

# CARBS

## FRUITS/ BERRIES



	SERVING	PROTEIN	CARBS	FAT	FIBER
Apple	6.4 oz	0	25	0	4
Apricot	1/2 cup	1	9	0	2
Banana	1 med.	1	27	1	3
Blackberries	1/2 cup	1	7	0	4
Blueberries	1/2 cup	1	11	0	2
Cantaloupe	1/2 cup	1	7	0	1
Cherries	1/2 cup	1	10	0	1
Dates	1/2 cup	2	67	0	7
Grapefruit	1/2 cup	1	13	0	2
Grapes	1/2 cup	0	8	0	0
Kiwi	1/2 cup	1	13	1	3
Mango	1/2 cup	1	13	0	1
Orange	5.4 oz	1	19	0	3
Peach	5.3 oz	1	15	0	2
Pear	1/2 cup	0	13	0	3
Pineapple	1/2 cup	0	10	1	1
Plantain	1 med	2	57	1	4
Plums	1/2 cup	1	10	0	1
Pomegranate	1/2 cup	1	16	1	4
Raspberries	1/2 cup	1	7	0	4
Strawberries	1/2 cup	1	5	0	2
Watermelon	1/2 cup	1	12	0	1

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## STARCHES/ GRAINS



	SERVING	PROTEIN	CARBS	FAT	FIBER
Amaranth (dry)	1/2 cup	13	63	7	7
Baked Chips*	50 grams	3	36	9	2
Barley (dry)	1/2 cup	12	67	2	16
Beans (lentils)	1/2 cup	9	20	0	8
Beans (black)	1/2 cup	8	21	1	8
Beans (lima)	1/2 cup	6	20	0	5
Beans (navy)	1/2 cup	8	24	1	3
Beans (pinto)	1/2 cup	8	23	1	8
Bread (ezekiel)*	1 slice	4	15	0	4
Bread (wheat)*	1 slice	2	12	1	2
Bread (white)*	1 slice	2	11	1	2
Brown Rice (cooked)	1/2 cup	3	23	1	2
Buckwheat (dry)	1/2 cup	12	61	3	9
Bulgur (dry)	1/2 cup	9	53	1	13
Corn	1/2 cup	5	31	2	4
Couscous (cooked)	1/2 cup	3	18	0	1
Farro (dry)	1/4 cup	7	37	2	7
Granola*	1/2 cup	5	35	3	4
Grits (dry)	1/4 cup	4	32	1	1
Kamut (cooked)	1 cup	11	52	2	0
Kaniwa (dry)	1/2 cup	14	60	2	6
Millet (cooked)	1 cup	6	41	2	2
Oats (dry)	1/2 cup	6	25	2	4
Pasta- Wheat (cooked)	1/2 cup	4	19	1	3
Peas (black eye)	1/2 cup	7	18	1	4
Peas (english)	1/2 cup	4	11	0	4
Popcorn (unpopped)*	1/4 cup	6	31	2	7
Potatoes (sweet)	1/2 cup	1	14	0	2
Potatoes (white)	1/2 cup	2	13	0	2
Quinoa (cooked)	1/2 cup	4	20	2	3
Quinoa Pasta (dry)*	2 oz	4	46	1	4
Rice Pasta (cooked)*	1/2 cup	1	22	0	1
Rice Cake*	1 cake	1	7	0	0
Rye (dry)	1/2 cup	9	64	1	13
Sorghum (dry)	100 grams	11	72	3	7
Spelt (dry)	1/2 cup	13	61	2	10
Squash (acorn)	1/2 cup	1	8	0	1
Squash (butternut)	1/2 cup	1	8	0	1
Squash (spaghetti)	1/2 cup	0	4	0	1
Tapioca Flour (dry)	1/4 cup	0	20	0	0
Teff (dry)	1/2 cup	13	71	2	8
Tortillas (corn)*	6" tortilla	1	11	1	2
Tortillas (flour)*	10" tortilla	6	35	5	1
Triticale (dry)	1/2 cup	13	69	2	0

\*Macros vary slightly by brand

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## VEGETABLES



	<b>SERVING</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>	<b>FIBER</b>
Arugula	1/2 cup	0.3	0.4	0	0.2
Asparagus	1/2 cup	2	3	0	1
Broccoli	1/2 cup	1	3	0	1
Brussel Sprouts	1/2 cup	2	6	0	2
Carrots	1/2 cup	1	6	0	2
Cauliflower	1/2 cup	1	3	0	2
Celery	1/2 cup	0	2	0	1
Cucumber	1/2 cup	0	2	0	0
Green Beans	1/2 cup	1	4	0	2
Jicama	1/2 cup	1	6	0	3
Kale	1/2 cup	2	3	0	1
Leek	1/2 cup	1	7	0	1
Lettuce	1/2 cup	0.3	0.5	0	0.3
Mushrooms	1/2 cup	0	2	0	1
Onion	1/2 cup	1	8	0	1
Parsnips	1/2 cup	1	12	0	3
Peppers	1/2 cup	1	4	0	1
Radish	1/2 cup	0	2	0	1
Spinach	1/2 cup	0.5	0.6	0	0.4
Tomato	1/2 cup	1	4	0	1
Zucchini	1/2 cup	1	2	0	1

# FATS



	SERVING	PROTEIN	CARBS	FAT	FIBER
Almond Butter*	1 tbsp	2	3	9	1
Almonds	1 oz	6	1	14	3
Avocado	1 oz	1	2	4	2
Bacon (8g slice)*	1 slice	3	0	3	0
Brazil Nuts	1 oz	4	4	19	2
Butter*	1 tbsp	0	0	12	0
Canola Oil	1 tbsp	0	0	14	0
Cashews	1 oz	5	9	12	1
Cheese (American)*	1 oz	6	1	6	0
Cheese (Blue)*	1 oz	6	0	8	0
Cheese (Cheddar)*	1 oz	7	0	9	0
Cheese (Feta)*	1 oz	7	2	7	1
Cheese (Mozzarella)*	1 oz	5	1	5	0
Cheese (Provolone)*	1 oz	6	0	7	0
Cheese (Swiss)*	1 oz	8	1	6	0
Chia Seed	1 tbsp	3	5	5	5
Coconut Oil	1 tbsp	0	0	14	0
Flaxseed	1 tbsp	2	3	4	3
Flaxseed Oil	1 tbsp	0	0	14	0
Half and Half*	1 tbsp	0	1	2	0
Hazelnuts	1 oz	4	5	17	3
Heavy Whipping Cream*	1 tbsp	0	0	6	0
Hemp Seed	1 oz	10	2	13	1
Macadamia Nuts	1 oz	2	4	21	3
Macrona Almonds	1 oz	6	6	14	4
MCT Oil	1 tbsp	0	0	14	0
Olive Oil	1 tbsp	0	0	14	0
Olives*	10 olives	0	5	3	1
Peanut Butter*	1 tbsp	4	3	8	1
Peanuts	1 oz	7	5	14	2
Pecans	1 oz	3	4	20	3
Pine Nuts	1 oz	4	4	19	1
Pistachios	1 oz	6	8	13	3
Sausage (Beef)*	4 oz	21	0	32	0
Sausage (Pork)*	4 oz	22	0	32	0
Sunflower Seed Butter	1 tbsp	3	4	8	0
Walnuts	1 oz	4	4	18	2

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# PROTEINS



	SERVING	PROTEIN	CARBS	FAT	FIBER
Beef (ground) 90/10	4 oz	30	0	13	0
Beef (ground) 93/7	4 oz	29	0	11	0
Bison (roasted)	4 oz	29	0	10	2
Chicken Breast	4 oz	35	0	4	0
Cottage Cheese (0% fat)*	1/2 cup	13	5	0	0
Cottage Cheese (1% fat)*	1/2 cup	16	3	1	0
Crab	4 oz	21	0	1	0
Duck	4 oz	23	0	5	0
Egg (large)	1 egg	6	0	5	0
Egg Whites	3 tbsp	5	0	0	0
Elk (roasted)	4 oz	34	0	2	0
Fish (Cod)	4 oz	26	0	1	0
Fish (Halibut)	4 oz	31	0	3	0
Fish (Salmon)	4 oz	23	0	12	0
Fish (Snapper)	4 oz	30	0	2	0
Fish (Tilapia)	4 oz	30	0	3	0
Fish (Tuna)	4 oz	34	0	2	0
Fish (Tuna- canned in water)	3 oz	18	0	1	0
Greek Yogurt (fat free)*	6 oz	14	10	0	0
Ham (5% fat)	4 oz	24	0	2	0
Kangaroo	4 oz	23	0	2	0
Lobster	4 oz	21	1	1	0
Oysters	4 oz	6	6	2	0
Pork Loin	4 oz	31	0	17	0
Scallops	4 oz	19	3	2	0
Shrimp	4 oz	24	0	1	0
Squid (Calamari)	4 oz	18	4	2	0
Steak (Strip)	4 oz	27	0	5	0
String Cheese (low fat)*	1 stick	7	0	3	0
Turkey (ground- 93% lean)	4 oz	22	0	8	0
Turkey (ground- 99% lean)	4 oz	28	0	1	0
Venison	4 oz	34	0	4	0

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