

FODLIST®

LOW CARB DIET REFERENCE

The Complete Low Carb Food List

529+ everyday foods color-coded low, medium & high carb, with fiber, calories & serving size — organized by category for fast lookup.

529

FOODS
INDEXED

13

CATEGORIES

5

DATA POINTS
EACH

How to Use This Book

Every food is listed with five data points so you can make an informed choice fast — at the store, in the kitchen, or at the table.

Serving — standard portion the row refers to · **Carbs** — total carbohydrate (g) for that serving, color-coded by level · **Fiber** — dietary fiber (g) — fiber isn't digested, so many low-carb plans subtract it for a "net carb" estimate · **Cal** — calories per serving.

Reading the carb-level tags:

6g

Low carb

17g

Medium carb

38g

High carb

Low = under 10g carbs per serving · **Medium** = 10–24g · **High** = 25g or more. These bands are a general low-carb-diet convention, not a medical threshold — your own daily carb target may be higher or lower depending on your goals.

Foods are alphabetical within each category. Categories are ordered to mirror how you build a plate: vegetables and fruit first, then grains and legumes, then protein, dairy, fats, beverages, and finally condiments and occasional snacks.

The Complete Low Carb Food List · First Edition · Published by Fodlist LLC, 30 N Gould St #41344, Sheridan, WY 82801 · contact@fodlist.com · fodlist.com

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CATEGORY 1 OF 13

Non-Starchy Vegetables

Eat freely. Very low in carbs — the foundation of any low-carb plate.

FOOD	SERVING	CARBS	FIBER	CAL
Arugula	1 cup (20g)	1g	0.3g	5
Asparagus, cooked	1 cup (180g)	7g	3.6g	40
Bamboo Shoots, cooked	1 cup (120g)	5g	2.3g	25
Bean Sprouts	1 cup (104g)	6g	1.9g	31
Beet Greens, cooked	1 cup (144g)	8g	4.2g	39
Bell Pepper, green	1 cup (150g)	9g	3.4g	30
Bell Pepper, red	1 cup (150g)	9g	3.1g	39
Bell Pepper, yellow	1 cup (150g)	9g	1.7g	39
Bok Choy, cooked	1 cup (170g)	3g	1.7g	20
Broccoli Rabe, cooked	1 cup (155g)	3g	3.0g	33
Broccoli, cooked	1 cup (156g)	11g	5.1g	55
Broccolini, cooked	1 cup (140g)	6g	3.0g	35
Brussels Sprouts, cooked	1 cup (156g)	11g	4.1g	56
Cabbage, green, raw	1 cup (89g)	5g	2.2g	22
Cabbage, napa, cooked	1 cup (150g)	3g	1.8g	18
Cabbage, red, raw	1 cup (89g)	7g	2.0g	28
Cabbage, savoy, cooked	1 cup (145g)	8g	4.0g	35
Carrot, cooked	1 cup (156g)	12g	4.7g	55
Carrot, raw	1 medium (61g)	6g	1.7g	25
Cauliflower Rice, raw	1 cup (107g)	5g	2.5g	25
Cauliflower, cooked	1 cup (124g)	5g	2.9g	29
Celeriac, cooked	1 cup (155g)	14g	2.8g	66
Celery	1 cup (101g)	3g	1.6g	16
Chayote, cooked	1 cup (160g)	8g	3.5g	38
Chives	1 tbsp (3g)	0g	0.1g	1

NON-STARCHY VEGETABLES

FOOD	SERVING	CARBS	FIBER	CAL
Cucumber, with peel	1 cup (119g)	4g	0.5g	16
Daikon Radish, raw	1 cup (116g)	4g	1.6g	18
Dandelion Greens, cooked	1 cup (105g)	7g	3.0g	35
Eggplant, cooked	1 cup (99g)	9g	2.5g	35
Endive	1 cup (50g)	2g	1.6g	8
Fennel Bulb, raw	1 cup (87g)	6g	2.7g	22
Garlic	3 cloves (9g)	3g	0.2g	13
Ginger, raw	1 tbsp (6g)	1g	0.1g	5
Green Beans, cooked	1 cup (125g)	10g	4.0g	44
Green Onion / Scallion	1/4 cup (25g)	2g	0.7g	8
Hearts of Palm	1 cup (146g)	7g	4.0g	41
Jalapeño, raw	1/4 cup (30g)	1g	0.7g	8
Jicama, raw	1 cup (120g)	11g	6.0g	46
Kale, cooked	1 cup (130g)	7g	2.6g	36
Kohlrabi, raw	1 cup (135g)	8g	4.9g	36
Leeks, cooked	1 cup (124g)	13g	1.6g	54
Lettuce, butterhead	1 cup (55g)	1g	0.5g	7
Lettuce, iceberg	1 cup (72g)	2g	0.7g	8
Lettuce, romaine	1 cup (47g)	1g	0.9g	8
Mushrooms, cremini, cooked	1 cup (156g)	8g	1.7g	44
Mushrooms, portobello, cooked	1 cup (121g)	6g	1.9g	42
Mushrooms, shiitake, cooked	1 cup (145g)	21g	3.0g	81
Mushrooms, white, cooked	1 cup (156g)	8g	3.4g	44
Mustard Greens, cooked	1 cup (140g)	6g	2.8g	21
Okra, cooked	1 cup (160g)	12g	4.0g	35
Onion, raw	1/2 cup (58g)	6g	1.0g	23
Parsley, fresh	1/4 cup (15g)	1g	0.5g	5

NON-STARCHY VEGETABLES

FOOD	SERVING	CARBS	FIBER	CAL
Poblano Pepper, raw	1 medium (75g)	5g	1.5g	20
Radicchio, raw	1 cup (40g)	2g	0.4g	9
Radish, raw	1 cup (116g)	4g	1.9g	19
Rhubarb, cooked (unsweetened)	1 cup (240g)	6g	2.2g	26
Sauerkraut	1/2 cup (71g)	3g	2.0g	14
Seaweed / Nori, dried	1 sheet (3g)	1g	0.3g	5
Shallots, raw	2 tbsp (20g)	3g	0.4g	14
Snap Peas	1 cup (98g)	7g	2.6g	41
Snow Peas, cooked	1 cup (160g)	11g	3.8g	67
Spaghetti Squash, cooked	1 cup (155g)	10g	2.2g	42
Spinach, cooked	1 cup (180g)	7g	4.3g	41
Spinach, raw	2 cups (60g)	2g	1.3g	14
Summer Squash / Zucchini, cooked	1 cup (180g)	8g	2.5g	36
Swiss Chard, cooked	1 cup (175g)	7g	3.7g	35
Tomatillo, raw	1 cup (132g)	8g	2.6g	42
Tomato, cherry	1 cup (149g)	7g	2.2g	27
Tomato, raw	1 medium (123g)	5g	1.5g	22
Turnip Greens, cooked	1 cup (144g)	6g	5.0g	29
Turnip, cooked	1 cup (156g)	8g	3.1g	34
Water Chestnuts, canned	1/2 cup (70g)	9g	1.2g	35
Watercress	1 cup (34g)	0g	0.2g	4

LOW-CARB NOTES — NON-STARCHY VEGETABLES

- The backbone of any low-carb plate — most of these run 2–9g of carbs per cup, so you can eat generous portions.
- Roasting concentrates flavor without adding a single gram of carbohydrate.

CATEGORY 2 OF 13

Starchy Vegetables

Higher in carbs — portion these more like a grain than a free vegetable.

FOOD	SERVING	CARBS	FIBER	CAL
Beet, cooked	1 cup (170g)	17g	3.4g	74
Butternut Squash, cooked	1 cup (205g)	22g	6.6g	82
Cassava, cooked	1 cup (206g)	78g	3.7g	330
Corn on the Cob	1 medium ear (103g)	22g	2.4g	96
Corn, sweet, cooked	1 cup (154g)	31g	3.6g	132
Green Peas, cooked	1 cup (160g)	25g	8.8g	134
Hominy, canned	1 cup (165g)	24g	4.1g	119
Parsnip, cooked	1 cup (156g)	26g	5.6g	111
Plantain, green, fried	1 cup (135g)	39g	2.8g	268
Plantain, ripe, cooked	1 cup (154g)	47g	3.5g	181
Potato, baked with skin	1 medium (173g)	37g	3.8g	161
Potato, boiled	1 medium (150g)	27g	2.4g	118
Potato, mashed	1 cup (210g)	35g	3.0g	214
Potato, new, boiled	1 cup (150g)	27g	3.0g	120
Potato, red-skinned, roasted	1 cup (156g)	29g	3.3g	130
Potato, russet, baked	1 medium (173g)	37g	3.4g	168
Potato, sweet, baked	1 medium (114g)	24g	3.8g	103
Potato, sweet, boiled	1 cup (164g)	41g	6.1g	179
Pumpkin, cooked	1 cup (245g)	12g	2.7g	49
Rutabaga, cooked	1 cup (170g)	12g	3.1g	51
Taro, cooked	1 cup (132g)	46g	6.7g	187
Winter Squash, acorn, cooked	1 cup (205g)	30g	9.0g	115
Winter Squash, delicata, roasted	1 cup (150g)	20g	3.0g	90
Winter Squash, spaghetti, roasted	1 cup (155g)	10g	2.2g	42
Yam, cooked	1 cup (136g)	38g	5.3g	158

FOOD	SERVING	CARBS	FIBER	CAL
Yuca Fries, baked	1 cup (170g)	65g	3.0g	275

LOW-CARB NOTES — STARCHY VEGETABLES

- These carry 4–6x the carbs of non-starchy vegetables — treat a serving like you would a grain.
- Swap half your usual portion for cauliflower or a non-starchy vegetable to cut carbs without losing volume.

CATEGORY 3 OF 13

Fruits

Whole fruit only — pair with protein or fat to slow digestion and stretch a smaller portion further.

FOOD	SERVING	CARBS	FIBER	CAL
Apple, dried	1/4 cup (25g)	17g	2.3g	65
Apple, with skin	1 medium (182g)	25g	4.4g	95
Apricot, dried	6 halves (30g)	19g	2.2g	78
Apricot, fresh	3 medium (105g)	11g	2.0g	50
Avocado	1/2 fruit (100g)	9g	6.7g	160
Banana, firm/underripe	1 medium (118g)	27g	3.1g	105
Banana, ripe	1 medium (118g)	27g	3.1g	105
Blackberries	1 cup (144g)	14g	7.6g	62
Blood Orange	1 medium (130g)	14g	2.8g	61
Blueberries	1 cup (148g)	21g	3.6g	84
Boysenberries	1 cup (144g)	16g	7.0g	66
Cantaloupe	1 cup (160g)	13g	1.4g	54
Cherries, dried, unsweetened	1/4 cup (35g)	24g	2.0g	98
Cherries, sweet	1 cup (154g)	25g	3.2g	97
Clementine	1 medium (74g)	9g	1.3g	35
Coconut, fresh, shredded	1/4 cup (20g)	3g	2.0g	71
Cranberries, raw	1 cup (100g)	12g	4.6g	46
Currants, red, raw	1 cup (112g)	15g	4.8g	63
Dates, Medjool	2 dates (48g)	36g	3.2g	133

FRUITS

FOOD	SERVING	CARBS	FIBER	CAL
Dragon Fruit	1 cup (170g)	13g	3.0g	60
Elderberries, raw	1 cup (145g)	27g	10.2g	106
Fig, dried	2 figs (40g)	24g	3.7g	93
Fig, fresh	2 medium (100g)	19g	2.9g	74
Goji Berries, dried	2 tbsp (20g)	15g	2.0g	70
Gooseberries, raw	1 cup (150g)	15g	6.5g	66
Grapefruit	1/2 fruit (123g)	10g	1.4g	41
Grapes, green	1 cup (151g)	27g	1.4g	104
Grapes, red	1 cup (151g)	27g	1.4g	104
Guava	1 cup (165g)	24g	8.9g	112
Honeydew Melon	1 cup (170g)	15g	1.4g	61
Jackfruit, raw	1 cup (165g)	38g	2.5g	155
Kiwi	1 medium (76g)	10g	2.1g	42
Kumquat	5 fruits (100g)	16g	6.5g	71
Lemon	1 medium (58g)	5g	1.6g	17
Lime	1 medium (67g)	7g	1.9g	20
Lingonberries, raw	1 cup (100g)	8g	3.5g	50
Longan, fresh	1 cup (150g)	25g	1.6g	96
Loquat, fresh	1 cup (149g)	20g	2.5g	70
Lychee	1 cup (190g)	29g	2.5g	125
Mandarin Orange, canned in juice	1 cup (249g)	24g	1.7g	92
Mango	1 cup (165g)	25g	2.6g	99
Mangosteen	1 cup (196g)	35g	3.5g	143
Mulberries, raw	1 cup (140g)	14g	2.4g	60
Nectarine	1 medium (142g)	15g	2.4g	62
Orange	1 medium (131g)	15g	3.1g	62
Papaya	1 cup (145g)	16g	2.5g	62

FRUITS

FOOD	SERVING	CARBS	FIBER	CAL
Passion Fruit	1 fruit (18g)	4g	1.9g	17
Peach	1 medium (150g)	15g	2.3g	58
Peach, dried	1/4 cup (33g)	20g	2.7g	96
Pear	1 medium (178g)	27g	5.5g	101
Pear, Asian	1 medium (200g)	22g	4.4g	84
Persimmon	1 fruit (168g)	31g	6.0g	118
Pineapple	1 cup (165g)	22g	2.3g	82
Plum	1 medium (66g)	8g	0.9g	30
Plum, dried (Prune)	3 prunes (25g)	16g	1.8g	60
Pomegranate Seeds (Arils)	1 cup (174g)	33g	7.0g	144
Pomelo	1 cup (190g)	18g	2.0g	72
Prickly Pear	1 cup (149g)	14g	5.4g	61
Quince, raw	1 medium (92g)	14g	1.8g	52
Raisins	2 tbsp (20g)	16g	0.7g	60
Rambutan, fresh	1 cup (175g)	34g	1.8g	130
Raspberries	1 cup (123g)	15g	8.0g	64
Star Fruit / Carambola	1 cup (132g)	8g	3.7g	41
Strawberries	1 cup (152g)	12g	3.0g	49
Tamarind, raw	1 tbsp (16g)	11g	0.9g	41
Tangerine	1 medium (88g)	9g	1.3g	40
Watermelon	1 cup (152g)	12g	0.6g	46

LOW-CARB NOTES — FRUITS

- Berries are consistently the lowest-carb fruit choice; bananas, grapes, and dried fruit run highest.
- A smaller portion size is the easiest lever — half a banana carries half the carbs.

CATEGORY 4 OF 13

Whole Grains, Breads & Cereals

Choose intact / minimally processed grains over refined flour whenever possible.

FOOD	SERVING	CARBS	FIBER	CAL
Amaranth, cooked	1 cup (246g)	46g	5.2g	251
Barley, pearl, cooked	1 cup (157g)	44g	6.0g	193
Bread, multigrain	1 slice (30g)	13g	2.0g	75
Bread, oat bran	1 slice (30g)	12g	1.6g	71
Bread, pita, white	1 pita (60g)	33g	1.3g	165
Bread, pita, whole wheat	1 pita (64g)	35g	4.7g	170
Bread, pumpernickel	1 slice (32g)	15g	2.1g	80
Bread, rye	1 slice (32g)	15g	1.9g	83
Bread, sourdough	1 slice (50g)	24g	1.6g	137
Bread, sprouted grain (Ezekiel)	1 slice (34g)	15g	3.0g	80
Bread, white	1 slice (25g)	13g	0.7g	67
Bread, whole wheat	1 slice (28g)	12g	1.9g	69
Buckwheat Groats, cooked	1 cup (168g)	33g	4.5g	155
Bulgur, cooked	1 cup (182g)	34g	8.2g	151
Cereal, bran flakes	3/4 cup (30g)	23g	5.0g	96
Cereal, corn flakes	1 cup (28g)	24g	0.7g	100
Cereal, puffed rice	1 cup (14g)	13g	0.2g	56
Cereal, shredded wheat	1 cup (46g)	38g	6.1g	155
Cornmeal / Polenta, cooked	1 cup (245g)	26g	2.2g	122
Couscous, cooked	1 cup (157g)	36g	2.2g	176
Couscous, whole wheat, cooked	1 cup (157g)	34g	5.0g	166
Crackers, saltine	5 crackers (15g)	11g	0.4g	65
Crackers, water biscuit	5 crackers (20g)	15g	0.6g	90
Egg Noodles, cooked	1 cup (160g)	40g	1.8g	221
English Muffin, whole wheat	1 muffin (57g)	27g	4.4g	134

WHOLE GRAINS, BREADS & CEREALS

FOOD	SERVING	CARBS	FIBER	CAL
Farro, cooked	1 cup (194g)	45g	7.0g	220
Freekeh, cooked	1 cup (170g)	34g	6.0g	170
Grits, cooked	1 cup (242g)	38g	1.2g	182
Millet, cooked	1 cup (174g)	41g	2.3g	207
Muesli	1/2 cup (47g)	33g	4.0g	170
Naan Bread	1 piece (90g)	48g	2.0g	262
Oat Bran, cooked	1 cup (219g)	25g	5.7g	87
Oatmeal, instant, plain	1 packet (28g)	19g	3.0g	104
Oatmeal, rolled, cooked	1 cup (234g)	27g	4.0g	166
Oatmeal, steel-cut, cooked	1 cup (240g)	27g	4.0g	148
Pasta, white, al dente, cooked	1 cup (140g)	43g	2.5g	220
Popcorn, air-popped	3 cups (24g)	19g	3.5g	93
Quinoa, cooked	1 cup (185g)	39g	5.2g	222
Rice Cakes, plain	2 cakes (18g)	15g	0.4g	70
Rice Noodles, cooked	1 cup (176g)	44g	1.8g	190
Rice, arborio, cooked	1 cup (195g)	46g	1.0g	210
Rice, basmati, white, cooked	1 cup (158g)	45g	0.7g	210
Rice, black, cooked	1 cup (170g)	34g	1.5g	160
Rice, brown, cooked	1 cup (195g)	45g	3.5g	216
Rice, jasmine, white, cooked	1 cup (158g)	45g	0.6g	205
Rice, red, cooked	1 cup (196g)	45g	2.0g	216
Rice, white, long-grain, cooked	1 cup (158g)	45g	0.6g	205
Rice, wild, cooked	1 cup (164g)	35g	3.0g	166
Rye Crispbread	3 crackers (30g)	22g	4.8g	92
Soba Noodles, cooked	1 cup (114g)	24g	1.0g	113
Sorghum, cooked	1 cup (192g)	48g	6.3g	244
Spelt, cooked	1 cup (194g)	51g	8.0g	246

FOOD	SERVING	CARBS	FIBER	CAL
Teff, cooked	1 cup (252g)	50g	7.0g	255
Tortilla, corn	1 medium (24g)	11g	1.5g	52
Tortilla, flour, white	1 medium (45g)	26g	1.5g	140
Tortilla, low-carb	1 medium (45g)	13g	8.0g	90
Tortilla, whole wheat	1 medium (45g)	22g	3.0g	120
Wheat Bran, raw	2 tbsp (8g)	5g	3.0g	19
Wheat Germ, toasted	2 tbsp (14g)	6g	1.9g	54
Whole Wheat Pasta, cooked	1 cup (140g)	37g	6.3g	174

LOW-CARB NOTES — WHOLE GRAINS, BREADS & CEREALS

- This is the highest-carb category in the book — even 'whole grain' options carry 15–50g per serving.
- Low-carb tortillas and sprouted-grain bread are the lightest options if you want grains occasionally.

CATEGORY 5 OF 13

Legumes & Beans

Carb-dense but come with real fiber and protein — a moderate portion fits most low-carb plans.

FOOD	SERVING	CARBS	FIBER	CAL
Adzuki Beans, cooked	1 cup (230g)	57g	16.8g	294
Black Beans, cooked	1 cup (172g)	41g	15.0g	227
Black-Eyed Peas, cooked	1 cup (172g)	33g	11.1g	200
Butter Beans, cooked	1 cup (170g)	40g	13.2g	216
Cannellini Beans, cooked	1 cup (179g)	45g	11.3g	249
Chickpeas, cooked	1 cup (164g)	45g	12.5g	269
Chickpeas, roasted	1/4 cup (30g)	13g	4.0g	90
Edamame, cooked	1 cup (155g)	14g	8.1g	189
Fava Beans, cooked	1 cup (170g)	33g	9.2g	187
Great Northern Beans, cooked	1 cup (177g)	37g	12.4g	209
Kidney Beans, cooked	1 cup (177g)	40g	13.1g	225
Lentils, brown, cooked	1 cup (198g)	40g	15.6g	230

FOOD	SERVING	CARBS	FIBER	CAL
Lentils, green, cooked	1 cup (198g)	40g	15.6g	230
Lentils, red, cooked	1 cup (198g)	40g	15.6g	230
Lima Beans, cooked	1 cup (170g)	39g	13.2g	216
Mung Beans, cooked	1 cup (202g)	39g	15.4g	212
Navy Beans, cooked	1 cup (182g)	47g	19.1g	255
Pigeon Peas, cooked	1 cup (168g)	39g	11.0g	203
Pinto Beans, cooked	1 cup (171g)	45g	15.4g	245
Refried Beans, canned (no lard)	1/2 cup (127g)	20g	6.7g	110
Soybeans, cooked	1 cup (172g)	17g	10.3g	298
Split Peas, cooked	1 cup (196g)	41g	16.3g	231
White Beans, cooked	1 cup (179g)	45g	11.3g	249

LOW-CARB NOTES — LEGUMES & BEANS

- Beans and lentils are carb-dense but come with 10–19g of fiber per cup, which offsets some of the impact.
- A half portion alongside a protein and vegetable keeps carbs moderate while keeping the fiber benefit.

CATEGORY 6 OF 13

Animal Proteins

Negligible carbs across the board — protein is where you can eat freely on a low-carb plan.

FOOD	SERVING	CARBS	FIBER	CAL
Anchovies, canned in oil	1 oz (28g)	0g	0g	60
Bacon, cooked	2 slices (16g)	0g	0g	87
Beef Brisket, cooked	100g	0g	0g	246
Beef Ground, 80% lean, cooked	100g	0g	0g	254
Beef Ground, 90% lean, cooked	100g	0g	0g	217
Beef Sirloin, cooked	100g	0g	0g	201
Beef Tenderloin, cooked	100g	0g	0g	196
Bison, ground, cooked	100g	0g	0g	175
Calamari, cooked	100g	4g	0g	92

ANIMAL PROTEINS

FOOD	SERVING	CARBS	FIBER	CAL
Catfish, cooked	100g	0g	0g	105
Chicken Breast, skinless, cooked	100g	0g	0g	165
Chicken Drumstick, skinless, cooked	100g	0g	0g	172
Chicken Thigh, skinless, cooked	100g	0g	0g	209
Clams, cooked	100g	4g	0g	148
Cod, cooked	100g	0g	0g	105
Crab, cooked	100g	0g	0g	97
Deli Ham Slices	2 oz (56g)	2g	0g	60
Deli Turkey Slices	2 oz (56g)	2g	0g	60
Duck Breast, skinless, cooked	100g	0g	0g	201
Egg White	1 large (33g)	0g	0g	17
Egg Yolk	1 large (17g)	1g	0g	55
Egg, whole, boiled	1 large (50g)	1g	0g	78
Eggs, scrambled (plain)	2 eggs (100g)	2g	0g	182
Goat Meat, cooked	100g	0g	0g	143
Haddock, cooked	100g	0g	0g	90
Halibut, cooked	100g	0g	0g	111
Herring, cooked	100g	0g	0g	203
Lamb Chop, cooked	100g	0g	0g	258
Lamb, ground, cooked	100g	0g	0g	282
Liver, beef, cooked	100g	4g	0g	175
Lobster, cooked	100g	1g	0g	89
Mackerel, cooked	100g	0g	0g	262
Mussels, cooked	100g	7g	0g	172
Oysters, raw	6 medium (84g)	4g	0g	50
Pheasant, cooked	100g	0g	0g	181
Pork Chop, cooked	100g	0g	0g	231

ANIMAL PROTEINS

FOOD	SERVING	CARBS	FIBER	CAL
Pork Loin, cooked	100g	0g	0g	202
Pork Tenderloin, cooked	100g	0g	0g	143
Prosciutto	1 oz (28g)	0g	0g	70
Rotisserie Chicken, skin removed	100g	0g	0g	190
Salmon, cooked	100g	0g	0g	208
Salmon, smoked	2 oz (56g)	0g	0g	66
Sardines, canned in oil	100g	0g	0g	208
Sausage, chicken, cooked	1 link (75g)	3g	0g	150
Sausage, pork, cooked	1 link (68g)	1g	0g	216
Scallops, cooked	100g	2g	0g	111
Shrimp, cooked	100g	0g	0g	99
Steak, filet mignon, cooked	100g	0g	0g	227
Steak, flank, cooked	100g	0g	0g	192
Steak, ribeye, cooked	100g	0g	0g	291
Tilapia, cooked	100g	0g	0g	128
Trout, cooked	100g	0g	0g	190
Tuna Steak, cooked	100g	0g	0g	184
Tuna, canned in water	100g	0g	0g	116
Turkey Bacon, cooked	2 slices (16g)	1g	0g	60
Turkey Breast, cooked	100g	0g	0g	135
Turkey, ground, cooked	100g	0g	0g	189
Veal Cutlet, cooked	100g	0g	0g	197
Venison, cooked	100g	0g	0g	158

LOW-CARB NOTES — ANIMAL PROTEINS

- Virtually zero carbs across the board — protein is where you can eat freely on a low-carb plan.
- Watch preparation, not the protein itself: breading, glazes, and sweet marinades are where carbs sneak in.

CATEGORY 7 OF 13

Plant Proteins & Meat Alternatives

Good fiber-plus-protein combination; carbs vary more than animal protein.

FOOD	SERVING	CARBS	FIBER	CAL
Black Bean Burger Patty	1 patty (78g)	18g	5.0g	130
Chickpea Pasta, cooked	1 cup (170g)	32g	8.0g	190
Edamame, shelled	1/2 cup (75g)	7g	4.0g	94
Falafel, baked	3 patties (85g)	20g	5.0g	170
Hummus	2 tbsp (30g)	6g	2.0g	70
Lentil Pasta, cooked	1 cup (170g)	32g	8.0g	190
Natto	100g	12g	5.4g	212
Seitan	100g	4g	0.4g	130
Soy Curls, rehydrated	1/2 cup (50g)	5g	3.0g	90
Tempeh	100g	9g	4.5g	193
Textured Vegetable Protein (TVP), rehydrated	1/2 cup (55g)	7g	4.0g	80
Tofu, extra firm	100g	2g	0.9g	88
Tofu, firm	100g	2g	0.3g	76
Tofu, silken	100g	2g	0.3g	55
Veggie Burger Patty (bean-based)	1 patty (71g)	15g	5.0g	124
Veggie Crumbles (soy-based)	3/4 cup (55g)	6g	3.0g	90
Veggie Sausage Link	1 link (65g)	5g	2.0g	130

LOW-CARB NOTES — PLANT PROTEINS & MEAT ALTERNATIVES

- Tofu and tempeh stay low-carb; some veggie burgers and processed meat alternatives run surprisingly high — check labels.
- Pair plant proteins with non-starchy vegetables rather than grains to keep a meal in the low-carb range.

CATEGORY 8 OF 13

Dairy & Dairy Alternatives

Choose plain, unsweetened versions — flavored varieties often carry hidden sugar.

FOOD	SERVING	CARBS	FIBER	CAL
Almond Milk, unsweetened	1 cup (240g)	1g	0.5g	30

DAIRY & DAIRY ALTERNATIVES

FOOD	SERVING	CARBS	FIBER	CAL
Blue Cheese	1 oz (28g)	1g	0g	100
Brie Cheese	1 oz (28g)	0g	0g	95
Buttermilk, low-fat	1 cup (245g)	12g	0g	98
Cashew Milk, unsweetened	1 cup (240g)	2g	0g	25
Cheddar Cheese	1 oz (28g)	0g	0g	113
Coconut Milk Yogurt, unsweetened	1 cup (245g)	8g	4.0g	150
Coconut Milk, canned	1/4 cup (60g)	2g	0g	111
Colby Jack Cheese	1 oz (28g)	0g	0g	111
Cottage Cheese, low-fat	1 cup (226g)	9g	0g	163
Cream Cheese	1 tbsp (14g)	1g	0g	49
Cream Cheese, light	1 tbsp (14g)	1g	0g	30
Evaporated Milk, unsweetened	2 tbsp (30g)	3g	0g	25
Feta Cheese	1 oz (28g)	1g	0g	75
Goat Cheese	1 oz (28g)	0g	0g	103
Gouda Cheese	1 oz (28g)	1g	0g	101
Greek Yogurt, plain, full-fat	1 cup (245g)	8g	0g	190
Greek Yogurt, plain, nonfat	1 cup (245g)	9g	0g	130
Half and Half	1 tbsp (15g)	1g	0g	20
Kefir, plain	1 cup (243g)	12g	0g	160
Mascarpone	1 tbsp (14g)	1g	0g	60
Milk, 2%	1 cup (244g)	12g	0g	122
Milk, evaporated, skim	2 tbsp (32g)	3g	0g	17
Milk, skim	1 cup (245g)	12g	0g	83
Milk, whole	1 cup (244g)	12g	0g	149
Mozzarella, part-skim	1 oz (28g)	1g	0g	72
Mozzarella, whole milk, fresh	1 oz (28g)	1g	0g	85
Oat Milk, unsweetened	1 cup (240g)	16g	2.0g	120

FOOD	SERVING	CARBS	FIBER	CAL
Paneer	1 oz (28g)	1g	0g	88
Parmesan, grated	2 tbsp (10g)	0g	0g	43
Pepper Jack Cheese	1 oz (28g)	0g	0g	106
Provolone Cheese	1 oz (28g)	1g	0g	98
Ricotta Cheese, part-skim	1/2 cup (124g)	6g	0g	171
Skyr, plain	1 cup (245g)	7g	0g	140
Sour Cream, full-fat	2 tbsp (24g)	1g	0g	46
Sour Cream, light	2 tbsp (24g)	2g	0g	35
Soy Milk, unsweetened	1 cup (243g)	4g	1.2g	80
String Cheese	1 stick (28g)	1g	0g	80
Swiss Cheese	1 oz (28g)	2g	0g	108
Whipped Cream, unsweetened	2 tbsp (15g)	1g	0g	51
Yogurt, plain, low-fat	1 cup (245g)	17g	0g	154

LOW-CARB NOTES — DAIRY & DAIRY ALTERNATIVES

- Hard cheeses and plain yogurt are lowest in carbs; milk and flavored yogurts carry natural or added sugar.
- Unsweetened almond and soy milk are the lowest-carb dairy alternatives on this list.

CATEGORY 9 OF 13

Nuts & Seeds

Low in carbs but calorie-dense — a smart low-carb add-on if you watch the portion.

FOOD	SERVING	CARBS	FIBER	CAL
Almond Butter	2 tbsp (32g)	7g	3.3g	196
Almonds	1 oz / 23 nuts (28g)	6g	3.5g	164
Brazil Nuts	1 oz / 6 nuts (28g)	3g	2.1g	187
Cashew Butter	2 tbsp (32g)	9g	0.6g	188
Cashews	1 oz / 18 nuts (28g)	9g	0.9g	157
Chestnuts, roasted	1 oz (28g)	15g	1.4g	69
Chia Seeds	1 tbsp (12g)	4g	3.4g	58
Flaxseed, ground	1 tbsp (7g)	2g	1.9g	37

FOOD	SERVING	CARBS	FIBER	CAL
Hazelnuts	1 oz / 21 nuts (28g)	5g	2.7g	178
Hemp Seeds	1 tbsp (10g)	1g	0.4g	55
Macadamia Nuts	1 oz / 10-12 nuts (28g)	4g	2.4g	204
Peanut Butter, natural	2 tbsp (32g)	7g	2.0g	191
Peanut Butter, powdered	2 tbsp (12g)	5g	1.5g	45
Peanuts	1 oz (28g)	5g	2.4g	161
Pecans	1 oz / 19 halves (28g)	4g	2.7g	196
Pine Nuts	1 oz (28g)	4g	1.0g	191
Pistachios	1 oz / 49 nuts (28g)	8g	3.0g	159
Pumpkin Seeds (Pepitas)	1 oz (28g)	5g	1.7g	151
Sesame Seeds	1 tbsp (9g)	2g	1.1g	52
Sunflower Seed Butter	2 tbsp (32g)	8g	3.0g	200
Sunflower Seeds	1 oz (28g)	5g	2.4g	165
Tahini	2 tbsp (30g)	6g	2.5g	178
Trail Mix (nuts + seeds, no candy)	1/4 cup (35g)	8g	2.5g	175
Walnut Butter	2 tbsp (32g)	5g	2.0g	210
Walnuts	1 oz / 14 halves (28g)	4g	1.9g	185

LOW-CARB NOTES — NUTS & SEEDS

- Low in carbs but high in calories — a small handful (1 oz) is the standard serving.
- Chia and flax are the lowest-net-carb seeds once you subtract their fiber content.

CATEGORY 10 OF 13

Healthy Fats & Oils

Zero carbs — but calorie-dense. A drizzle goes a long way toward slowing digestion.

FOOD	SERVING	CARBS	FIBER	CAL
Avocado	1/4 fruit (50g)	4g	3.4g	80
Avocado Oil	1 tbsp (14g)	0g	0g	124
Butter	1 tbsp (14g)	0g	0g	102
Canola Oil	1 tbsp (14g)	0g	0g	124

FOOD	SERVING	CARBS	FIBER	CAL
Coconut Oil	1 tbsp (14g)	0g	0g	121
Flaxseed Oil	1 tbsp (14g)	0g	0g	120
Ghee	1 tbsp (13g)	0g	0g	112
Grapeseed Oil	1 tbsp (14g)	0g	0g	120
Heavy Cream	1 tbsp (15g)	0g	0g	52
Mayonnaise	1 tbsp (14g)	0g	0g	94
Mayonnaise, avocado oil	1 tbsp (14g)	0g	0g	90
Olive Oil, extra virgin	1 tbsp (14g)	0g	0g	119
Olives, black	10 olives (44g)	2g	1.4g	51
Olives, green	10 olives (44g)	1g	1.3g	41
Peanut Oil	1 tbsp (14g)	0g	0g	119
Sesame Oil	1 tbsp (14g)	0g	0g	120
Walnut Oil	1 tbsp (14g)	0g	0g	120

LOW-CARB NOTES — HEALTHY FATS & OILS

- Zero carbs across nearly every item here — fats are your free lever for flavor and satiety on a low-carb plan.
- Avocado is the rare fat source that also brings fiber, at just 4g net carbs per quarter fruit.

CATEGORY 11 OF 13

Beverages

Water and unsweetened drinks are always the safest low-carb choice.

FOOD	SERVING	CARBS	FIBER	CAL
Almond Milk Latte, unsweetened	1 cup (240ml)	2g	0.5g	40
Apple Juice, 100%, no added sugar	1/2 cup (120ml)	14g	0.1g	57
Beer, light	12 oz (355ml)	6g	0g	103
Beer, regular	12 oz (355ml)	13g	0.6g	153
Black Coffee	1 cup (240ml)	0g	0g	2
Black Tea, unsweetened	1 cup (240ml)	0g	0g	2
Bone Broth	1 cup (240ml)	0g	0g	40
Chai Tea, unsweetened	1 cup (240ml)	1g	0g	5

BEVERAGES

FOOD	SERVING	CARBS	FIBER	CAL
Champagne / Sparkling Wine	5 oz (147ml)	3g	0g	96
Cherry Juice, 100%, no added sugar	1/2 cup (120ml)	17g	0.1g	67
Chocolate Milk, 2%	1 cup (250ml)	26g	1.0g	190
Coconut Water, unsweetened	1 cup (240ml)	9g	2.6g	44
Coffee with 2% Milk (no sugar)	1 cup (240ml)	3g	0g	20
Cranberry Juice, 100%, unsweetened	1/2 cup (120ml)	17g	0.1g	58
Diet Soda	1 can (355ml)	0g	0g	0
Espresso	1 shot (30ml)	0g	0g	3
Grape Juice, 100%, no added sugar	1/2 cup (120ml)	19g	0.2g	76
Green Tea, unsweetened	1 cup (240ml)	0g	0g	2
Herbal Tea, unsweetened	1 cup (240ml)	0g	0g	0
Kombucha, unsweetened	1 cup (240ml)	4g	0g	15
Matcha Latte, unsweetened	1 cup (240ml)	3g	0g	45
Oat Milk Latte, unsweetened	1 cup (240ml)	14g	1.5g	90
Orange Juice, 100%, no added sugar	1/2 cup (120ml)	13g	0.2g	56
Prosecco	5 oz (147ml)	3g	0g	87
Protein Shake, unsweetened	1 cup (240ml)	4g	1.0g	130
Seltzer / Sparkling Water, unsweetened	1 cup (240ml)	0g	0g	0
Spirits, distilled (no mixer)	1.5 oz (44ml)	0g	0g	97
Sports Drink	1 cup (240ml)	14g	0g	50
Tomato Juice, unsalted	1 cup (240ml)	10g	1.0g	41
Vegetable Juice (V8-style)	1 cup (240ml)	11g	2.0g	50
Water	1 cup (240ml)	0g	0g	0
Wine, dessert (sweet)	3 oz (89ml)	14g	0g	165
Wine, red or white, dry	5 oz (147ml)	4g	0g	123

LOW-CARB NOTES — BEVERAGES

- Water, black coffee, and unsweetened tea are the only truly zero-carb defaults.
- Fruit juice and regular soda are some of the fastest ways to blow a daily carb budget — even a small glass adds up.

CATEGORY 12 OF 13

Condiments, Sauces & Sweeteners

Small servings, but easy to overlook — sauces and sweeteners are common hidden-carb sources.

FOOD	SERVING	CARBS	FIBER	CAL
Agave Syrup	1 tbsp (21g)	16g	0g	60
Alfredo Sauce	1/4 cup (63g)	4g	0.2g	110
Apple Cider Vinegar	1 tbsp (15g)	0g	0g	3
BBQ Sauce	2 tbsp (36g)	13g	0.2g	52
Balsamic Vinegar	1 tbsp (15g)	3g	0g	14
Brown Sugar	1 tsp (4g)	4g	0g	15
Buffalo Sauce	1 tbsp (15g)	1g	0g	15
Caesar Dressing	2 tbsp (30g)	1g	0g	158
Coconut Aminos	1 tbsp (16g)	1g	0g	10
Cranberry Sauce, whole berry	2 tbsp (35g)	13g	0.5g	52
Dijon Mustard	1 tsp (5g)	0g	0.1g	3
Erythritol	1 tsp (4g)	4g	0g	0
Fish Sauce	1 tbsp (16g)	1g	0g	6
Guacamole	2 tbsp (30g)	3g	2.0g	45
Hoisin Sauce	1 tbsp (16g)	7g	0.2g	35
Honey	1 tbsp (21g)	17g	0g	64
Honey Mustard	1 tbsp (16g)	5g	0.2g	30
Hot Sauce	1 tsp (5g)	0g	0g	1
Italian Dressing	2 tbsp (30g)	2g	0g	85
Jam, fruit-sweetened	1 tbsp (20g)	10g	0.4g	40
Ketchup	1 tbsp (17g)	4g	0.2g	15

FOOD	SERVING	CARBS	FIBER	CAL
Maple Syrup	1 tbsp (20g)	13g	0g	52
Marinara Sauce	1/2 cup (125g)	12g	3.0g	70
Mayo-based Coleslaw Dressing	2 tbsp (30g)	4g	0g	110
Monk Fruit Sweetener	1 tsp (4g)	4g	0g	0
Mustard	1 tsp (5g)	0g	0.2g	3
Peanut Sauce	2 tbsp (32g)	5g	1.0g	90
Pesto	2 tbsp (32g)	2g	0.5g	155
Pico de Gallo	2 tbsp (30g)	2g	0.4g	8
Ranch Dressing	2 tbsp (30g)	2g	0g	146
Rice Vinegar	1 tbsp (15g)	0g	0g	0
Salad Dressing, vinaigrette	2 tbsp (30g)	3g	0g	100
Salsa	2 tbsp (32g)	2g	0.5g	10
Soy Sauce	1 tbsp (16g)	1g	0.1g	8
Sriracha	1 tsp (6g)	1g	0g	6
Stevia (liquid or powder)	1 packet (1g)	1g	0g	0
Sugar, powdered	1 tbsp (8g)	8g	0g	31
Table Sugar (Sucrose)	1 tsp (4g)	4g	0g	16
Tartar Sauce	1 tbsp (14g)	1g	0g	74
Teriyaki Sauce	1 tbsp (18g)	3g	0g	16
Thousand Island Dressing	2 tbsp (31g)	5g	0.2g	118
Worcestershire Sauce	1 tbsp (17g)	3g	0g	13

LOW-CARB NOTES — CONDIMENTS, SAUCES & SWEETENERS

- Carbs hide here more than anywhere else in the book — a couple tablespoons of ketchup or BBQ sauce adds up fast.
- Non-nutritive sweeteners (stevia, monk fruit, erythritol) are the only true zero-carb options in this category.

CATEGORY 13 OF 13

Snacks & Baked Goods

Occasional foods — portion size matters most here. Check the carbs column before you choose.

FOOD	SERVING	CARBS	FIBER	CAL
Angel Food Cake	1 slice (50g)	29g	0.2g	129
Bagel, plain, white	1 medium (98g)	53g	2.3g	277
Bagel, whole wheat	1 medium (98g)	47g	6.0g	245
Beef Jerky	1 oz (28g)	3g	0.4g	82
Biscotti	1 piece (28g)	16g	0.6g	110
Brownie	1 square (28g)	18g	0.9g	112
Cheesecake	1 slice (100g)	26g	0.5g	321
Cinnamon Roll	1 medium (85g)	47g	1.5g	309
Cookies, chocolate chip	2 cookies (32g)	22g	0.9g	160
Cookies, oatmeal raisin	2 cookies (30g)	20g	1.2g	130
Corn Chips	1 oz (28g)	16g	1.4g	150
Crackers, whole grain	5 crackers (16g)	11g	1.5g	70
Croissant	1 medium (57g)	26g	1.5g	231
Dark Chocolate, 70%+	1 oz (28g)	13g	3.1g	170
Donut, glazed	1 medium (60g)	33g	0.9g	260
Frozen Greek Yogurt	1/2 cup (100g)	18g	0g	130
Fruit Leather	1 piece (23g)	18g	0.5g	81
Fruit Snacks, gummy	1 pouch (28g)	22g	0g	90
Graham Crackers	2 sheets (28g)	21g	0.9g	118
Granola	1/4 cup (30g)	19g	2.5g	140
Granola Bar, oats & nuts	1 bar (35g)	19g	2.5g	150
Hard-Boiled Egg Snack Pack	2 eggs (100g)	1g	0g	155
Ice Cream Bar, chocolate-coated	1 bar (60g)	20g	0.7g	200
Milk Chocolate	1 oz (28g)	16g	1.0g	150

FOOD	SERVING	CARBS	FIBER	CAL
Muffin, blueberry, bakery-style	1 muffin (113g)	49g	1.6g	340
Muffin, bran	1 muffin (85g)	32g	3.8g	220
Pancakes, plain	2 medium (77g)	28g	0.9g	173
Peanut Butter Cookies	2 cookies (30g)	15g	0.8g	145
Pita Chips	1 oz (28g)	18g	1.3g	130
Popcorn, buttered	3 cups (33g)	19g	3.0g	165
Popsicle, fruit (no added sugar)	1 bar (65g)	12g	0.2g	45
Potato Chips	1 oz (28g)	15g	1.2g	152
Pretzels	1 oz (28g)	22g	0.8g	108
Protein Bar	1 bar (60g)	20g	8.0g	220
Pudding, chocolate	1/2 cup (113g)	28g	1.0g	150
Rice Crackers	1 oz (28g)	22g	0.4g	110
Roasted Chickpeas	1/4 cup (30g)	13g	4.0g	90
Scone, plain	1 medium (85g)	39g	1.4g	270
Sherbet	1/2 cup (96g)	30g	0g	132
Sorbet, fruit	1/2 cup (100g)	30g	1.5g	120
String Cheese	1 stick (28g)	1g	0g	80
Tortilla Chips	1 oz / ~12 chips (28g)	19g	1.6g	140
Trail Mix, chocolate	1/4 cup (40g)	18g	2.5g	195
Vanilla Ice Cream	1/2 cup (66g)	16g	0.5g	137
Vanilla Wafers	6 cookies (24g)	18g	0.3g	110
Waffle, plain	1 medium (75g)	25g	1.1g	218

LOW-CARB NOTES — SNACKS & BAKED GOODS

- The highest-carb items in the book live here — bagels, muffins, and pretzels can each carry 20–50g per serving.
- Dark chocolate (70%+) is the lowest-carb treat on this list if you want something sweet.

Quick Rules & Common Mistakes

7 Quick Rules

1. Build meals around the green (low-carb) items first, then add moderate portions from the rest.
2. Fiber counts against total carbs for many low-carb plans — check "net carbs" (carbs minus fiber) if that's how you track.
3. Protein and fat have no meaningful carb content — use them freely to build satisfying meals.
4. Sauces, dressings, and condiments are where carbs hide most easily — check the serving size, not just the food.
5. Whole foods beat packaged low-carb products — check labels, since "low carb" branding doesn't always mean low carb.
6. Portion size changes everything — a food's color tag applies to the exact serving listed, not to a heaping plate of it.
7. Consistency beats perfection — small, repeatable swaps outperform short bursts of strict restriction.

Common Mistakes

- Assuming "sugar-free" means low-carb — sugar alcohols and starches can still add up.
- Treating starchy vegetables the same as non-starchy ones when planning a meal.
- Overlooking liquid carbs — juice, soda, and alcohol mixers add up faster than solid food.
- Ignoring portion size on nuts, cheese, and oils — low-carb doesn't mean unlimited calories.
- Cutting carbs so aggressively that fiber intake drops too — keep non-starchy vegetables in every meal.
- Comparing a packaged food's carb count without checking the actual serving size on the label.

FODLIST®

WORLD'S MOST TRUSTED FOOD CHARTS

Sources & Methodology

Carbs, fiber & calories: USDA FoodData Central (SR Legacy & Foundation Foods).

Carb-level bands (Low / Medium / High) reflect a common general low-carb-diet convention based on grams of carbohydrate per stated serving, not a clinical or diagnostic threshold.

Values are typical averages for the stated serving and can vary by brand, ripeness, and preparation.

Fodlist creates data-driven nutrition charts, meal plans, and reference guides for low-carb, diabetes, prediabetes, PCOS, and Low FODMAP diets.