

Food	Amount	Carbs < 50	Fiber 21-25 grams	Fat 70%	Sat Fat	Potassium	Sodium	Protein
Spinach cooked	1 cup	7				839	126	
Spinach raw	1 cup	1.09	0.6	0.11	0	167	230	0.8
Bok Choy raw	1 cup	3	1.7	0		630	58	2.7
Sweet Potatoes	3.5 oz/ 100 g	24	3.8	0.2	0.1	541	41	2.3
Ground Beef	4 oz	0	0	10	4	508	96	32
Broccoli	1 cup cooked	4	6	0.12 g		460		4
Canadian Bacon	3 slices	2		1		450	460	10
Pork Loin	4 oz	0	0	10	3.2	395	52	30
Ham	4 oz	1	0	5.6	1	391	1108	25
Black Beans	1/2 cup	20	8	0	0	369		7
Avocado	1/2 cup	6				354		
chicken breast	4 oz	0	0	4.3	1.2	307	89	37
Beets	3.5 oz/ 100 g	10	2	0.2	0	305	78	1.7
Rutabagas	3.5 oz/ 100 g	8.6	2.3	0.2	0	305	12	1.1
Shittake Mushrooms	3.5 oz/ 100 g	7	2.5	0.5	0	304	9	2.2
Asparagus	135 gm	5	2.8	0.2	0.1	302	3	2.9
kale	1 cup	7.3	2.6	0.5	0	296	30	2.5
Pistachios	1/4 c	8	3	13	1.5	282	120	6
Brussels Sprouts	1/2 cup (4)	6	2.2	0	0	266	18	2
Green Peas	3.5 oz/ 100 g	15	5.3	0.2	0	260	2.9	5.2
Red Cabbage	3.5 oz/ 100 g	7.4	2.1	0.2	0	243	27	1.4
Turkey breast	3 oz	0	0	2	0.3	227	63	19
Sweet Corn	3.5 oz/ 100 g	22	2.5	1.5	0.2	224	1	3.5
mushrooms	1/2 cup	2.3	0.7		0	223	3.5	2
Zucchini	1/2 cup					220		
Carrots	3.5 oz/ 100 g	7.6	2.8	0.2	0	216	54	0.7
Friendly Farms (ALDI)	3/4 cup	5	0	7	3.5	210	55	16
Peanut Butter	2 tbsn	8	2	16	3	190	152	7
red Bell Peppers	3.5 oz/ 100 g	7.6	1.4	0.2	0	189	2.3	1
Green Bell Peppers		4.6	1.7	0	0	175	3	0.86
Spinach raw	1 cup	1.1				167	24	
Cashews	1/4 c (28g)	9	1	13	2.5	160	180	5
Cauliflower	1/2 cup	3	1	0	0	160	16	1

chickpeas	1/2 can	39	8	3.5	0.3	159	311	9
Quinoa	1/2 cup cooked	20	2.6	2		159	6	4
Onion	3.5 oz/ 100 g	9.5	1.3	0.2	0	156	2.8	1.3
Strawberries	1 cup (5)	7	2	0		137	0	0
Turnips	3.5 oz/ 100 g	6	1.8	0.1	0	117	67	0.9
celery	1/2 cup	2	0.6	0	0	106	34	0.3
Sunflower kernals	1 oz / 1/4 c	2	1	11	1	97	690	6
Cucumber	1/2 cup	2	0.5	0	0	91	1	0.5
Brown Rice	1/2 cup	23	1.8	0.8	0.2	77	1	2.3
baby carrots	1/2 cup (3)	3	1	0	0	71	23	0
eggs	1	0.4	0	4.8	1.6	69	71	6.3
bacon	1 slice	0.2		4	1.4	57	193	4
Chia Seeds	1 Tbsn	5	4	4	0	48	2	2
Blackberries	1 oz	2.5				42		
Raspberries	1 cup	3.4	8			42		
Almonds	1 oz	1	3.5	2	0	35	0	1
Blueberries	1 oz	4	1			22		1
100% Wheat Bread	1 slice	12	2					
butter	1 tbsn	0	0	11.52	7.29	3.41	81	
Cabbage	100 gm	6	2.5	0.1	0		18	1.3
cod liver oil	1 tsp							
Feta crumbles	1/4 cup	1	0	6	3.5		320	8
Green Olives								
liver	1 oz	1 per oz						
olive oil	1 tbsn							
Pickles Dill	check label							
Popcorn	1 cup	6.2	1	0	0	26	0.64	
Radishes	1 inch wide	0.2	0.1	0	0	10	2	
Romaine Lettuce	1 cup (5)	1.6	1	0	0	116	8	0.6
snow peas	1 oz							
Tomatoe								
Sauerkraut	1 cup	8	5.5	0	0	321	1249	