carbohydrate foods

Choosing
carbs wisely

Fruits			
Food Item	Serving Size	Calories	Carbs (g)
Avocado	1/3 medium	55	3
Blackberries	1/2 c	37	9
Raspberries	1/2 c	31	7
Rhubarb	1 stalk	11	2
Strawberries	1/2 c, halves	35	8
Watermelon	1/2 c, diced	25	6

Vegetables			
Food Item	Serving Size	Calories	Carbs (g)
Asparagus, boiled	4 spears	14	2.5
Broccoli, cooked	1/2 c, chopped	22	4
Brussels Sprouts, cooked	1/2 c	30	7
Cabbage, cooked	1/2 c, shredded	17	3
Cauliflower, raw	3 florets	14	3
Celery	2 large stalks	20	2
Cucumber	1/2 c, sliced	7	1.5
Green Beans, cooked	1/2 c	22	5
Lettuce, iceburg	1 c, shredded	7	1
Lettuce, romaine	1 c, shredded	8	1
Mushrooms, raw	1/2 c, chopped	9	1.5
Mushrooms, cooked	1/2 c, chopped	21	4
Olives, green w/pit	10 large	45	0.5
Onions, raw	1/2 c, chopped	30	7
Peppers, green, fresh	1/2 c, chopped	20	5
Radishes	10 medium	7	1.5
Spinach, cooked	1/2 c	21	3.5
Tomato, fresh	1 medium	35	7

Beverages			
Food Item	Serving Size	Calories	Carbs (g)
Beer, light	12 oz	100	5
Coffee, black	6 oz	4	1
Liquor (e.g. whiskey)	1 oz	varies	0
Tea, unsweetened	1 bag	0	0
Wine, red	3.5 oz	74	1.8

Meat, Poultry, Eggs			
Food Item	Serving Size	Calories	Carbs (g)
Beef, ground	4 oz	varies	0
Chicken (no breading)	4 oz	varies	0
Cod	4 oz	119	0
Crab	4 oz	110	0
Egg (most preparations)	1 egg	varies	0
Flounder	4 oz	133	0
Haddock	4 oz	127	0
Ham, cooked	1 c, diced	285	0
Ham, lunch meat	2 slices	60	4
Lamb (most preparations)	varies	varies	0
Lobster	1 c	142	2
Pork (most preparations)	varies	varies	0
Salami	1 slice	60	1
Salmon	2 oz	130	1
Sausage, turkey, italian	1 link	150	1
Shrimp	3 oz	60	0
Tuna, canned in water	2 oz	60	0
Turkey, lunch meat	2 slices	50	0
Turkey breast	4 oz	260	0

Herbalife Products			
Food Item	Serving Size	Calories	Carbs (g)
Liftoff Energy Drink	1 tablet	10	4
Protein Drink Mix Shakes	2 tbsp	110	6

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