.0

Flatbreads & Wraps

FlatOuts		
FoldIt 5-Grain Flax		
	1 ea	8.0
Hungry Girl 100%		
Whole Wheat	1 ea	8.0
Light	1 ea	6.1
Traditional	1 ea	21.0
Joseph's Lavash		
Flax, Oat Bran & Whole Wheat		
	1/2 ea	4.0
Roll-Ups ^{1,2}	1/2 ea	20.0
Sandwich Wrap, Flax, Oat Bran & Whole Wheat		
	1 ea	7.0
Whole Wheat Roll-Ups ²	1/2 ea	17.0
Pita		
White ¹	6.5"	32.1
Whole Wheat	6.5"	30.5

¹Contains white flour ² Contains/may contain added sugar

	Amount	Net Carbs
Hard Candy		
Baskin-Robbins Sugar Free, all flavors		
	4 ea	0.0
Crystal Light Sugar Free, all flavors		
	4 ea	0.0
Jolly Rancher		
	4 ea	0.0
Lifesavers		
	4 ea	1.0
Lifesavers Sugar Free		
	4 ea	0.0
Nestlé Sugar Free Nips		
Caramel ¹	2 ea	0.0
Coffee ¹	2 ea	0.0

Jelly Belly Sugar-Free

Gummie Bears	25 ea	1.0
Jelly Beans	35 ea	5.0
Jordan Almonds, Sugar Free ¹	10 ea	1.0

Marshmallows

La Noubia Sugar Free		
Chocolate Covered ¹	1 ea	0.0
Plain ¹	1 ea	0.0

Mints

Altoids Smalls, Sugar Free, all flavors¹		
	1 ea	0.0
Eclipse, all flavors¹		
	3 ea	0.0
Sweet 'n Low		
Cool Peppermints	1 ea	0.0
Pep-O-Mints	4 ea	16.0
Pep-O-Mints, Sugar Free ^{1,2}	4 ea	0.0
Winto-O-Green	4 ea	16.0
Winto-O-Green, Sugar Free ^{1,2,4}	4 ea	0.0

Contains: ¹sugar alcohols ²aspartame ³stevia ⁴white flour

CEREALS

Most breakfast cereals are full of white flour and other refined grains, as well as sugar, dehydrated berries, marshmallows, honey or maple syrup, raising the already high carb count of grains. Even “healthy” choices such as granola, muesli and bran cereals are often full of sugar. Nor are organic products any less likely to contain added sugar. We’ve included some of these products to drive home the point that you must always read labels. Your objective is to find 100 percent whole grain cereals without added sugars. Note that amounts vary based upon serving sizes listed on packages. Finally, carb counts don’t include the milk or milk substitutes served with cereal. Also look for cereals in *Atkins & Other Low-Carb Specialty Foods*.

	Amount	Net Carbs
Hot		
Bob’s Red Mill Hot Cereal w/Flax Meal, dry	1/3 C	17.0
Cream of Rice, dry	1/4 C	36.0
Cream of Wheat		
Instant Healthy Grain w/ Maple Brown Sugar ²	1 pkt	24.0
Instant, Original, in bowl	1.5 oz	32.0
Instant, prepared w/ water	1/2 C	14.3
Healthy Grains, Instant, in bowl	1.5 oz	24.0
Whole Grain, 2-Minute	3 T	19.0

Contains: ¹added sugar ²artificial sweeteners ³added sugar and artificial sweeteners

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CONDIMENTS & SEASONINGS

Condiments allow you to transform basics like chicken breasts into dozens of different dishes. Fortunately, there are many Atkins-friendly condiments, but hidden carbs lurk in others. Read labels to ferret out added sugar, flour and cornstarch. Most herbs and spices contain no carbs or minuscule amounts but watch out for spice mixtures spiked with sugar. Also see *Baking Ingredients* and *Sauces & Marinades*, as well as vinegars and salad dressings on pages 41-42.

	Amount	Net Carbs
Allspice, ground	1 t	1.0
Anchovy Paste	1 T	0.0
Bacon Pieces, Jarred/canned ²	1/2 oz	0.0
Bacon Bits, Imitation ¹	1/2 oz	2.6
Basil, fresh, chopped	1 T	0.0
Basil, dried	1 T	0.2
Bay Leaves, dried	1 ea	0.1
Bragg’s Liquid Aminos	1 T	0.0
Capers, drained	1 T	0.2
Celery Salt	1 t	0.0
Chile Peppers		
Ancho, dried	1 ea	5.1
Cayenne, Roasted, Canned, whole	1 ea	5.0
Chipotle en Adobe	9 sl	1.0

¹Contains added sugar ² Carb count varies by brand; may contain added sugar

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	Amount	Net Carbs
Ewehorn Brown Rice Cream	1/4 C	35.0
Farina, Enriched, dry	3 T	24.0
Grits, Instant, dry	1 oz	20.0
Heartland Oat Bran Hot Cereal, dry	1/3 C	16.0
Lundberg Family Farms Brown Rice Hot Cereal, dry	1/4 C	29.0
Mother’s Whole Wheat Hot Cereal, dry	1/2 C	26.0
Oats/Oatmeal		
Homestat Farm Quick Steel Cut Oats & Chia w/Flax & Rye Flakes, dry	1/4 C	20.0
Instant, Cinnamon Spice ¹	1 pkt	32.9
Instant, Plain	1 pkt	16.0
Malt-o-Meal		
Quick Oats, dry	1/2 C	23.0
Quick Cooking, dry	1/4 C	12.5
Rolled, cooked	1/2 C	12.1
Rolled, dry	1/3 C	19.0
Steel Cut (Scottish/Irish), dry	1/4 C	11.5
Whole Grain	1/4 C	21.7
Maltex Hot Wheat Cereal, dry ¹	1/3 C	32.0
Pocono Cream of Buckwheat, dry	1/4 C	35.0
Hodgson Mill Bulgur Wheat w/ Soy Grits, dry	1/4 C	23.0
Wheatena		
Toasted Wheat, dry	1/3 C	27.0

Contains: ¹added sugar ²artificial sweeteners ³added sugar and artificial sweeteners

	Amount	Net Carbs
Hot Cherry, fresh, whole	1 ea	2.0
Hot Cherry, canned, whole	1 oz	2.0
Jalapeño, fresh, sliced	1/2 C	1.7
Jalapeño, pickled, sliced	1 oz	0.5
Pasilla, dried, whole	1 ea	1.7
Serrano, chopped	1/2 C	1.8
Chile Powder	1 T	0.0
Chinese 5-Spice Powder	1 t	0.0
Chives, fresh, chopped	1 T	0.1
Chives, dehydrated, chopped	1 T	0.1
Cilantro, fresh, chopped	1 T	0.0
Cinnamon, ground	1 t	0.7
Clam Juice	8 oz	0.2
Cloves, ground	1 t	0.6
Coconut Milk, canned	1 C	6.4
Coconut Milk, Light, canned	1 C	4.0
Coriander, ground	1 t	0.0
Crab/Shrimp Boil Mix	1 T	0.0
Creole Seasoning	1 T	0.0
Cumin Seed, ground	1 t	0.1
Curry Powder	1 T	0.0
Dill Weed, dried	1 T	1.3
Dill Weed, fresh, chopped	1 T	0.0
Garlic		
Clove	1 ea	0.9
Minced, fresh or jarred	1 T	2.6
Minced, dried	1 T	4.7
Powder	1 t	1.6
Salt	1 T	0.0
Ginger, ground	1 T	3.1

Contains: ¹added sugar ²artificial sweeteners ³added sugar and artificial sweeteners

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	Amount	Net Carbs
Ready-to-Eat		
Alpen Muesli, No Sugar Added	2/3 C	34.0
Barbara’s Organic Soy Essence Crispy Whole Wheat Flakes ¹	3/4 C	20.0
Cascadian Farm Organic Ancient Grains ¹	1 C	36.0
Cascadian Farm Purely O’s	1 C	19.0
Cheerios, Multigrain ¹	1 C	17.0
Corn Chex ¹	1 C	24.0
Corn Flakes ¹	1 C	11.7
Crispix Corn & Rice ¹	1 C	24.0
Eden Kamut Flakes	1/2 C	30.0
Fiber One		
Heart Healthy Blend ¹ Original ²	3/4 C	31.0
	1/2 C	11.0
Food for Life Ezekiel	1/2 C	34.0
Health Valley Heart Wise	1 C	30.0
Health Valley High Fiber Skinnys F-Factor ¹	1/2 C	9.0
Health Valley Organic Oat Bran Flakes ¹	3/4 C	20.0
Grape-Nuts		
Flakes ¹	3/4 C	21.0
Organic	1/2 C	38.0
Kashi		
Go Lean Crunch! ¹	1 C	28.0
7 Wholegrain Nuggets	1/2 C	40.0
7 Wholegrain Puffs	1 C	14.0

Contains: ¹added sugar ²artificial sweeteners ³added sugar and artificial sweeteners

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	Amount	Net Carbs
Kellogg’s All-Bran		
Buds ¹	1/3 C	11.0
Original ¹	1/2 C	13.0
Nature’s Path Organic		
Simply Fiber	1 C	17.0
Smart Bran w/ Psyllium & Oat Bran ¹	2/3 C	11.0
Oat Bran, raw	2 T	6.0
Product 19 ¹	1 C	24.0
Puffed Brown Rice	1 C	13.0
Puffed Corn	1 C	11.0
Puffed Kamut	1 C	9.0
Puffed Millet	1 C	10.0
Puffed Rice	1 C	12.0
Puffed Wheat	1 C	10.0
Shredded Wheat		
Large Biscuit	2	26.0
Spoon Size, w/ Bran	1 C	32.8
Spoon Size, Whole Grain	1 C	34.0
Special K		
Original ¹	1 C	21.0
Protein Plus ¹	3/4 C	9.0
Spelt Flakes	1/2 C	31.0
Total		
Whole Grain ¹	3/4 C	20.0
Protein ³	3/4 C	8.0
Wheat Bran, raw	2 T	1.6
Wheat Germ, toasted	2 T	4.9
Wheaties Toasted		
Whole Wheat Flakes ¹	3/4 C	19.0

Contains: ¹added sugar ²artificial sweeteners ³added sugar and artificial sweeteners

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	Amount	Net Carbs
Ginger Root, fresh, grated	1 T	1.0
Horseradish, prepared	1 t	0.4
Italian Seasoning	1 T	0.0
Lawry’s Seasoned Salt	1 t	0.0
Lemon Peel, fresh, grated	1 T	0.3
Lemon-Pepper Seasoning	1 t	0.0
Liquid Smoke	1 T	0.0
Marmite Yeast Extract	1 T	0.8
Miso Paste		
Mellow Brown	1 T	3.0
Mellow Red	1 T	3.0
Mellow White	1 T	3.0
Mrs. Dash	1 t	0.0
Mustard		
Chinese	1 t	0.2
Dijon	1 t	1.0
Honey ¹	1 t	1.0
Powder	1 t	0.4
Spicy Brown	1 t	0.0
Yellow	1 t	0.1
Nutmeg, ground	1/2 t	0.3
Olives (see <i>Vegetables</i>)		
Onion, minced, dried	1 T	3.7
Orange Peel, grated, fresh	1/2 t	0.4
Oregano, dried	1 T	0.8
Paprika	1 T	1.3
Parsley, fresh, chopped	1 T	0.1
Pepper, black, ground	1 t	0.9
Pepper, red, crushed	1 t	0.5
Pickle Spear, Dill or Kosher	1 ea	0.5
Pickle, Dill, whole, 4-inch	1 ea	2.0
Pickle Relish ¹	1 T	3.3
Pickle, Sweet, Midget ¹	1 ea	1.2
Pimento (Roasted Red Pepper)	1 oz	0.9
Poultry Seasoning	1 t	0.8
Pumpkin Pie Spice Mix	1 t	0.9
Rosemary, dried	1 T	0.8
Sage, ground	1 t	0.1
Salt	1 t	0.0
Spike Seasoning, Original	1 t	0.0
Tahini (Sesame Paste)	2 T	5.0
Thai Chile Paste	1 T	0.0
Thyme, dried	1 T	0.8
Wasabi Paste	1 t	2.0
Wasabi, powdered	1 t	1.5

DAIRY, EGGS & DAIRY SUBSTITUTES

Most of the following products are acceptable on Atkins in one or more phases. Low-fat products appear for comparison purposes only; full-fat versions are always preferable. Almost all cheeses are acceptable, but keep an eye out for cheese “products,” which contain fillers, making them higher in carbs. They may also contain oils and other added ingredients. Likewise, fruit flavors such as strawberry and blueberry introduce added sugars to cream cheese, yogurt and other dairy prod-

¹Contains added sugar ² Carb count varies by brand; may contain added sugar

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DAIRY, EGGS & DAIRY SUBSTITUTES *continued*

ucts, elevating the carb count. We've also included creamers and other dairy substitutes, some of which are not recommended for Atkins followers because they include added sugar and/or other unacceptable ingredients, for comparison purposes. Likewise, we've included a few of the numerous low-fat yogurts full of sugary preservatives. Although not actually dairy products, eggs are also included below.

	Amount	Net Carbs
Butter & Margarine		
Ghee	1 t	0.0
Stick Butter	1 C	0.1
Stick Butter	1 T	0.0
Stick Margarine ⁴	1 T	0.1
Whipped Butter	1 C	0.1
Whipped Butter	1 T	0.0
Whipped Margarine ⁴	1 T	0.0
Cheese		
American	1 sl	1.5
Asiago	1 oz	0.5
Appenzeller	1 oz	0.0
Blue Cheese, crumbled	2 T	0.4
Boursin, Garden Herb	2 T	1.0
Brie	1 oz	0.1
Camembert	1 oz	0.1
Cheddar	1 oz	0.4
Cheez Whiz ¹	2 T	5.6

¹Cheese product ²Contains added sugar ³Contains trans fats ⁴Not recommended

DAIRY, EGGS & DAIRY SUBSTITUTES *continued*

	Amount	Net Carbs
Eggs		
Raw	1 ea	0.4
Raw, White only	1 ea	0.2
Fried	1 ea	0.4
Poached/Boiled	1 ea	0.4
Scrambled, w/ Milk	1 ea	1.0
Scrambled Egg Substitute (from frozen)	1/4 C	2.0
Milk		
Buttermilk		
Cultured from 1% Fat (Skim) Milk	1 C	13.0
Cultured from Reduced Fat Milk	1 C	13.0
Chocolate Flavored, 2% ²	1 C	28.6
Evaporated, 2% Nonfat	2 T	3.0
Evaporated, Whole	2 T	3.2
Nonfat/Skim	1 C	12.2
Reduced Fat 2%	1 C	11.7
Strawberry Flavored, 2% ²	1 C	31.0
Whole	1 C	11.7
Milk Substitutes		
Almond Milk		
Chocolate Flavored ²	1 C	17.8
Plain ²	1 C	7.3
Plain, Unsweetened	1 C	1.0
Vanilla, Unsweetened	1 C	1.0

²Contains added sugar

	Amount	Net Carbs
Colby	1 oz	0.7
Cottage Cheese		
Curds, 2% fat	1/2 C	4.1
Creamed, 4% fat	1/2 C	6.0
Low-Fat, Chive ²	1/2 C	5.0
Cream Cheese, Brick		
Fat Free	2 T	2.2
Neufchatel	2 T	1.0
Original	2 T	1.2
Cream Cheese, Soft		
Blueberry ²	2 T	4.4
Chive & Onion	2 T	2.0
Garden Vegetable	2 T	2.1
Regular	2 T	2.0
Strawberry ²	2 T	4.4
Sundried Tomato & Basil	2 T	2.0
Cream Cheese, Whipped		
Chive & Onion	2 T	1.8
Original	2 T	0.8
Edam	1 oz	0.4
Emmentaler	1 oz	0.0
Feta	1 oz	1.2
Fontina	1 oz	0.4
Goat, Aged	1 oz	0.6
Goat, Soft (Chèvre)	1 oz	0.3
Gorgonzola	1 oz	1.1
Gouda	1 oz	0.6
Gruyère	1 oz	0.1
Havarti	1 oz	0.0
Jarlsberg	1 oz	1.2

¹Cheese product ²Contains added sugar ³Contains trans fats ⁴Not recommended

	Amount	Net Carbs
Coconut Milk Beverage		
Chocolate Flavored ²	1 C	11.0
Plain ²	1 C	7.0
Plain, Unsweetened	1 C	1.0
Rice Milk		
Plain ²	1 C	25.0
Vanilla ²	1 C	28.0
Soy Milk		
Chocolate Flavored ²	1 C	21.7
Plain ²	1 C	10.0
Plain, Unsweetened	1 C	2.0
Yogurt & Kefir		
Chobani Greek Yogurt		
Nonfat Plain	6 oz	7.0
Nonfat Lemon	6 oz	20.0
Nonfat Strawberry	6 oz	20.0
Fage Total Classic Whole Milk Greek Yogurt, Plain, Unsweetened		
	4 oz	6.1
Kefir Smoothie		
Low Carb, Plain	8 oz	6.0
Whole Milk, Plain	8 oz	12.0
Oikas Whole Milk		
Greek Yogurt, Plain, Unsweetened	1/2 C	4.5
So Delicious Coconut		
Original "Yogurt" Beverage	8 oz	3.0
Yogurt, Whole Milk, Plain, Unsweetened	4 oz	5.3

¹Cheese product ²Contains added sugar ³Contains trans fats ⁴Not recommended

	Amount	Net Carbs
Laughing Cow	1 wedge	1.0
Limburger	1 oz	0.1
Manchego	1 oz	0.0
Mascarpone	1 oz	0.0
Maytag Blue	1 oz	0.6
Monterey Jack	1 oz	0.2
Mozzarella		
Fresh Balls	1 oz	0.0
Part Skim	1 oz	0.8
Smoked	1 oz	0.0
Whole Milk	1 oz	0.6
Muenster	1 oz	0.3
Paneer	1 oz	1.0
Parmesan, chunk	1 oz	0.9
Parmesan, grated	1 T	0.2
Parmigiano-Reggiano, grated	1 T	0.0
Port Wine Spread ¹	2 T	3.0
Provolone	1 oz	0.6
Queso Blanco	1 oz	0.0
Queso Fresco	1 oz	1.5
Radette	1 oz	0.0
Ricotta, Part Skim	1/4 C	3.2
Ricotta, Whole Milk	1/4 C	1.9
Roquefort	1 oz	0.6
Romano, chunk	1 oz	1.0
Romano, grated	1 T	0.0
Stilton	1 oz	0.0
String	1 oz	1.0
Swiss	1 oz	1.5
Velveeta ¹	1 oz	2.8

¹Cheese product ²Contains added sugar ³Contains trans fats ⁴Not recommended

DESSERTS

When you consider that a serving of chocolate pudding sweetened with sugar tallies almost 33 grams of Net Carbs and a slice of apple pie a whopping 53.4 grams of Net Carbs, it's easy to see why desserts present such treacherous territory. Fortunately, there are numerous carb-conscious alternatives to satisfy your sweet tooth. (Also check out *Atkins & Other Low-Carb Specialty Foods and Snacks*.) However, this category requires extra vigilance as even some supposedly low-carb desserts contain added sugars and others harbor cornstarch and/or trans fats. We've also noted when products contain sugar alcohols. Carb counts for pudding mixes exclude the milk or nondairy product needed to make the dessert.

	Amount	Net Carbs
Cheesecake		
Cheesecake Factory		
Low Carb	1/12	11.0
Junior's Sugar Free		
Low-Carb ¹	1/12	3.2
Gelatin		
Gelatin Mix, Sugar Free, all flavors		
	1 serving	0.0
Jell-O Snacks, Sugar-Free, all flavors		
	1 ea	0.0
Knox MixChief		
Unflavored Gelatin	1.8 g	0.0

¹Contains sugar alcohols

	Amount	Net Carbs
Cream & Creamers		
Coffee-mate		
Original, powder ³	1 t	2.0
Fat-Free Hazelnut, liquid ³	1 T	5.0
Natural Bliss Vanilla, liquid	1 T	5.0
Sugar-Free French		
Vanilla, liquid ³	1 T	2.0
Condensed Milk,		
Sweetened, canned ²	1 T	20.8
Cream		
Heavy, liquid	1 T	0.4
Heavy, whipped	1 T	0.2
Light	1 T	0.6
Half-and-Half	1 T	0.3
International Delight		
Amaretto, Low Fat ^{2,3}	1 T	7.0
French Vanilla ²	1 T	6.0
MimicCrème		
Almond & Cashew Crème,		
Unsweetened Original	1 T	0.0
Almond & Cashew Crème,		
Sugar Free	1 T	1.0
Silk Soymilk "Creamer,"		
Original, Unsweetened	1 T	1.0
So Delicious Coconut Milk		
"Creamer," Original, Unsweetened	1 T	1.0
Sour cream		
Light	1 C	17.6
Regular	2 T	0.7
Regular	1 C	5.5

¹Cheese product ²Contains added sugar ³Contains trans fats ⁴Not recommended

	Amount	Net Carbs
Ready to Eat Gelatin,		
Sugar Free	1 ea	0.0
SmartGels Sugar Free, all flavors		
	1 ea	1.0
Snack Pack Sugar Free Juicy Gels, all flavors		
	1 ea	2.0
Ice Cream		
Breyer's Carb Smart		
Chocolate ¹	1/2 C	4.0
French Vanilla ¹	1/2 C	4.0
Breyer's, No Sugar Added		
Butter Pecan ¹	1/2 C	5.0
French Vanilla ¹	1/2 C	5.0
Vanilla, Chocolate, & Strawberry ¹	1/2 C	6.0
Dreyer's/Edy's Slow Churned, No Sugar Added		
Butter Pecan ¹	1/2 C	13.0
Coffee ¹	1/2 C	6.0
Cookie Dough ¹	1/2 C	8.0
Neapolitan ¹	1/2 C	12.0
Triple Chocolate ¹	1/2 C	7.0
Vanilla Bean ¹	1/2 C	6.0
Frozen Treats		
Breyer's Carb Smart		
Fudge Bar ¹		
	1 ea	3.0
Vanilla & Almond		
Ice Cream Bar ¹	1 ea	5.0
Vanilla Ice Cream Bar, Chocolate Coated ¹		
	1 ea	5.0

¹Contains sugar alcohols

DESSERTS <i>continued</i>		Amount	Net Carbs
Creamside Sugar Free Healthy Bunch ¹	1 ea	2.0	
Dreyer's/Edy's Fruit Bars, No Sugar Added, all flavors ¹	1 ea	4.0	
Fudgsicle Sugar Free Healthy Bunch ¹	1 ea	5.0	
Klondike No Sugar Added Vanilla Bar	1 ea	11.0	
Popsicle Sugar Free Healthy Bunch, all flavors ¹	1 ea	2.0	
Sherbet, No Sugar Added, Lemon, Lime or Orange	1/2 C	18.0	
Non Dairy Frozen Treats			
So Delicious Coconut Milk "Ice Cream" No Sugar Added			
Chocolate ¹	1/2 C	8.0	
Mini Fudge Bar ¹	1 ea	6.0	
Mini Vanilla Bar ¹	1 ea	10.0	
Vanilla Bean ¹	1/2 C	9.0	
Tofutti No Sugar Added			
Coffee Break Treats ¹	1 ea	5.0	
Fudge Treats ¹	1 ea	6.0	
Chocolate Dipped Mint Treats ¹	1 ea	7.0	
Puddings and Pies			
Fifty50 Graham Cracker Crust, sugar free ^{1,2}	1/2 C	10.0	
Jell-O Sugar Free Pudding			
Singles, Mix, all flavors ²	1 ea	6.0	
Snacks, Chocolate ^{1,2,3}	3.8 oz	5.0	

Contains: ¹sugar alcohols ²white flour and/or starch ³trans fats ⁴added sugar

FISH & SHELLFISH <i>continued</i>		Amount	Net Carbs
Shark, Blue & Mako	6 oz	0.0	
Snapper/Red Snapper	6 oz	0.0	
Sole	6 oz	0.0	
Swordfish	6 oz	0.0	
Tilapia	6 oz	0.0	
Tile Fish	6 oz	0.0	
Trout, all varieties	6 oz	0.0	
Tuna	6 oz	0.0	
Tuna, Deli Salad ³	6 oz	16.0	
Tuna, fresh	6 oz	0.0	
Turbot	6 oz	0.0	
Whitefish			
Fresh	6 oz	0.0	
Smoked	6 oz	0.0	
Salad ²	4 T	3.0	
Shellfish			
Clams			
Canned, drained	2 oz	3.3	
Deep-Fried ¹	2 oz	5.9	
Fresh, cooked	2 oz	2.9	
Raw	2 oz	2.0	
Stuffed ¹	2 lg	12.0	
Crab			
Cake ^{1,2}	6 oz	0.8	
Cooked	6 oz	0.0	
Crabmeat, Canned, drained	6 oz	0.0	
Soft Shell, fried ¹	1 med	10.5	
Surimi ("Sea Legs") ²	6 oz	24.7	

¹Breaded or battered ²Contains/may contain fillers and/or added sugar

FISH & SHELLFISH

As long as it is not breaded or battered for deep-frying, almost all fish contains no carbs. However, clams, oysters and mussels and any stuffed fish or shellfish do. Avoid surimi, usually labeled as "sea legs." The taste of this artificial crabmeat bears little resemblance to the real McCoy. It is made from various species of fish to which fillers and sugar are added, boosting the carb count. Also check the labels of pickled or creamed herring and gefilte fish, as sugar is often added in the processing. One more sugar alert: deli tuna fish and whitefish salad are often full of it. Fish shrinks when cooked; all amounts listed are for cooked fish.

	Amount	Net Carbs
Fish		
Anchovies		
Canned in Oil	6 oz	0.0
Fresh	6 oz	0.0
Bass, all varieties	6 oz	0.0
Blackfish (Taurog)	6 oz	0.0
Bluefish	6 oz	0.0
Butterfish	6 oz	0.0
Carp	6 oz	0.0
Catfish	6 oz	0.0
Cod, fresh	6 oz	0.0
Cod, dried, salted	3 oz	0.0
Eel	6 oz	0.0

¹Breaded or battered ²Contains/may contain fillers and/or added sugar

FRUIT

The natural sugars in fruit that make it so delicious increase the carbs, but compared to sugar-laden desserts, fruit—in moderation—is a great alternative. Berries are among the lowest in carbs, partially because they are not as sweet as most other fruits, and also because they are high in fiber. As you can see from the carb counts below, it's a good idea to steer clear of dried fruit, which concentrates the natural sugars. Likewise, avoid fruit juice (see *Beverages & Alcoholic Beverages*), which usually eliminates the fiber found in whole fruit. Frozen fruit is fine as long as it doesn't contain added sugar, as is fruit canned in its own juice or water. Although olives, avocado and tomatoes are actually fruit, they are listed in *Vegetables*. However, rhubarb, listed here, is actually a vegetable.

	Amount	Net Carbs
Acerola	1/2 C	3.2
Apples		
Cameo	1/2 med	8.5
Chips ¹	1 oz	18.1
Dried Rings, Sulfured ¹	5 ea	18.3
Freeze-Dried	1 oz	23.0
Fuji	1/2 med	7.9
Gala	1/2 med	7.9
Golden Delicious	1/2 med	7.9
Granny Smith	1/2 med	7.9

¹May contain added sugar ²Contains added sugar

	Amount	Net Carbs
Flounder	6 oz	0.0
Fish Sticks	6 pieces	33.2
Gefilte Fish ²	1 piece	2.0
Grouper	6 oz	0.0
Haddock (Scrod)		
Fresh	6 oz	0.0
Smoked/Finnan Haddie	6 oz	0.0
Halibut	6 oz	0.0
Herring		
Cured	2 oz	0.0
Fresh	6 oz	0.0
In Sour Cream ²	1/4 C	5.0
Pickled ²	1/4 C	3.4
John Dory (St. Peter's Fish)	6 oz	0.0
Kingfish (King Mackerel)	6 oz	0.0
Mackerel	6 oz	0.0
Mahi-mahi	6 oz	0.0
Monk Fish	6 oz	0.0
Orange Roughy	6 oz	0.0
Perch	6 oz	0.0
Pike, Wall-Eyed & Yellow	6 oz	0.0
Sablefish (Black Cod)	6 oz	0.0
Salmon		
Canned	6 oz	0.0
Fresh	6 oz	0.0
Lox/Smoked	6 oz	0.0
Sardines, Canned		
In Mustard Sauce	6 oz	0.0
In Tomato Sauce	6 oz	0.8
In Oil	6 oz	0.0

	Amount	Net Carbs
Honeycrisp	1/2 med	7.9
Red Delicious	1/2 med	7.9
Sauce, sweetened ²	1/2 C	23.8
Sauce	1/2 C	12.4
Apricots		
Canned		
In Heavy Syrup ²	3 halves	23.8
In Juice	3 halves	11.6
Dried	6 halves	11.6
Fresh	3 med	9.6
Avocado (See page 54)		
Bananas		
Chips	1 oz	14.4
Freeze-Dried	1 oz	23.0
Fresh	1 sm	20.4
Blackberries		
Canned in Heavy Syrup ²	1/2 C	25.2
Fresh	1/2 C	3.3
Frozen	1/2 C	8.1
Frozen, sweetened ²	1/2 C	10.3
Blueberries		
Canned in Light Syrup ²	1/2 C	24.5
Dried	2 T	14.5
Fresh	1/2 C	9.0
Frozen	1/2 C	7.3
Frozen, sweetened ²	4 oz	22.4
Boysenberries		
Canned in Heavy Syrup ²	1/2 C	25.2
Fresh	1/2 C	3.1
Frozen	1/2 C	4.6

¹May contain added sugar ²Contains added sugar

FRUIT *continued*

	Amount	Net Carbs		Amount	Net Carbs
Carambola (Star Fruit), sliced	1/2 C	2.1	Fruit Cocktail		
Cherimoya	1/2 C	11.8	Canned in light syrup ²	1/2 C	16.9
Cherries, Sour			Canned in water	1/2 C	8.9
Canned in water	1/2 C	9.6	Mixed Fruits, frozen	4 oz	10.5
Fresh	1/2 C	8.2	Gooseberries	1/2 C	7.8
Cherries, Sweet			Grapefruit		
Canned in water	1/2 C	12.7	Fresh, Red/White	1/2 med	8.9
Dried	2 T	11.5	Sections,		
Fresh	1/2 C	10.7	Canned in juice	1/2 C	10.7
Frozen	1/2 C	7.3	Grapes		
Clementine	1 med	7.6	Green, Seedless	1/2 C	13.0
Coconut, fresh, shredded	1/2 C	2.5	Purple, Concord	1/2 C	7.5
Cranberries			Red, Seedless	1/2 C	13.0
Dried ²	2 T	5.8	Guava		
Freeze-Dried ¹	1/2 oz	12.1	Fresh, pieces	1/2 C	7.4
Fresh	1/2 C	3.8	Paste ²	2 T	12.9
Sauce, Jellied ²	2 T	13.1	Huckleberries	4 oz	9.9
Sauce, Whole Berries ²	2 T	12.5	Kiwi Fruit	1 ea	8.1
Currants			Kumquat	4 ea	7.1
Dried	2 T	12.1	Lemon Juice	2 T	2.0
Fresh	1/2 C	5.3	Lime Juice	2 T	2.4
Dates			Loganberries		
Dried	1 oz	20.9	Fresh	1/2 C	5.8
Fresh	3 ea	15.8	Frozen	1/2 C	5.7
Figs			Loquats		
Canned in water	1 sm	3.2	Fresh	10 med	16.7
Dried	1 sm	4.5	Fresh, cubed	1/2 C	7.8
Fresh	1 sm	6.5	Lychees		
			Fresh, whole	10 ea	14.5
			Canned in water	10 ea	14.6

¹ May contain added sugar ² Contains added sugar

FRUIT *continued*

	Amount	Net Carbs		Amount	Net Carbs
Plantains			Strawberries		
Chips	1 oz	14.4	Dried ¹	1/4 C	15.5
Fresh, sliced	1/2 C	21.9	Fresh, whole	5 large	5.1
Plums			Fresh, sliced	1/2 C	4.7
Dried (Prune)	3 ea	16.2	Freeze-Dried	1 oz	21.3
Fresh	1 med	6.6	Frozen, whole,		
Purple, canned in water	1/2 C	12.6	sweetened ²	1/2 C	24.4
Prunes, canned			Frozen, sliced	1/2 C	5.2
in heavy syrup ²	1/2 C	28.1	Tangerine	1 small	8.8
Prunes, stewed	1/2 C	31.0	Tangelo	1 med	12.0
Pomegranate			Ugli Fruit	1 half	9.0
Fresh	1 quarter	10.4			
Arils (Seeds), fresh	1/4 C	6.4			
Prickly Pear (Cactus Pear), fresh	1 ea	6.2			
Quince	1 quarter	3.1			
Raisins					
Golden	1 T	6.8			
Seedless	1 T	6.8			
Raspberries					
Black, fresh	1/2 C	3.7			
Black, frozen	2 oz	8.5			
Red, fresh	1/2 C	3.4			
Red, frozen, sweetened ²	1/2 C	27.2			
Red, frozen	1/2 C	4.4			
Rhubarb					
Fresh	1/2 C	1.7			
Frozen, sweetened ²	1/2 C	35.0			
Frozen	1/2 C	2.3			

GRAINS, NOODLES & PASTA

Whole grains are acceptable in the later phases of Atkins, but white flour and other refined grains (and anything made with them, including most pasta) are not. Unless a product is labeled 100 percent whole grain, it likely also contains refined grains, which have been stripped of their fiber and other nutrients. Labels on products made with some or all white flour also use the terms wheat flour (not to be confused with whole wheat flour) or enriched flour. Items that may contain refined grains are noted below, but check any product before purchasing it. Also see *Breads, Crackers, Tortillas & Wraps* and *Cereals and Baking Ingredients*.

¹ May contain added sugar ² Contains added sugar

	Amount	Net Carbs		Amount	Net Carbs
Mango			Mango		
Dried	1 piece	9.5	Dried	1 piece	21.0
Freeze-Dried	1 piece	11.1	Fresh, pieces	1/2 C	14.0
Fresh, pieces	1/2 C	11.1	Frozen	1/2 C	5.9
Frozen	1/2 C	14.0	Cantaloupe Cubes	1/2 C	5.1
Melon			Cantaloupe Slice	1/8 med	4.6
Cantaloupe Cubes	1/2 C	5.9	Crenshaw Balls	1/2 C	7.3
Cantaloupe Slice	1/8 med	5.1	Honeydew Balls	1/2 C	7.1
Crenshaw Balls	1/2 C	4.6	Honeydew, diced	1/2 C	7.1
Honeydew Balls	1/2 C	7.3	Honeydew Slice	1/8 med	10.4
Honeydew, diced	1/2 C	7.1	Watermelon Balls	1/2 C	5.5
Honeydew Slice	1/8 med	10.4	Mulberries	1/2 C	5.7
Watermelon Balls	1/2 C	5.5	Nectarines		
Mulberries	1/2 C	5.7	Fresh	1 med	12.6
Nectarines			Dried	1.5 oz	22.0
Fresh	1 med	12.6	Oranges		
Dried	1.5 oz	22.0	Blood	1 med	13.0
Oranges			Florida	1 med	12.9
Blood	1 med	13.0	Mandarin,		
Florida	1 med	12.9	Canned in juice	1/2 C	11.0
Mandarin,			Navel	1 ea	14.5
Canned in juice	1/2 C	11.0	Valencia	1 med	11.4
Navel	1 ea	14.5	Papaya		
Valencia	1 med	11.4	Canned in syrup ²	1/2 C	12.1
Papaya			Dried	1 strip	12.2
Canned in syrup ²	1/2 C	12.1	Fresh	1/2 small	7.2
Dried	1 strip	12.2	Fresh, pieces	1/2 C	6.6
Fresh	1/2 small	7.2	Frozen, pieces	1/2 C	4.4
Fresh, pieces	1/2 C	6.6			
Frozen, pieces	1/2 C	4.4			

² Contains added sugar

	Amount	Net Carbs		Amount	Net Carbs
Grains			Red, Long Grain, dry	1/4 C	34.0
Barley			Short Grain/Arborio/		
Hulled, dry	1/4 C	25.8	Risotto, dry	1/4 C	42.5
Pearl, cooked	1/2 C	19.2	Sushi, dry	1/4 C	36.5
Buckwheat Groats (Kasha), cooked	1/2 C	14.5	Texamati, dry	1/4 C	29.0
Corn			White, Long Grain, cooked	1/2 C	21.9
Grits, prepared w/ water	1/2 C	15.2	Wild, cooked	1/2 C	16.0
Hominy, canned	1/2 C	9.7	Rye Berries, dry	1/4 C	27.6
Masa, dry	2 T	10.0	Teff, cooked	1/2 C	21.5
Meal, Yellow, dry	2 T	10.6	Wheat		
Polenta, dry	2 T	12.5	Berries, dry	1/4 C	27.0
Couscous			Bulgur, cooked	1/2 C	12.8
Cooked	1/2 C	17.1	Cracked, dry	1/4 C	24.0
Dry	1/4 C	31.3	Noodles & Pasta		
Whole Wheat, dry	1/4 C	31.0	Noodles		
Millet, cooked	1/2 C	19.5	Buckwheat, dry	1 oz	16.5
Quinoa, cooked	1/4 C	8.6	Egg, cooked	1/2 C	19.2
Rice			Rice (Maifun), dry	1 oz	24.4
Basmati, cooked	1/2 C	24.0	Soba, dry	1 oz	17.9
Basmati, dry	1/4 C	35.0	Somen, cooked	1/2 C	23.4
Basmati, Brown, dry	1/4 C	21.2	Thai Rice, dry	1 oz	22.3
Black Japonica, dry	1/4 C	34.4	Udon, dry	1 oz	18.0
Brown, Medium Grain, cooked	1/2 C	21.2	Udon, Spelt, dry	1 oz	19.1
Instant, Long Grain			Pasta		
White, dry	1/4 C	19.1	DeBoles Jerusalem		
Jasmine, dry	1/4 C	36.0	Artichoke Fettuccini, dry	1 oz	20.0
Parboiled (Converted),			Corn, cooked	1/2 C	16.2
White, Long Grain, dry	1/4 C	37.0	Macaroni, Protein Enriched, cooked	1/2 C	20.3

² Contains added sugar

GRAINS, NOODLES & PASTA *continued*

	Amount	Net Carbs
Macaroni, Protein Enriched, dry	1/4 C	15.2
Quinoa, dry	1 oz	16.2
Rice, cooked	1/2 C	21.0
Semolina, Fettuccini, dry	1 oz	21.3
Semolina, Rigatoni, cooked	1/2 C	20.2
Semolina, Rigatoni, dry	1 oz	19.7
Spelt, Whole Grain, Elbows, dry	1 oz	17.4
Spinach, Spaghetti, cooked	1/2 C	15.5
Whole Wheat, Macaroni, cooked	1/2 C	16.6
Whole Wheat, Spaghetti, cooked	1/2 C	15.4
Rice & Grain Dishes		
Casbah Couscous Roasted		
Garlic & Olive Oil, dry	1/4 C	31.0
Casbah Rice Pilaf, dry	1/4 C	34.0
Casbah Spanish Pilaf, dry	1/4 C	35.0
Kashi 7 Whole Grains Pilaf		
Fiery Fiesta, cooked	1 C	33.0
Moroccan Curry, cooked	1 C	35.0
Original, cooked	1/2 C	27.0
Near East		
Mediterranean Gourmet		
Meal, Herb, dry	1 oz	19.0
Taboule Mix, dry	1 oz	16.0

¹Contains added sugar

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LEGUMES

Although lentils and other legumes are vegetables, they are categorized separately because their protein content is greater. Most legumes also have a higher glycemic impact than the “foundation vegetables” you initially eat on Atkins. That said, there’s a considerable range in Net Carb count among legumes. For example, black soybeans are relatively low in carbs compared to lookalike black beans. In most cases, what we call legumes are dried beans, so fresh lima beans, for example, appear in *Vegetables*, and dried lima beans are listed below. Bean sprouts also appear in *Vegetables*. Some legumes go by more than one name, depending upon region, or because different varieties are used in a similar way. Hummus and other bean dips appear in *Snacks*, and tofu and other soy products in *Vegetarian Products*.

	Amount	Net Carbs
Azuki Beans		
Canned/cooked	1/4 C	10.1
Dry	1/4 C	21.0
Baked Beans		
Vegetarian ¹	1/2 C	21.6
With Pork ¹	1/2 C	18.3
Bean Dips (see <i>Snacks</i>)		
Canned w/ Pork & Tomato Sauce ¹	1/2 C	18.1

	Amount	Net Carbs
Black/Turtle Beans		
Cooked/canned	1/4 C	6.5
Dry	1/4 C	8.0
Refried	1/4 C	7.0
Black-Eyed Peas		
Cooked/canned	1/4 C	6.2
Dry	1/4 C	13.0
Frozen	1/4 C	8.1
Butter Beans, canned	1/4 C	6.5
Butter Beans, dry	1/4 C	10.0
Cannellini Beans		
Cooked/canned	1/4 C	7.0
Dry	1/4 C	19.0
Chickpeas/Garbanzos		
Cooked/canned	1/4 C	10.9
Dry	1/4 C	15.0
Falafel Patty	2 oz	18.1
Hummus (see <i>Snacks</i>)		
Cranberry/Roman		
Cooked/canned	1/4 C	5.7
Dry	1/4 C	11.0
Fava Beans		
Cooked/canned	1/4 C	5.6
Dry	1/4 C	13.0
Great Northern		
Cooked/canned	1/4 C	10.6
Dry	1/4 C	11.0
Kidney Beans		
Cooked/canned	1/4 C	5.9
Dry	1/4 C	8.0

¹Contains added sugar

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LEGUMES *continued*

	Amount	Net Carbs
Soybeans (also see <i>Nuts & Seeds</i>)		
Black, canned	1/2 C	1.0
Green (Edamame), shelled	1/2 C	3.0
White, canned	1/4 C	4.0
White, dry	1/4 C	7.0
Prepared Dishes		
Dr. McDougall’s Asian		
Entrée, Lentil Curry Pilaf	2.5 oz	44.0
Taste Adventure		
Lentil Chili	3/4 C	22.0
Tasty Bite Meal Inspirations,		
Lentil Magic	1/2 pkg	24.0

NUTS & SEEDS

High in protein and fat, nuts and seeds are important Atkins foods, although they should always be consumed in moderation. Although the grams of Net Carbs are usually the same, raw nuts are always more nutritious than roasted nuts. Although most nuts and seeds are high in fiber, moderating the Net Carbs, there is considerable variation in the carb content of various nuts, with macadamias at the low end and chestnuts at the high end. Although not true nuts, soy “nuts” are also listed below. Scrutinize the labels of nut and seed butters, particularly peanut butter, to avoid those with trans fats and/or added sugars. Also see *Baking Ingredients*.

	Amount	Net Carbs
Almonds		
Butter	2 T	2.7
Meal/Flour	1/2 C	6.0
Paste ¹	1 oz	12.2
Slivered, blanched	2 T	1.3
Whole, raw	24	2.7
Whole, roasted	24	2.2
Brazil Nuts		
Raw	6 ea	1.4
Roasted	6 ea	1.4
Cashews		
Butter	2 T	8.2
Whole, raw	2 T	7.6
Whole, roasted	2 T	5.1
Chestnuts		
Peeled, dried	1 oz	22.2
Raw	1 oz	10.6
Steamed or roasted	6 ea	24.1
Chia Seeds	2 T	1.3
Coconut		
Baker’s Moist-Packed		
Angel Flaked ¹	1 oz	9.5
Dried, grated	2 T	0.7
Dried, grated, sweetened ¹	2 T	4.5
Fresh, grated	2 T	0.6
Meal/Flour	1/2 C	16.0
Flaxseeds		
Meal	1/2 C	0.9
Whole	2 T	0.3

¹Contains added sugar

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	Amount	Net Carbs
Hazelnuts (Filberts)		
Butter	2 T	2.0
Meal/Flour	1/4 C	2.0
Nutella ¹	2 T	21.0
Raw	12 ea	1.2
Roasted	2 T	2.3
Hemp Seeds		
Butter	2 T	6.0
Meal/Flour	2 T	0.0
Seeds	2 T	3.3
Macadamia Nuts		
Butter	2 T	2.0
Raw or roasted	10 ea	1.4
Mixed Nuts		
Dry roasted	2 T	2.8
Oil roasted	2 T	2.0
Peanut Butter		
Adams Natural		
Creamy or Crunchy	2 T	4.0
Jif		
Creamy or Crunchy ^{1,2}	2 T	6.0
Simply Peanut Butter, Creamy ^{1,2}	2 T	4.0
Peter Pan, Creamy ^{1,2}	2 T	4.0
Peter Pan, Crunchy ^{1,2}	2 T	3.0
Smucker’s Natural, Chunky or Creamy	2 T	4.0
Peanuts		
Dry roasted	2 T	3.8
Meal/Flour	1/2 C	4.6

Contains: ¹added sugar ²trans fats

	Amount	Net Carbs
Lentils		
Black, cooked/canned	1/4 C	4.0
Brown, cooked/canned	1/4 C	4.0
Green, dry	1/4 C	18.0
Red, dry	1/4 C	20.0
Lima Beans (also see <i>Vegetables</i>)		
Canned,		
Seasoned w/ Pork ¹	1/2 C	17.0
Large, cooked/canned	1/4 C	6.1
Large, dry	1/4 C	19.5
Small, dry	1/4 C	8.0
Small, cooked/canned	1/4 C	6.1
Navy Beans		
Cooked/canned	1/4 C	10.1
Dry	1/4 C	18.9
Peas, Split		
Green, cooked/canned	1/4 C	6.3
Green, dry	1/4 C	17.2
Red, cooked/canned	1/4 C	5.1
Yellow, dry	1/4 C	15.0
Pigeon		
Cooked/canned	1/4 C	7.0
Dry	1/4 C	24.5
Pink		
Cooked/canned	1/4 C	9.6
Dry	1/4 C	8.0
Pinto		
Cooked/canned	1/4 C	6.4
Dry	1/4 C	22.5
Refried	1/4 C	6.1

	Amount	Net Carbs
Oil roasted	2 T	1.1
Raw	2 T	1.4
Pecans		
Butter	1 oz	1.1
Raw	10 ea	0.6
Roasted	1 oz	1.2
Pine Nuts (Pignoli/Pignon)		
Raw	2 T	1.6
Roasted	2 T	1.3
Pistachios		
Butter	2 T	6.0
Hulled, raw	2 T	3.0
Hulled, roasted, salted	2 T	3.0
Pumpkin Seeds (Pepitas)		
Butter	2 T	3.0
Hulled, raw	2 T	0.8
Hulled, roasted	2 T	1.2
Sesame Seeds		
Black, roasted	2 T	2.0
Butter/Tahini	2 T	5.0
Halvah ^{1,2}	1.5 oz	14.0
Meal	4 oz	29.5
White, raw	2 T	2.1
Soy “Nuts”		
Butter	2 T	1.0
Roasted	2 T	3.0
Sunflower Seeds		
Butter	2 T	5.6
Hulled, raw	2 T	2.0
Hulled, roasted	2 T	1.5

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NUTS & SEEDS

<i>continued</i>		Amount	Net Carbs
Walnuts			
Butter	2 T		2.0
Halves, raw or roasted	12 ea		1.7
Meal	1/2 C		2.8

OILS, FATS, VINEGAR & SALAD DRESSINGS

Natural fats are integral to Atkins, but try to stay away from cottonseed, corn and soybean oils, as well as "vegetable" oil. (Read more about fats and oils on the Nutritionist's blog at blogs.atkins.com.) Olive, canola, high-oleic safflower and coconut oil are preferable for cooking, and extra virgin olive oil and walnut, sesame and other nut oils for dressing salads and vegetables. Butter is always preferable to margarine. Avoid fat-free or low-fat versions of mayonnaise and salad dressings, and those made with soybean oil and/or added sugar. Most salad dressings are full of both, but some brands make a line with canola or olive oil and omit added sugar. Listed below are just a few of the many salad dressings. Study the labels of others carefully, keeping in mind that the terms "organic" and "all natural" don't mean that a product is necessarily free of added sweeteners, including agave nectar in some Steel's dressings. Avoid sweetened or seasoned vinegars.

		Amount	Net Carbs
Fats			
Butter, Stick or Whipped	1 T		0.0
Butter/Margarine Blend ¹	1 T		0.0
Ghee	1 T		0.0
Lard	1 T		0.0
Margarine, Stick ¹	1 T		0.1
Margarine, Whipped ¹	1 T		0.2
Suet	1 T		0.0
Vegetable Shortening			
Crisco ¹	1 T		0.0
Spectrum	1 T		0.0
Wesson	1 T		0.0
Mayonnaise & Spreads			
Bestfoods/Hellman's			
Canola Oil ²	1 T		<1.0
Light	1 T		1.0
Original ^{2,3}	1 T		0.0
With Olive Oil ^{2,3}	1 T		<1.0
Kraft			
Original ³	1 T		0.0
Light	1 T		1.3
Reduced Fat w/Olive Oil ^{2,3}	1 T		2.0
Miracle Whip			
Original ^{2,3}	1 T		2.0
Light ^{2,3}	1 T		2.3
Smart Balance, Omega Plus ^{2,3}	1 T		2.0
Spectrum			
Organic Olive Oil Mayo ^{2,3}	1 T		1.0
Canola Oil ³	1 T		0.0

¹Not recommended ²Contains added sugar ³Contains/may contain soybean oil

OILS, FATS, VINEGAR & SALAD DRESSINGS *continued*

		Amount	Net Carbs
Walden Farms Sugar Free			
Creamy Bacon ³	2 T		0.0
Italian ³	2 T		0.0
Ranch ³	2 T		0.0
Thousand Island ³	2 T		0.0
Wish-Bone			
Deluxe French ^{2,3}	2 T		5.0
Thousand Island ^{2,3}	2 ea		6.0
Vinegar			
Balsamic	1 T		2.7
Champagne	1 T		1.0
Cider	1 T		0.0
Red Wine	1 T		0.0
Rice, Seasoned ²	1 T		6.0
Rice, Unsweetened	1 T		0.0
Sherry	1 T		0.9
Ume Plum	1 t		0.0
White	1 T		0.0
White Wine	1 T		1.5

POULTRY

In and of itself, chicken and its kin are no-carb foods, with the exception of the liver. But when poultry is breaded, battered or stuffed, the carb count can climb. Chicken and turkey sausages often contain fillers, and those that include fruit or vegetables are also higher in Net Carbs. Although

there are numerous chicken and turkey convenience foods, chicken nuggets and all too many others are chockfull of ingredients best avoided: breading, added sugar, cornstarch and trans fats, as noted below. Many deli products also contain added sugar. Unfortunately, there is often a tradeoff between convenience and carbs. For example, many of the carved roasted and grilled chicken slices and chunks useful for making a quick salad or a stir-fry contain added sugar. Once again, check lists of ingredients carefully. Weights listed below are for cooked poultry without bones. Whether or not the skin is on doesn't impact the carb count of poultry.

		Amount	Net Carbs
Chicken			
Breast	6 oz		0.0
Capon, Roast	6 oz		0.0
Drumstick	6 oz		0.0
Ground	6 oz		0.0
Leg	6 oz		0.0
Liver, Pan Fried	4 oz		1.3
Roast	6 oz		0.0
Rock Cornish Hen	8 oz		0.0
Thighs	6 oz		0.0
Wings	6 oz		0.0
Deli & Lunch Meats			
"Bologna," sliced ^{3*}	2 sl		0.0
Breast, Roasted, sliced ^{3*}	2 sl		0.0
Salad ^{3*}	1 oz		5.0

²Contains added sugar ³Contains/may contain soybean oil. *See next page for Poultry.

		Amount	Net Carbs
Oils			
Canola	1 T		0.0
Coconut	1 T		0.0
Corn	1 T		0.0
Flaxseed	1 T		0.0
Grape Seed	1 T		0.0
Hemp Seed	1 T		0.0
Macadamia	1 T		0.0
Olive	1 T		0.0
Peanut	1 T		0.0
Safflower, High Oleic	1 T		0.0
Sesame, Light	1 T		0.0
Sesame, Toasted/Dark	1 T		0.0
Smart Balance ³	1 T		0.0
Sunflower	1 T		0.0
Vegetable	1 T		0.0
Walnut	1 T		0.0
Oil Cooking Spray			
Canola Oil			0.0
Coconut Oil			0.0
Olive Oil			0.0
Pam ³			0.0
Salad Dressings			
Annie's Naturals			
Balsamic Vinaigrette ²	2 T		2.0
Buttermilk ³	2 T		1.0
Caesar	2 T		1.0
Green Goodness	2 T		1.0
Tuscany Italian	2 T		3.0

Contains: ¹trans fats ²added sugar ³Contains/may contain soybean oil

		Amount	Net Carbs
Precooked Products			
Breaded Strips ^{1,2}	6 oz		19.0
Buffalo Wings ^{1,2}	3 ea		4.0
Burgers ²	2 ea		0.0
Carved Breast			
Grilled ²	1/2 C		1.0
Grilled, Italian Style ²	1/2 C		4.0
Meatballs	5 ea		0.8
Roasted ²	1/2 C		0.0
Roasted Garlic w/ White Wine ²	1/2 C		3.0
Roasted, Seasoned ²	6 oz		2.0
Popcorn Chicken ¹	3 oz		13.0
Sausages			
"Hot Dog" ²	1 ea		0.0
Spicy Jalapeño	1 ea		0.0
Sweet Italian ²	1 link		1.0
With Apple ²	1 ea		2.0
With Roasted Garlic ²	1 ea		3.0
With Spinach & Feta ²	1 ea		1.0
With Sun-Dried Tomato ²	1 ea		2.0
Duck			
Breast	6 oz		0.0
Leg	6 oz		0.0
Roasted	6 oz		0.0
Other Poultry			
Goose, Roasted, unstuffed	6 oz		0.0
Ostrich Top Loin "Steak"	6 oz		0.0
Pheasant, Roasted, unstuffed	6 oz		0.0

¹Breaded or batter dipped ²Contains/may contain added sugar and/or refined grains

		Amount	Net Carbs
Drew's All Natural			
Greek Kalamata Olive	1 T		3.0
Lemon Goddess	1 T		1.0
Roasted Garlic & Peppercorn	1 T		0.0
Shiitake Ginger	1 T		0.0
Kraft			
Creamy Italian ^{2,3}	2 T		2.0
Peppercorn Ranch ^{2,3}	2 T		2.0
Thousand Island ^{2,3}	2 T		5.0
Tuscan House Italian ^{2,3}	2 T		3.0
Maple Grove Farms Sugar Free			
Balsamic Vinaigrette	2 T		1.0
Italian White Balsamic	2 T		<1.0
Raspberry Vinaigrette	2 T		1.0
Marie's			
All Natural Caesar ^{2,3}	2 T		1.0
Blue Cheese w/ Bacon ^{2,3}	2 T		0.0
Creamy Italian Garlic ^{2,3}	2 T		1.0
Jalapeño Ranch ³	2 T		1.0
Newman's Own			
Creamy Caesar ^{2,3}	2 T		1.0
Parmesan			
Roasted Garlic ^{2,3}	2 T		2.0
Steel's All Natural No Sugar Added			
Ginger Lime ²	2 T		1.0
Honey Mustard ²	2 T		2.0
Sesame Ginger ²	2 T		2.0

		Amount	Net Carbs
Turkey			
"Bacon" ²	2 oz		1.8
"Bacon" Bits ²	1 T		0.0
Breast	6 oz		0.0
Drumsticks	6 oz		0.0
Ground	6 oz		0.0
"Hot Dog" ²	1 ea		0.0
Wings	6 oz		0.0
Sausages			
Breakfast Links ²	2 oz		0.9
Brown 'N Serve ²	3 ea		2.0
Kielbasa ²	3 oz		3.0
Patties ²	2 ea		1.0
Smoked ²	3 oz		2.7
Smoked, Hot ²	3 oz		3.2
Smoked, Italian ²	3 oz		3.2
Deli & Lunch Meats			
"Bologna," sliced ²	2 sl		0.0
Breast			
Honey Roasted, sliced ²	4 oz		4.0
Roasted, sliced	3 sl		0.8
Smoked, sliced ²	3 sl		0.8
"Ham" ²	6 oz		5.0
"Pastrami" ²	6 oz		3.0
"Pepperoni" ²	6 oz		6.4
Precooked Products			
Burgers ²	2 ea		0.0
Carved Breast ²	1/2 C		4.0
Meatballs, Italian Style ^{1,2}	4 ea		5.0

SAUCES & MARINADES

Most sauces and marinades are literally awash in added sugars. Two tablespoons of one leading brand of barbecue sauce contains 16 grams of Net Carbs! Pasta and many other sauces are also full of the sweet stuff. We've concentrated on products that are Atkins acceptable, some sweetened with sucralose or stevia, and others with sugar alcohols. We have also included a few of representative sugar-filled products for comparison purposes. (Although agave nectar has a lower glycemic impact than table sugar, it is still an added sugar, and is noted as such in some Steel's products.) If you toss marinade after marinating food—which is the safest approach—and pat it dry before cooking it, the impact of any sugar is negligible. You can also use most salad dressings (see page 41) as marinades. Also see *Condiments & Seasonings*.

	Amount	Net Carbs
Sauces		
Alfredo Sauce		
Bertolli Light	1/4 C	2.0
Di Giorno	1/4 C	2.0
Newman's Own ¹	1/4 C	3.0
Ragu Classic ²	1/4 C	2.0
Walden Farms	1/4 C	0.0

Contains/may contain: ¹added sugar ²refined grains ³Contains sugar alcohols

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	Amount	Net Carbs
Barbecue Sauce		
Hallman's Warm & Zesty	1 T	1.0
Smokin' Joe Jones' Low-Carb	2 T	2.0
Steel's All Natural ¹	2 T	2.5
Steel's All Natural Chipotle ¹	2 T	4.0
Trinity Hill Sweet		
Chili Sauce & Marinade ³	1 T	3.0
Trinity Hill Zesty	1 T	3.0
Walden Farms		
Hickory Smoked	2 T	0.0
Thick & Spicy	2 T	0.0
Black Bean Sauce (Ka-Me) ¹	1 t	1.0
Buffalo Chicken		
Wing Sauce (Beano's)	1 T	0.0
Chutney		
Bombay Coriander	1 T	0.0
Major Grey Mango	1 T	12.0
Silver Palate Mango ¹	2 T	15.0
Cocktail/Seafood Sauce		
Farmer's	1 T	3.0
Trinity Hill	1 T	3.0
Walden Farms	1 T	0.0
Cranberry Sauce (see <i>Fruit</i>)		
Enchilada Sauce		
Las Palmas,		
Hot or Medium	1/4 C	1.0
Ortega, Mild	1/4 C	3.0
Casa Corona ¹	4 oz	5.0

	Amount	Net Carbs
Marinades		
A1 Steak House Classic ¹	1 T	5.0
Annie's Naturals Organic		
Baja Lime	1 T	1.0
Mango Cilantro ¹	1 T	3.0
Spicy Ginger ¹	1 T	3.0
Badia Mojo	1 T	0.0
Dichicko's Lemon-Herb		
Peri-Peri	1 t	0.0
Ginger People Ginger Juice	1 T	0.0
Kikkoman Teriyaki ¹	1 T	2.0
Simcha Classic Balsamic	1 oz	2.0
30 Minute Mesquite ¹	1 T	1.0
Wicker's Marinade & Baste	2 T	1.0

SNACKS

Most snack foods are a minefield of added sugars, refined grains and trans fats. (Even most savory dips contain added sugar.) So we've not wasted space on potato chips and the like and instead focused on snacks that meet or come close to Atkins guidelines. (We've included the occasional unacceptable product for comparison purposes.) Options in crunchy treats were once limited to pork rinds and nuts, but now there's a host of other choices, including baked cheese snacks and kale chips. Jerky, long touted as an ideal Atkins snack, is usually sugar cured, push-

¹Contains/may contain added sugar ³Contains sugar alcohols

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	Amount	Net Carbs
Fish Sauce		
Chun's	1/2 t	0.0
Thai Kitchen ¹	1 t	0.0
Garlic Sauce		
Pepper Plant Chunky	1 t	0.0
Roland Garlic Chili ¹	1 T	3.0
Hoisin Sauce		
Ka-Me ^{1,2}	1 T	6.0
Steel's All Natural ¹	1 T	2.5
Hollandaise	2 T	1.6
Horseradish Sauce		
Prepared	1 T	0.0
Cream Style ²	1 T	3.0
Red (w/ Beets)	1 T	0.0
Hot Sauce		
La Victoria	1 t	0.4
Sharkey's ¹	1 t	1.7
Tabasco	1 t	0.1
Ketchup (Catsup)		
Heinz Reduced Sugar	1 T	1.0
Walden Farms	1 T	0.0
Steel's All Natural ¹	1 T	2.0
Trinity Hill ³	1 T	3.0
Peanut Sauce		
Chun's Dipping	1 T	0.0
Bali Satay ¹	2 T	8.0
Pesto Sauce	1 T	0.6
Piccalilli	1 T	1.0
Pickapeppa	1 t	1.0

Contains/may contain: ¹added sugar ²refined grains ³Contains sugar alcohols

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	Amount	Net Carbs
Pasta/Pizza Sauce		
Contadina Four Cheese ¹	1/4 C	5.0
Newman's Own Five Cheese ¹	1/2 C	11.0
Patsy's Marinara	1/2 C	6.0
Prego Marinara	1/2 C	7.0
Prego Traditional ¹	1/2 C	10.0
Ragu Old World Style	1/4 C	8.0
Rao's Marinara Sensitive Formula	1/2 C	2.0
Walden Farms		
Marinara	1/4 C	0.0
Garlic & Herb	1/4 C	0.0
Tomato & Basil	1/4 C	0.0
Plum Sauce (Wax Orchards Tangy)		
	2 T	0.0
Salsa (see <i>Snacks</i>)		
Simmer Sauces		
Chef Shakir Curry	1/4 C	2.0
Devya Butter Chicken	1/4 C	7.0
Devya Channa Masala	1/4 C	6.5
Simmering Secrets		
Provençal	1/4 C	3.0
Tomato & Mushroom	1/4 C	5.0
Spicy Nothings Spinach		
Curry, Medium ¹	1/4 C	2.0
Thai Kitchen Red Curry ¹	1/4 C	3.5
Sofrito	1 T	0.5
Soy Sauce/Tamari		
Soy Sauce	1 T	1.2

ing up the carb count. We did find some that are 100 percent meat (or soy). On the sweet treat front, just because a cookie contains no added sugar doesn't mean that it contains no white flour, so read ingredient lists carefully. Also see *Nuts & Seeds* and *Atkins & Other Low-Carb Specialty Foods*, as well as *Crackers* on page 16.

	Amount	Net Carbs
Savory Snacks		
Chips, Crisps & Dippers		
Dr. Kracker's Classic 3-Seed Snackers		
Klassic 3-Seed ^{1,2}	8 ea	12.0
Pumpkin Seed Cheddar ^{1,2}	8 ea	10.0
Seedlander ^{1,2}	8 ea	11.0
Fiber Gourmet Crackers, all flavors ^{1,2}	1 pkt	10.0
Flackers Flax Seed Crackers		
Dill	3 ea	1.0
Rosemary	3 ea	2.0
Savory	3 ea	1.0
Tomato & Basil	3 ea	1.0
Genisoy Low-Carb		
Tortilla Chips	15 ea	8.0
Glenny's Soy Crisps	20 ea	9.0
Just the Cheese		
Cheese Snacks		
Popped	1/2 oz	1.0
Mini Rounds	1/2 oz	1.0
Snack Bars	1/2 oz	1.0
Kale Chips, Bombay Ranch, various flavors	0.9 oz	7.0

Contains: ¹white flour ²added sugar

	Amount	Net Carbs
Kitchen Table Bakers		
All Cheese Crisps		
Aged Parmesan	3 ea	<1.0
Everything	3 ea	1.0
Garlic	3 ea	1.0
Black Pepper	13 ea	18.0
Herb	13 ea	18.0
Original Seed	13 ea	18.0
RC Garcia 5-Seed Crackers		
Onion & Chive	1 oz	16.0
Rosemary & Garlic	1 oz	16.0
RW Garcia Whole Grain Tortilla Chips		
Flaxseed & Corn	1 oz	11.0
Veggie	1 oz	17.0
Terra Chips		
Sweet Potato	1 oz	15.0
Taro	1 oz	15.0
Vegetable Original	1 oz	13.0
Popcorn		
Homemade from Kernels	1 C	5.3
Newman's Own Natural Flavor, Microwave	1 C	4.3
PopSecret	1 C	3.0
Pork Rinds	20 ea	0.0
Pretzels		
Mary's Gone Crackers Wheat Free Whole Grain Pretzel Sticks		
Chipotle Tomato	15 ea	17.0
Curry	15 ea	17.0
Sea Salt	15 ea	17.0

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SNACKS <i>continued</i>		Amount	Net Carbs
Rice Cakes			
Lundberg Whole Grain			
Organic Wild Rice	1 ea	14.0	
Eco-Farmed Brown Rice	1 ea	13.0	
Weight Wise Whole Grain			
Brown Rice			
w/ Sesame Seeds	1 ea	8.0	
Brown Rice w/ Popcorn	1 ea	8.0	
Dips			
Bacon Dips			
Heluva Good Dip, w/ Horseradish ^{1,2}	2 T	2.0	
Walden Farms Bacon	2 T	0.0	
Bean Dips			
Arriba! Pinto Bean w/ Chipotle	2 T	4.0	
Desert Pepper, White Bean, Medium Hot	2 T	4.0	
Guiltless Gourmet Spicy Black Bean	2 T	3.0	
Tostitos Zesty Bean & Cheese ^{1,2}	2 T	3.0	
Cheese Dips			
El Viajero White Mexican	2 T	1.0	
Heluva Good Dip, Sour Cream w/Cheddar ^{1,2}	2 T	2.0	
Italian Rose Artichoke			
Cheddar w/ Jalapeño	2 T	2.0	
Jarlsberg Red Onion	1 oz	0.0	
La Bandarita, Hot	1 T	0.0	
Walden Farms Bleu Cheese	2 T	0.0	

Contains: ¹cornstarch ²added sugar ³trans fats ⁴cottonseed oil

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SOUPS *continued*

it is noted as condensed. If so, the amount given is a half-cup. If you add milk or cream rather than water to seafood or tomato bisque, be sure to add in those extra carbs. A few soup-in-a-cup options are organized by brand. Amounts given are usually for the mix alone. Tabatchnick soups can be found in the frozen food department.

	Amount	Net Carbs
Broth/Consommé		
Beef Broth, canned	1 C	0.0
Beef Broth, cube	1 ea	0.6
Beef Consommé, canned	1 C	1.8
Chicken Broth, canned	1 C	0.3
Chicken Broth, cube	1 ea	1.1
Chicken Consommé, canned	1 C	0.0
Vegetable Broth, canned	1 C	3.0
Vegetable Broth, cube	1 ea	1.1
Clam Chowder		
Manhattan Style		
Bookbinder's, Condensed ^{1,2}	1/2 C	9.0
Dominique's ¹	1 C	8.0
Progresso ^{1,4}	1 C	15.0
New England Style		
Campbell's Chunky, Healthy Request ^{1,4}	1 C	18.0
Gordon's, Condensed ^{2,4}	1/2 C	11.0
Snow's ^{1,2,4}	1 C	17.0

Contains: ¹added sugar ²added starch or flour ³trans fats ⁴soybean or "vegetable" oil

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	Amount	Net Carbs
Eggplant Dips		
Joseph's Roasted		
Baba Ghannouj	2 T	3.0
Sabra Roasted ⁴	1 oz	2.0
Guacamole		
Miranda's Fresco	2 T	0.0
Wholly Guacamole		
Pico de Gallo Style	2 T	0.0
Hummus		
Cedar's Artichoke Spinach	2 T	4.0
Cedar's Sundried		
Tomato & Basil	2 T	5.0
Joseph's Garlic Lovers	2 T	3.0
Pita Pal Spicy Jalapeño	2 T	4.0
Onion Dips		
Kraft French Onion ^{2,3}	2 T	3.0
Walden Farms		
French Onion	2 T	0.0
Ranch Dips		
Philadelphia		
Creamy Ranch ^{2,3}	2 T	3.0
Walden Farms	2 T	0.0
Red Pepper Pesto (Cibo Naturals)		
1/4 C	4.0	
Tzatziki Cucumber & Garlic Dip, (Joseph's)		
2 T	2.0	
Jerky		
Cattano Brothers Beef	2 ea	0.0
Chipper Beef	1 oz	0.0
Shelton's Turkey	1 oz	1.0
Tasty Eats Soy	1/2 bag	1.0

	Amount	Net Carbs
Salsa		
Desert Pepper		
2 Olive Roasted Garlic	2 T	1.0
Green, No Added Sugar	1 T	0.5
La Victoria, Red, No Added Sugar		
1 T	2.0	
Newman's Own, Chunky Roasted Garlic ²		
2 T	1.0	
Old El Paso Thick 'N Chunky	2 T	2.0
Wholly Salsa Avocado Verde	2 T	1.0
Vegetable Spreads		
Bruschetta		
Delallo Diavolo		
Sun-Dried Tomato	1/2 C	5.0
Gia Russa Tomato	2 T	1.0
Scarpetta Tomato & Artichoke	2 T	4.0
Caponata (Marco Polo)	1 T	2.0
Tapenade		
Gaea Smoked Eggplant	2 T	3.0
Meditalia		
Black or Green Olive	2 T	1.0
Eggplant & Tomato	2 T	3.0
Roasted Red Pepper	2 T	2.0
Sweet Snacks (also see Atkins & Other Low-Carb Specialty Foods)		
Cookies		
Enchantment Sugar Free		
Classic Chocolate Chip ⁵	1 ea	4.0
Frosty Zesty Lemon ⁵	1 ea	4.0

Contains: ²added sugar ⁵sugar alcohol

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	Amount	Net Carbs
Joseph's Sugar-Free		
Almond ⁵	4 ea	7.0
Bite Size Pecan		
Walnut Brownies ⁵	6 ea	8.0
Chocolate Walnut ⁵	4 ea	7.0
Lemon ⁵	4 ea	9.0
Oatmeal ⁵	4 ea	8.0
Julian's Bakery Zero! Sugar Free		
Cocoa Delight ⁵	1 ea	0.0
Ginger Spice ⁵	1 ea	0.0
Strawberry Banana Perfection ⁵		
1 ea	0.0	

SOUPS

Most processed soups contain added sugars. Others are thickened with white flour and/or cornstarch or another starch. Some contain both added sugar and starches and/or trans fats. A very few have none of these ingredients, and you may want to explore those manufacturers' other options. Also watch out for pasta or other grains in vegetable soups. With numerous kinds of soup, we've chosen a few popular types and listed a number of choices for each to show the wide variety in ingredients and range of grams of Net Carbs. Assume that a soup is ready to serve, meaning it need not be diluted with water—the amount given is 1 cup—unless

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	Amount	Net Carbs
Campbell's		
Condensed ^{1,2}		
1/2 C	22.0	
Select Harvest, Zesty ^{1,2}	1 C	18.0
Imagine Organic Fire		
Roasted Tomato ¹	1 C	22.0
Pacific Naturals Hearty		
Tomato ^{1,2,3}	1 C	15.0
Vegetable		
Campbell's Chunky, Healthy Request, Savory ^{1,2}		
1 C	20.0	
Dr. McDougall's ²	1 C	9.0
Health Valley Organic ^{1,2}	1 C	16.0
Progresso Vegetable		
Classics ^{1,2}	1 C	12.0
Tabatchnick	1 pkt	16.0
Vegetable Beef		
Campbell's		
Chunky Beef w/ Country Vegetables ^{1,2}		
1 C	19.0	
Healthy Request, Vegetable Beef, Condensed ²		
1/2 cup	12.0	
Health Valley Rich & Hearty	1 C	13.0
Healthy Choice		
Vegetable Beef ^{1,2}	1 C	20.0
Progresso Traditional		
Beef & Vegetable ^{1,2}	1 C	16.0
Soup in a Cup		
Health Valley Organic		
Split Pea, w/ Carrots ²	2.3 oz	18.0
Tomato Bisque ¹	1 C	14.0

Contains: ¹added sugar ²added starch or flour ³trans fats ⁴soybean or "vegetable" oil

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	Amount	Net Carbs
Healthy Choice in a Cup		
Chicken Tortilla ^{1,2}	1 C	18.0
Hearty Vegetable		
Barley ^{1,2,4}	1 C	26.0
Traditional Lentil ^{1,2}	1 C	22.0
Lipton Soup in a Cup		
Broccoli Cheese ^{1,2}	1 env	17.0
Spicy Thai Chicken ^{1,3}	1 env	12.0
Spring Vegetable ^{1,2}	1 env	11.0
Nile Spice		
Black Bean ¹	1.9 oz	24.0
Chicken Vegetable ^{1,2}	1.0 oz	19.0
Lentil ²	1.8 oz	23.0

SWEETENERS, SPREADS & SYRUPS

There are now numerous sugar substitutes on the market. Some of those listed below also appear in *Baking Ingredients*, where the amounts are geared to cooking rather than single servings, as they are here. There are also numerous alternatives to conventional jams, jellies and preserves. They are sweetened with sucralose, sugar alcohol or even luo han guo, a natural noncaloric sweetener made from monk fruit. (Agave nectar, which is used in Steel's products, is also an added sugar although it has a lower glycemic impact than table sugar.) Most brands of preserves

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**SWEETENERS,
SPREADS & SYRUPS**

continued

and spreads have considerably more flavors than those listed. Some products contain fruit flavors but no actual fruit. Maple flavored syrup products are listed below, but you'll find an array of fruit flavored and other syrups in *Desserts*.

	Amount	Net Carbs
Sweeteners		
Sugar		
Brown, packed	1 t	4.5
Maple	1 t	2.7
Powdered, unsifted	1 t	2.5
White	1 t	4.2
Other Sweeteners		
Batey Natural Light (stevia & turbinado sugar) ²	1 pkt	1.0
Equal (aspartame)	1 pkt	0.9
Equal (sucralose)	1 pkt	0.0
Equal (saccharin)	1 pkt	0.0
Fasweet (saccharin), liquid	1/8 t	0.0
Fructevia (fructose & stevia) ²	1 t	2.2
Ideal (xylitol & sucralose) ¹	1 t	1.5
NatraTaste Gold (sucralose)	1 pkt	1.0
NatureSweet Brown Crystals (maltitol) ¹	1 t	0.0
NatureSweet Crystals (maltitol) ¹	1 t	0.0
Nectresse (luo han guo, sugar & sugar alcohol) ^{1,2}	1 pkt	2.0

Contains: ¹sugar alcohols ²added sugar

VEGETABLES

Vegetables are essential to the Atkins Diet. Many of them can be eaten either raw or cooked, so we provide carb counts both ways. For those that must be cooked, we often provide Net Carb counts both ways to help you in planning meals. A comparable amount of raw and cooked vegetables almost always yields a different carb count because cooking breaks down the fibers, decreasing the volume. Four cups of raw spinach might yield a quarter cup of cooked spinach, but a vegetable like carrots won't shrink as much in cooking. The carb count is also impacted by whether a vegetable is sliced or diced—half a cup of the former will typically have a lower carb count than the latter. Mashing further compresses vegetables, usually raising the carb count for a comparable amount. Check the list of ingredients in creamed or other frozen or prepared vegetables dishes to find hidden carbs from added sugars, flour and other ingredients.

	Amount	Net Carbs
Foundation Vegetables		
<i>Alfalfa Sprouts (see Sprouts, below)</i>		
<i>Artichoke</i>		
Hearts, canned	1 ea	1.0
Hearts, frozen	1/2 C	2.7
Hearts, marinated	4 ea	4.0
Medium, steamed	1 ea	4.0

	Amount	Net Carbs
Pure Via (stevia)	1 pkt	0.0
Splenda (sucralose)	1 pkt	1.0
Splenda Sugar Blend ²	1 t	4.8
NuStevia		
(stevia & erythritol) ¹	1 t	4.0
Sugar Twin, Brown (saccharin)	1 pkt	0.4
SweetLeaf (stevia)	1 pkt	0.0
Sweet & Slender		
(fructose & luo han guo) ²	1/4 t	0.0
Sweet 'N Low (saccharin)	1 pkt	1.0
Sweet 'N Low, Brown (saccharin)	1/10 t	0.0
Sweetmate		
(saccharin & sugar) ²	1 pkt	1.0
Sweet Simplicity		
(fructose & erythritol) ^{1,2}	1 pkt	6.0
Truvia (stevia)	1 pkt	1.0
Whey Low Brown		
(fructose & other sugars) ²	1 t	4.0
Xylitol ¹	1 t	0.0
Zsweet (erythritol) ¹	1 pkt	0.0
Spreads		
Conventional Spreads		
Apple Butter ²	1 T	7.0
Fruit Preserves ²	1 T	13.5
Grape Jelly ²	1 T	12.9
Reduced Sugar ²	1 T	6.0
Low-Carb Spreads		
Dickenson's Sugar Free Preserves, Strawberry	1 T	4.0

Contains: ¹sugar alcohols ²added sugar

	Amount	Net Carbs
Arugula, raw	1 C	0.4
Asparagus		
Canned	4 ea	0.7
Fresh, steamed	6 ea	1.9
Frozen, steamed	1/2 C	0.3
White, cooked	1/2 C	1.5
Avocado		
Florida	1/2 ea	3.6
Hass	1/2 ea	1.3
Bamboo Shoots, sliced, canned		
	3 oz	1.0
Beans		
Fava, steamed	1/2 C	12.1
Green, raw	1/2 C	2.1
Green, steamed	1/2 C	2.9
Haricots Verts, frozen	1/2 C	1.5
Yellow Wax, canned	1/2 C	2.0
Yellow Wax, raw	1/2 C	1.3
Beet Greens, steamed		
	1/2 C	1.8
Bok Choy (Pak Choy)		
Raw	1 oz	0.3
Steamed, sliced	1/2 C	0.4
Broccoli		
Florets, fresh, steamed	1/2 C	1.8
Florets, raw	1/2 C	0.8
Frozen, chopped, steamed	1/2 C	2.2
Broccoli Rabe		
Raw, chopped	1/2 C	0.1
Steamed	5 oz	0.8

Contains: ¹sugar alcohols ²added sugar

	Amount	Net Carbs
Fifty50 Low Glycemic		
Fruit Spreads, Sugar Free		
Apricot ¹	1 T	1.0
Blackberry ¹	1 T	1.0
Strawberry ¹	1 T	1.0
Grape ¹	1 T	0.0
Orange Marmalade ¹	1 T	0.0
Raspberry ¹	1 T	0.0
Hero Sugar Free Swiss Preserves		
Black Cherry	1 T	2.0
Raspberry	1 T	2.0
Strawberry	1 T	1.0
La Nuba Low Carb Fruit Spreads		
Blueberry ¹	1 T	1.6
Cherry ¹	1 T	1.6
Four Fruits ¹	1 T	1.6
Polaner Sugar Free w/ Fiber		
Apricot	1 T	1.0
Concord Grape	1 T	1.0
Grape	1 T	2.0
Peach	1 T	1.0
Seedless Blackberry	1 T	2.0
Seedless Raspberry	1 T	2.0
Strawberry	1 T	2.0
Smucker's Sugar Free Preserves		
Apricot ¹	1 T	3.0
Boysenberry ¹	1 T	5.0
Orange Marmalade ¹	1 T	5.0
Seedless Blackberry ¹	1 T	5.0
Strawberry ¹	1 T	5.0

Contains: ¹sugar alcohols ²added sugar

	Amount	Net Carbs
Broccoli, steamed	1/2 C	1.0
Broccoli, fresh, steamed	3 ea	1.9
Brussels Sprouts, steamed	1/2 C	3.5
Cabbage		
Chinese, raw, shredded	1/2 C	0.4
Chinese, steamed, shredded	1/2 C	0.7
Green/White, raw, shredded	1/2 C	1.1
Green/White, steamed	1/2 C	2.7
Napa, raw	1/2 C	0.3
Napa, steamed	1/2 C	0.4
Red, raw, shredded	1/2 C	1.8
Red, steamed, shredded	1/2 C	3.3
Savoy, raw, shredded	1/2 C	1.1
Savoy, steamed, shredded	1/2 C	1.9
Cardoon, steamed	1/2 C	2.1
Cauliflower		
Florets, frozen	1/2 C	1.6
Florets, raw	1/2 C	1.6
Steamed, chopped	1/2 C	1.7
Celery		
Raw	1 stalk	1.0
Steamed, diced	1/2 C	1.8
Celery Root (Celeriac)		
Raw, grated	1/2 C	5.8
Steamed, diced	1/2 C	3.6
Chard, Swiss, steamed	1/2 C	1.8
Chayote, steamed	1/2 C	1.8

¹Contains added sugar

	Amount	Net Carbs
Steel's Fruit Spreads		
Agave Red Raspberry ²	1 T	2.5
Agave Strawberry ²	1 T	3.0
Agave Wild Blueberry ²	1 T	3.6
Walden Farms Fruit Spreads		
Apricot	1 T	0.0
Apple Butter	1 T	0.0
Blueberry	1 T	0.0
Grape	1 T	0.0
Orange	1 T	0.0
Raspberry	1 T	0.0
Strawberry	1 T	0.0
Syrups		
<i>Chocolate Syrups (see page 28)</i>		
Corn Syrup	1 T	16.9
<i>Fruit Syrups (see page 28)</i>		
Honey	1 T	17.4
Molasses	1 T	15.0
Pancake Syrup		
Ali's All Natural Sugar Free ²	1 T	0.0
Maple	1 T	13.4
Maple-Flavored ²	1 T	13.9
Maple, Reduced Calorie ^{1,2}	1 T	6.5
Smucker's Sugar Free		
Breakfast Syrup ¹	1 T	1.0
Steel's Maple Flavor Syrup ¹	3 T	0.0
Walden Farms		
Pancake Syrup ¹	1/4 C	0.0
Smart Sweet Xylitol Honey ¹	1 T	0.0
Steel's Honey Flavor Spread ¹	1 T	0.0

Contains: ¹sugar alcohols ²added sugar

	Amount	Net Carbs
Chicory Greens		
Raw	1/2 C	0.1
Steamed	1/2 C	0.1
Collard Greens, steamed	1 C	2.0
Coleslaw w/ Dressing, deli style¹		
	1/2 C	6.6
Cucumber, medium, raw	1/2 ea	4.7
Cucumber, raw, sliced	1/2 C	1.6
Daikon (see Radishes, below)		
Dandelion Greens, steamed		
	1/2 C	1.8
Eggplant		
Chinese, broiled	1/2 C	2.3
Italian, broiled	1/2 C	2.3
Japanese, cooked	1/2 C	2.3
Endive, raw	1/2 C	0.1
Endive, braised	1/2 C	0.0
Escarole		
Raw, chopped	1/2 C	0.1
Steamed	1/2 C	0.2
Fennel		
Raw	1/2 C	1.8
Cooked	1/2 bulb	2.5
Garlic		
Minced	2 T	5.3
Raw	1 clove	0.9
Roasted	1 clove	0.9
Jicama		
Cooked, sliced	2 oz	5.0
Raw, chopped	1/2 C	2.6

VEGETABLES <i>continued</i>		Amount	Net Carbs
Kale			
Raw, chopped	1/2 C	3.0	
Steamed	1/2 C	2.4	
Kohlrabi, steamed	1/2 C	4.6	
Leeks			
Cooked, chopped	4 oz	7.5	
Raw, chopped	1/2 C	5.5	
Lettuce			
Boston or Bibb, raw, chopped	1 C	0.6	
Iceberg, raw, shredded	1 C	1.3	
Mesclun (Mixed Salad Greens), raw	1 C	2.0	
Romaine, raw, shredded	1 C	0.6	
Romaine Hearts, raw	1 C	1.0	
Mung Beans (<i>see Sprouts, below</i>)			
Mushrooms			
Button, cooked	1/4 C	2.4	
Button, raw, sliced	1/2 C	0.8	
Chanterelle, fresh	1/2 C	0.8	
Cremini, Brown	1/2 C	1.6	
Enoki (Straw), fresh	1/2 C	1.7	
Portobello, cooked	4 oz	2.6	
Shiitake, cooked, sliced	1/4 C	1.0	
Mustard Greens, steamed	1/2 C	0.1	
Nopales (Cactus Pads), cooked	1/2 C	1.0	
Okra			
Cooked	1/2 C	1.8	
Pickled	2 ea	1.0	

		Amount	Net Carbs
Olives			
Black, canned	5 ea	0.7	
Black, oil cured	5 ea	0.7	
Black, salt cured	5 ea	0.7	
Green, almond stuffed	5 ea	2.5	
Green, canned	5 ea	0.1	
Green, garlic stuffed	5 ea	5.0	
Green, pimento stuffed	5 ea	0.1	
Onions			
Cooked, chopped	1/4 C	4.3	
Pearl, cooked, chopped	1/2 C	9.2	
Pearl, frozen	2/3 C	5.0	
Red, raw, chopped	2 T	1.5	
White, raw, chopped	2 T	1.5	
White, raw, chopped	1/2 C	6.1	
Vidalia, raw, chopped	1/2 C	6.1	
Palm, Hearts of, canned	1 ea	0.7	
Parsley (<i>see Condiments & Seasonings</i>)			
Snow/Snap Peas in Pod			
Cooked	4 oz	2.7	
Fresh, chopped	1/2 C	2.4	
Peppers, Bell			
Green, chopped, cooked	1/4 C	1.6	
Green, chopped, raw	1/2 C	2.2	
Red, chopped, cooked	1/4 C	1.6	
Red, chopped, raw	1/2 C	3.0	
Peppers, Chile (<i>also see Condiments & Seasonings</i>)			
Banana, fresh	2 oz	1.1	

		Amount	Net Carbs
Jalapeño, fresh	1 ea	0.5	
Pumpkin			
Canned, mashed	1/2 C	6.4	
Canned Pumpkin Pie Mix ¹	1/3 C	17.0	
Cooked, mashed	1/2 C	4.7	
Radicchio, raw	1/2 C	0.7	
Radish			
Black	1/2 C	1.3	
Daikon, raw, 7-in	1/4 ea	2.1	
Daikon, grated	1/2 C	1.4	
Daikon, sliced, cooked	1/2 C	0.7	
Red/White, raw	10 ea	1.6	
Rhubarb (<i>see Fruit</i>)			
Sauerkraut, drained	1/2 C	1.2	
Scallions, raw	1/2 C	2.4	
Scallions, cooked	1/2 C	5.5	
Shallots, raw, chopped	2 T	3.4	
Sorrel Greens, steamed	1/2 C	0.2	
Spaghetti Squash, baked	1/4 C	2.0	
Spinach			
Baby	1/2 C	0.7	
Creamed, frozen	1/2 C	2.0	
Fresh, steamed, chopped	1/2 C	1.2	
Frozen, steamed	1/2 C	1.0	
Raw, chopped	1 C	0.4	
Sprouts			
Alfalfa, raw	1/2 C	0.0	
Mung Bean, raw	1/2 C	2.2	
Sunflower Seed, raw	1 oz	1.0	

		Amount	Net Carbs
Summer Squash			
Patty Pan, steamed	1/2 C	1.5	
Yellow, raw, sliced	1/2 C	1.3	
Yellow, steamed, sliced	1/2 C	2.6	
Zucchini, raw, chopped	1/2 C	1.4	
Zucchini, steamed, sliced	1/2 C	1.5	
Taro Leaves, steamed	1/2 C	1.5	
Tomatillo, fresh, chopped	1/2 C	2.6	
Tomatoes			
Cherry/Grape	10 ea	4.6	
Cooked	1/4 C	4.3	
Green (unripe), chopped	1/2 C	3.6	
Plum or Roma	1 ea	1.7	
Slice	1/4" sl	0.7	
Small	1 ea	2.5	
Sun-Dried, in oil	5 pieces	2.6	
Yellow	1 sm	1.9	
Tomato Products (<i>also see Sauces & Marinades</i>)			
Canned, diced, in juice	1/4 C	2.0	
Canned, whole, in juice	1/2 C	3.6	
Paste, canned	2 T	4.9	
Purée, canned	2 T	2.2	
Stewed, canned	1/2 C	6.6	
Turnips			
White, steamed, cubed	1/2 C	2.4	
White, steamed, mashed	1/2 C	3.5	
Turnip Greens			
Frozen, cooked	1/2 C	1.3	
Fresh, steamed	1/2 C	0.6	

¹Contains added sugar

VEGETABLES <i>continued</i>		Amount	Net Carbs
Water Chestnuts, canned, sliced	1/4 C	3.4	
Watercress, raw, chopped	1/2 C	0.1	
Starchy Vegetables			
Beets			
Steamed, sliced	1/2 C	6.8	
Canned, drained	1/2 C	4.3	
Burdock Root, steamed	1/2 C	12.1	
Carrots			
Fresh, steamed, sliced	1/2 C	4.1	
Frozen, sliced	1/2 C	3.0	
Raw	1 med	4.1	
Raw, shredded	1/2 C	3.7	
Cassava (Yuca)			
Cooked, mashed	1/2 C	37.4	
Corn			
Canned	1/2 C	14.9	
Canned, Cream Style	1/2 C	21.7	
Kernels Cut from Cob	1/2 C	12.6	
On the Cob	1 med	19.6	
Jerusalem Artichoke			
Cooked, diced	1/2 C	13.8	
Raw	1/2 C	11.9	
Parsnips, steamed, sliced	1/2 C	10.2	
Peas			
Fresh, shelled	1/2 C	6.8	
Frozen	1/2 C	7.0	
Potato			
Baked w/ Skin	1/2 sm	13.1	

		Amount	Net Carbs
French Fries, frozen ²	10 ea	22.3	
Hash Browns, frozen ²	1/2 C	10.2	
Hash Brown Toaster Patties ¹	2 ea	15.1	
Mashed from Flakes, prepared ²	1/2 C	10.6	
Scalloped, from Mix ^{1,3}	1/2 C	10.9	
Steamed, diced	1/2 C	14.2	
Steamed, mashed	1/2 C	15.2	
Rutabaga			
Cooked, cubed	1/2 C	5.9	
Cooked, mashed	1/2 C	8.3	
Winter Squash			
Acorn, baked, cubed	1/2 C	10.4	
Acorn, baked, mashed	1/2 C	7.6	
Butternut, baked, cubed	1/2 C	7.5	
Butternut, steamed, mashed	1/2 C	8.5	
Hubbard, steamed, mashed	1/2 C	4.2	
Turban, baked	1/2 C	4.0	
Sweet Potato			
Baked	1/2 med	9.9	
Candied ¹	1/2 C	28.9	
Steamed, cubed	1/2 C	14.3	
Steamed, mashed	1/2 C	17.4	
Taro, cooked, sliced	1/2 C	19.5	
Yams, canned, mashed	1/2 C	24.6	
Yautia (Arracache), sliced, cooked	1/2 C	26.2	

VEGETARIAN PRODUCTS

We recommend vegetarians begin Atkins in Phase 2 so they can start with a higher number of daily grams of Net Carbs. That makes it easier to get enough vegetable protein. This section deals only with protein substitutes for animal products. Hundreds of other foods suitable for vegetarians are included in **Nuts & Seeds**, **Legumes**, **Vegetables** and other categories. The following list includes foods from several of the major brands that specialize in vegetarian products. Some items, like tofu, are very low in carbs, but the numbers can jump when an item has been marinated in certain sauces or seasoning. Also, some vegetarian products contain ingredients you're better off avoiding, particularly added sugar, starches and soybean or "vegetable" oil. Most tempeh products include grains in addition to soybeans, making them unsuitable for the two earlier phases of Atkins.

		Amount	Net Carbs
Eggplant Burgers (Dominex) ^{1,3}	1 ea	6.0	
Quorn			
Chik'n Tenders ²	3 oz	5.0	
Classic Burger ^{1,2}	1 ea	3.0	
Garlic & Herb Breaded Chik'n Cutlet ^{1,2,3,4}	1 ea	19.0	

		Amount	Net Carbs
Naked Chik'n Cutlet	1 ea	3.0	
Turk'y Burger ²	1 ea	4.0	
Turk'y Roast ²	4 oz	5.0	
Seitan			
Upton Naturals Crumbles			
Beef Style ²	2 oz	7.0	
Chorizo Style ²	2 oz	7.0	
Italian Sausage Style ²	2 oz	7.0	
WestSoy Organic			
Chicken Style ²	1/3 C	3.0	
Cubed ²	1/3 C	3.0	
Ground ²	1/3 C	3.0	
Strips ²	1/3 C	3.0	
Shiritaki Soy Noodles	1/2 C	2.0	
Tempeh			
Lifeline Organic			
Flax ²	4 oz	5.0	
Garden Veggie ²	4 oz	3.0	
Soy ²	4 oz	4.0	
Three Grain ²	4 oz	7.0	
Marinated Cubes			
Tempeh-tations			
Classic BBQ ^{1,2}	3 oz	12.0	
Ginger Teriyaki ^{1,2}	3 oz	13.0	
Zesty Lemon ¹	3 oz	4.0	
WestSoy			
Five Grain ²	2.7 oz	10.0	
Plain Soy ²	2.7 oz	6.0	

¹May contain added sugar ²May contain trans fats ³Contains refined grains

Contains: ¹added sugar ²grains and/or starches ³soybean/"vegetable" oil ⁴breeding

VEGETARIAN PRODUCTS

<i>continued</i>		Amount	Net Carbs
Tempeh & Tofu "Bacon"			
Lightlife Tempeh			
Fakin' Bacon Strips ^{1,2}	3 ea		6.0
Lightlife Soy Smart ^{1,2}	1 sl		<1.0
Morningstar Farms ^{2,3}	2 ea		1.5
Yves Meatless			
"Canadian Bacon" ^{1,2}	3 sl		1.0
Tofu			
Extra Firm	4 oz		1.5
Firm	4 oz		1.7
Regular	4 oz		1.8
Silken, Firm	4 oz		2.6
Silken, Soft	4 oz		3.2
Tofu, Baked			
WestSoy Organic			
Asian Teriyaki ¹	2 oz		2.0
Italian Garlic Herb ^{1,2}	2 oz		1.0
Mexican Jalapeño	2 oz		2.0
Roma Tomato Basil ¹	2 oz		2.0
Thai Sesame Peanut ¹	2 oz		1.0
Zesty Lemon Pepper ¹	2 oz		2.0
White Wave			
Italian	2 oz		0.0
Roma Tomato Basil ¹	2 oz		2.0
Thai	2 oz		0.0
Wild Wood Organics			
SprouTofu			
Aloha ¹	3 oz		10.0
Royal Thai ¹	3 oz		12.0

Contains: ¹added sugar ²grains and/or starches ³soybean/"vegetable"oil ⁴breeding

CHAIN RESTAURANTS

<i>continued</i>		Amount	Net Carbs
Applebee's			
Classic Wings w/ Classic Buffalo Sauce Appetizer			
	1 serv		6.0
New York Strip Steak w/o sides			
	12 oz		<1.0
Seasonal Berry & Spinach Salad			
	1 serv		9.0
Shrimp 'N Parmesan Sirloin			
	1 serv		5.0
Steak & Grilled Shrimp Combo w/o sides			
	1 serv		2.0
Topper of Grilled Onions			
	1 serv		5.0
Topper of Sautéed Garlic Mushrooms			
	1 serv		3.0
Arby's			
Grand Turkey Club w/o roll			
	1 serv		9.0
Ham, Egg & Cheese w/o biscuit			
	1 serv		5.0
Roast Beef Sandwich w/o roll			
	1 serv		1.0
Roast Chopped Farmhouse Salad w/ Buttermilk Ranch Dressing			
	1 serv		9.0
Sausage, Egg & Cheese w/o biscuit			
	1 serv		3.0
Blimpie's			
Beef Stew			
	1 serv		16.0
Blue Cheese Dressing			
	1.5 oz		1.0
Buffalo Chicken Salad			
	1 serv		6.0
Buttermilk Ranch Dressing			
	1.5 oz		1.0
Chicken Caesar Salad			
	1 serv		3.0

		Amount	Net Carbs
Savory		3 oz	2.0
Teriyaki		3 oz	10.0
Tofu "Hot Dogs"			
Lightlife Tofu Pups ^{1,2}			
	1 ea		1.0
Morningstar Farms ^{1,2}			
	1 ea		2.0
Yves Veggie Cuisine ^{1,2}			
	1 ea		2.0
Tofu "Sausage"			
Lightlife			
Gimme Lean ^{1,2}			
	2 oz		4.0
Smart Sausages,			
Chorizo Style ^{2,3}			
	1 link		4.0
Italian Style ^{1,2,3}			
	1 link		6.0
Morningstar Farms			
Breakfast Patties ^{1,2,3}			
	1 ea		1.8
Hot & Spicy ²			
	1 ea		2.4
Tofurky			
Beer "Brats" ²			
	3.5 oz		3.0
"Kielbasa" ²			
	3.5 oz		4.0
Veggie Burgers			
Dr. Praeger's ²			
	1 ea		9.0
Franklin Farms Original ^{1,2}			
	1 ea		7.0
Gardenburger Original ^{1,2}			
	1 ea		13.4
Lightlife Veggie Protein ^{1,2}			
	1 ea		14.0
Morningstar Farms			
Grillers Original ^{1,2}			
	1 ea		2.6
Spicy Black Bean ^{1,2}			
	1 ea		8.6
Veggie "Cheese"			
Galaxy Nutritional Foods			
"Cheddar" Shreds ²			
	1 oz		2.0

Contains: ¹added sugar ²grains and/or starches ³soybean/"vegetable"oil ⁴breeding

CHAIN RESTAURANTS

Although high-carb items dominate the menu, most fast food and casual dining chain restaurants do offer some Atkins-friendly choices. This may involve ditching the white flour bun for a "naked" burger—a regular Big Whopper logs in at 51 grams of Net Carbs, compared to 3 minus the bun. At some burger places, you can order your burger wrapped in lettuce leaves. Opt for grilled, broiled, roasted or "broasted" chicken that is neither battered nor breaded.

Most chain restaurants offer detailed nutritional data online. Some allow you to subtract the bun and/or various condiments and immediately see the nutritional impact. The new Atkins Mobile App includes a dining out guide with a restaurant finder that enables you to find menu items within your selected Net Carb range.

Here are a few acceptable options at 14 national chains, but they should give you an idea of what other chains also offer. No matter where you dine, watch out for salad dressings, which may be full of sugar or corn syrup. Your best bets are usually vinaigrette, blue cheese or buttermilk ranch dressing. Sauces may also include added sugar and/or white flour, cornstarch or other refined grains. We've omitted pizza chains from the listings because other than baked chicken wings with Buffalo sauce, their offerings are inherently high in carbs. Starbucks beverages are listed on page 13.

		Amount	Net Carbs
"Cheddar" Slices ²		1 sl	3.0
"Mozzarella" Shreds ²		1/3 C	3.0
"Swiss" Slices ²		1 sl	2.0
"Parmesan," Grated		2 t	1.0
Veggie Crumbles			
Lightlife Smart Ground "Beef," Original ¹			
	1/3 C		3.0
Tofurky "Chorizo" Style			
	1/3 C		1.0
Tofurky Ground "Beef" Style			
	1/3 C		4.0
Veggie Luncheon "Meats"			
Lightlife Smart Deli			
Baked "Ham" ^{1,2}			
	4 sl		3.0
Chick'n Style Strips ²			
	3 oz		4.0
"Pepperoni" ^{1,2}			
	13 sl		1.0
Roast "Turkey" ^{2,3}			
	4 sl		3.0
"Wings," Buffalo ^{1,2}			
	4 ea		2.0
"Wings," Honey BBQ ^{1,2}			
	4 ea		12.0
"Bologna"			
	4 sl		3.0
Tofurky Deli Slices			
"Bologna" ⁴			
	3 sl		2.0
Oven Roasted ²			
	5 sl		3.0
Peppered ²			
	5 sl		3.0
"Pepperoni" ⁴			
	8 sl		2.0
"Roast Beef" ²			
	5 sl		4.0
Veggie "Meatballs"			
Gardenburger Mama Mia ^{1,2}			
	5 ea		3.3
Morningstar Farms ^{1,2}			
	3 oz		5.0

See footnotes on page 60.

		Amount	Net Carbs
Classic Sirloin		1 serv	7.0
Grilled Chicken Salad		1 serv	18.0
Grilled Salmon w/ Garlic & Herbs		1 serv	0.0
Margarita Grilled Chicken		1 serv	4.0
Monterey Chicken		1 serv	11.0
Southwest Chicken & Sausage Soup		1 C	12.0
Spicy Garlic & Lime Grilled Shrimp		1 serv	4.0
Hardee's			
Low Carb Thickburger, in Lettuce			
	1/3 lb		8.0
Low Carb Charbroiled Chicken Club, in Lettuce			
	1 serv		12.0
KFC			
Grilled Chicken, Breast or Thighs			
	1 ea		0.0
Creamy Ranch Dipping Sauce			
	2 T		1.0
McDonald's			
Chicken Fillet			
	1 serv		2.0
Hamburger Patty			
	1 ea		0.0
Premium Bacon Ranch Salad w/ Grilled Chicken			
	1 serv		10.0
Premium Caesar Salad w/ Grilled Chicken			
	1 serv		10.0
Outback Steakhouse			
Classic Wedge Blue Cheese Salad Entrée			
	1 serv		14.0

		Amount	Net Carbs
Grilled Asparagus		1 serv	1.0
Grilled Shrimp		1 serv	1.0
Grilled Norwegian Salmon		1 serv	1.0
Outback Special Steak		6 oz	0.0
Seared Ahi Tuna		1 serv	5.0
Subway			
Big Philly Cheesesteak Salad			
	1 serv		12.0
Chipotle Steak & Cheese Salad			
	1 serv		11.0
Double Chicken Salad			
	1 serv		6.0
Steak & Bacon Melt Salad			
	1 serv		12.0
Black Forest Ham Salad			
	1 serv		8.0
TGI Friday's			
Bacon & Bleu Sirloin			
	1 serv		6.0
Ginger-Lime Slaw			
	1 serv		5.0
Grilled Chicken Cobb Salad			
	1 serv		10.0
Grilled Salmon w/ Longostino Lobster			
	1 serv		5.0
Tomato Mozzarella Salad			
	1 serv		4.0
Wendy's			
Bacon Portobello Melt w/o bun			
	1 serv		3.0
Garden Sensations BLT Salad			
	1 lge		10.0
Son of Baconator w/o bun			
	1 serv		4.0
Ultimate Chicken Grill w/o bun			
	1 serv		6.0