
Low Carb Diet Handbook

Universal manual for all
low-carb diet variations

DietGrail Publisher

Copyright © 2011 DietGrail Publisher
All rights reserved.

ISBN-13: 978-1466224995

ISBN-10: 1466224991

INTRODUCTION	1
LOW CARB DIET PRINCIPLES	1
MILK AND MILK PRODUCTS.....	5
MILKS AND MILK DRINKS	5
CREAMS AND CREAM SUBSTITUTES	11
MILK DESSERTS, SAUCES, GRAVIES.....	13
CHEESES.....	17
MEAT, POULTRY, FISH AND MIXTURES.....	21
BEEF.....	21
PORK.....	23
LAMB, VEAL, GAME	28
POULTRY	30
ORGAN MEATS, SAUSAGES AND LUNCHMEATS.....	37
FISH AND SHELLFISH	41
MEAT, POULTRY, FISH WITH NONMEAT ITEMS	50
FROZEN MEALS, SOUPS AND GRAVIES.....	77
EGGS	84
EGGS	84
EGG MIXTURES.....	85
EGG SUBSTITUTES	87
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS.....	88
LEGUMES	88
NUTS AND NUT MIXTURES	93
SEEDS AND SEED MIXTURES	95
GRAIN PRODUCTS.....	96
YEAST BREADS, ROLLS.....	96
QUICK BREADS	106
CAKES, COOKIES, PIES, PASTRIES.....	108
CRACKERS AND SALTY SNACKS	125
PANCAKES, WAFFLES, OTHER GRAIN PRODUCTS	129
PASTAS, COOKED CEREALS, RICE.....	130
OTHER CEREALS.....	137
FRUITS.....	159
CITRUS FRUITS, JUICES	159
DRIED FRUITS.....	162
OTHER FRUITS	163
NON-CITRUS JUICES AND NECTARS.....	171

VEGETABLES	172
WHITE POTATOES AND STARCHY VEGETABLES	172
DARK GREEN VEGETABLES	177
DEEP YELLOW VEGETABLES	183
TOMATOES AND TOMATO MIXTURES	187
OTHER VEGETABLES	190
OILS AND SALAD DRESSINGS	217
FATS	217
OILS	219
SALAD DRESSINGS	220
SUGARS, SWEETS AND BEVERAGES	222
SUGARS AND SWEETS	222
NONALCOHOLIC BEVERAGES	231
ALCOHOLIC BEVERAGES	239

Introduction

Low Carb Diet Principles

Quantity

Eat when you are hungry, stop when you are full. There is no need for counting calories.

Quality

Avoid carbohydrate-rich foods. Especially the sweet, sugary foods.

This **Low Carb Diet Handbook** is about the effective practice of low carb diet. It is not about the low carb diet theory. We highly recommend Gary Taubes's *Why We Get Fat* for the scientific theory behind the low carb diet. If you are persuaded by Taubes's argument that "***we do not get fat because we overeat; we get fat because the carbohydrates in our diet make us fat,***" then our Handbook and its companion website are exactly what you need to optimally practice the low carb diet.

What are the carbohydrate-rich foods?

Low carb diet researchers classify foods on the basis of carbohydrate content: white potato is almost 20 percent carbohydrate by weight so it is known as a 20-percent vegetable. Similarly, carrot is 10-percent and broccoli 7-percent, etc. We denote this carb rating as Carb % in our table below.

Fat	Pro	Carb	Sugar	<u>Carb %</u>	Food Name
19	7	74	1	20	White potato, boiled, with peel
5	8	87	5	10	Carrots, raw
8	27	65	2	7	Broccoli, raw

If you want to pay attention to only one number associated with a food, use this Carb % value in our handbook to help you choose foods. This means, when you wish to include vegetables in your menu, everything else being equal, choose broccoli over white potato, etc.

Introduction

How about the *sweet and sugary foods*?

Gary Taubes concludes that "***The very worst foods for us, almost assuredly, are sugars***". Again, refer to *Why We Get Fat* for a thorough discussion of the effects of sugars in diet. In practice, fruits, for example, are sweet because it contains a type of sugar called fructose. And fructose is uniquely fattening as carb. The sugar content in our low carb diet database includes all sugars in a food, such as fructose in fruits and lactose in milk, etc.

Fat	Pro	Carb	<u>Sugar</u>	Carb %	Food Name
3	3	94	15	17	Mango, raw
3	4	93	12	23	Banana, raw
3	1	96	10	14	Apple, raw

What should be extremely informative from our sugar data is that you can directly compare the sugar content of mango (15) vs. banana (12) vs. apple (10), and can immediately tell which one is the more fattening fruit. In fact, our data should confirm your sense of taste that, in general, mango is sweeter than banana and banana is sweeter than apple, etc.

What are the *Fat, Pro and Carb numbers*?

These are the percentages of calorie contribution from each of the 3 macronutrients: fat, protein and carbohydrate.

<u>Fat</u>	<u>Pro</u>	<u>Carb</u>	Sugar	Carb %	Food Name
5	8	87	5	10	Carrots, raw

Example: the 3 values for *Carrots, raw* are Carb 87%, Protein 8% and Fat 5%. This means carb contributes 87% of calories of raw carrots; protein 8% and fat 5%. For almost all food items, these values add up to 100 ($87 + 8 + 5 = 100$). The exceptions are foods and beverages that contain alcohol where alcohol contributes part or all of the foods' calories.

This set of calorie-source data provides a different perspective on the low-carb-diet quality of a food. This is what Gary Taubes describes as "***good calories***" vs. "***bad calories***". In general, calories from carb are considered bad in the low-carb diet theory.

You can use this set of numbers to help you choose low carb foods. Or if you want to also to adapt the low-carb-diet to take into account the amount of fat or protein in your diet, these numbers can be very useful.

There are plenty of free nutrition data on the internet. But there is no other nutrient database that is designed specifically for the low carb diet like ours: informative, logical, convenient and easy to use. Above all, our Handbook and online database remove the guesswork from your low carb diet.

The data in this Handbook are not opinion. They are scientifically determined facts that give you the easy insight that staring, no matter how hard, at a melon or a tomato or an avocado in the supermarket just won't reveal.

So, if you want your low-carb diet to be truly effective, you need to have DietGrail's Low Carb Diet Handbook and use its free companion website <http://dietgrail.com> . Our online Low Carb Diet database allows searching for foods by names and sorting them by sugar or carb content. It is therefore enormously useful in this regard. On the other hand, if you wish to take note or highlight favorite food items, for example, then the printed Handbook is desirable.

LOW CARB DIET HANDBOOK

MILK and MILK PRODUCTS

Milks and Milk Drinks

Fat	Pro	Carb	Sugar	Carb %	Food Name
55	6	39	7	7	Milk, human
36	26	38	5	5	Milk
49	21	30	5	5	Milk, cow's, fluid, whole
51	20	29	4	4	Milk, cow's, fluid, whole, low-sodium
49	21	30	5	5	Milk, calcium fortified, cow's, fluid, whole
21	32	47	5	5	Milk, calcium fortified, cow's, fluid, 1% fat
5	39	56	5	5	Milk, calcium fortified, cow's, fluid, skim or nonfat
36	26	38	5	5	Milk, cow's, fluid, 2% fat
21	32	47	5	5	Milk, cow's, fluid, acidophilus, 1% fat
36	26	38	5	5	Milk, cow's, fluid, acidophilus, 2% fat
21	32	47	5	5	Milk, cow's, fluid, 1% fat
2	40	58	5	5	Milk, cow's, fluid, skim or nonfat, 0.5% or less butterfat
49	21	30	5	5	Milk, cow's, fluid, filled with vegetable oil
21	32	47	5	5	Milk, cow's, fluid, lactose reduced, 1% fat
21	32	47	5	5	Milk, cow's, fluid, lactose reduced, 1% fat, fortified with calcium
2	40	58	5	5	Milk, cow's, fluid, lactose reduced, nonfat
5	39	56	5	5	Milk, cow's, fluid, lactose reduced, nonfat, fortified with calcium
36	26	38	5	5	Milk, cow's, fluid, lactose reduced, 2% fat
49	21	30	5	5	Milk, cow's, fluid, lactose reduced, whole
20	32	48	5	5	Buttermilk, fluid, nonfat
20	32	48	5	5	Buttermilk, fluid, 1% fat
32	30	38	5	5	Buttermilk, fluid, 2% fat
54	20	26	4	4	Milk, goat's, fluid, whole
2	39	59	5	5	Milk, dry, reconstituted

MILK and MILK PRODUCTS

Fat	Pro	Carb	Sugar	Carb %	Food Name
48	21	31	5	5	Milk, dry, reconstituted, whole
5	38	57	5	5	Milk, dry, reconstituted, lowfat
2	39	59	5	5	Milk, dry, reconstituted, nonfat
14	35	51	5	5	Buttermilk, dry, reconstituted
50	20	30	5	5	Milk, evaporated
50	20	30	10	10	Milk, evaporated, used in coffee or tea (assume undiluted)
50	20	30	10	10	Milk, evaporated, undiluted
50	20	30	5	5	Milk, evaporated, diluted
50	20	30	5	5	Milk, evaporated, whole
50	20	30	10	10	Milk, evaporated, whole, used in coffee or tea
50	20	30	10	10	Milk, evaporated, whole, undiluted
50	20	30	5	5	Milk, evaporated, whole, diluted
19	32	49	11	11	Milk, evaporated, 2% fat
19	32	49	11	11	Milk, evaporated, 2% fat, undiluted
19	32	49	6	6	Milk, evaporated, 2% fat, diluted
2	39	59	6	6	Milk, evaporated, skim
2	39	59	11	11	Milk, evaporated, skim, used in coffee or tea
2	39	59	11	11	Milk, evaporated, skim, undiluted
2	39	59	6	6	Milk, evaporated, skim, diluted
24	10	66	54	54	Milk, condensed, sweetened
24	10	66	54	54	Milk, condensed, sweetened, undiluted
24	10	66	31	31	Milk, condensed, sweetened, diluted
35	31	34	0	4	Milk, soy, ready-to-drink, not baby's
33	22	45	5	6	Milk, soy, ready-to-drink, not baby's, chocolate
39	15	46	5	5	Milk, imitation, fluid, non-soy, sweetened, flavors other than chocolate
10	16	74	19	19	Yogurt
22	33	45	7	7	Yogurt, plain
47	23	30	5	5	Yogurt, plain, whole milk
22	33	45	7	7	Yogurt, plain, lowfat milk

Fat	Pro	Carb	Sugar	Carb %	Food Name
3	41	56	8	8	Yogurt, plain, nonfat milk
13	23	64	14	14	Yogurt, vanilla, lemon, or coffee flavor
28	19	53	14	14	Yogurt, vanilla, lemon, or coffee flavor, whole milk
13	23	64	14	14	Yogurt, vanilla, lemon, maple, or coffee flavor, lowfat milk
2	22	76	17	18	Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk
3	33	64	8	8	Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk, sweetened with low calorie sweetener
0	13	87	15	24	Yogurt, chocolate
21	11	68	14	23	Yogurt, chocolate, whole milk
0	13	87	15	24	Yogurt, chocolate, nonfat milk
9	17	74	19	19	Yogurt, fruit variety
24	14	62	19	19	Yogurt, fruit variety, whole milk
9	17	74	19	19	Yogurt, fruit variety, lowfat milk
12	18	70	3	19	Yogurt, fruit variety, lowfat milk, sweetened with low-calorie sweetener
2	18	80	19	19	Yogurt, fruit variety, nonfat milk
3	34	63	7	8	Yogurt, fruit variety, nonfat milk, sweetened with low-calorie sweetener
23	15	62	19	19	Yogurt, fruit and nuts
23	15	62	19	19	Yogurt, fruit and nuts, lowfat milk
12	17	71	19	20	Yogurt, frozen
11	17	72	19	19	Yogurt, frozen, flavors other than chocolate
14	17	69	19	22	Yogurt, frozen, chocolate
12	17	71	19	20	Yogurt, frozen, lowfat milk
14	17	69	19	22	Yogurt, frozen, chocolate, lowfat milk
11	17	72	19	19	Yogurt, frozen, flavors other than chocolate, lowfat milk
3	15	82	17	22	Yogurt, frozen, nonfat milk
6	19	75	19	22	Yogurt, frozen, chocolate, nonfat milk
9	9	82	12	25	Yogurt, frozen, flavors other than chocolate, with sorbet or sorbet-coated
1	20	79	20	20	Yogurt, frozen, flavors other than chocolate, nonfat milk

MILK and MILK PRODUCTS

Fat	Pro	Carb	Sugar	Carb %	Food Name
7	17	76	13	20	Yogurt, frozen, chocolate, nonfat milk, with low-calorie sweetener
1	15	84	25	28	Yogurt, frozen, flavors other than chocolate, nonfat milk, with low-calorie sweetener
25	9	66	21	22	Yogurt, frozen, whole milk
25	9	66	21	22	Yogurt, frozen, chocolate, whole milk
25	9	66	21	22	Yogurt, frozen, flavors other than chocolate, whole milk
53	5	42	28	29	Yogurt, frozen, chocolate-coated
41	8	51	30	31	Yogurt, frozen, carob-coated
21	9	70	26	38	Yogurt, frozen, sandwich
36	9	55	22	31	Yogurt, frozen, cone, chocolate
25	9	66	24	32	Yogurt, frozen, cone, flavors other than chocolate
20	26	54	7	11	Yogurt, frozen, cone, flavors other than chocolate, lowfat milk
14	15	71	18	25	Yogurt, frozen, cone, chocolate, lowfat milk
24	16	60	10	12	Milk, chocolate
36	15	49	10	10	Milk, chocolate, whole milk-based
22	15	63	10	12	Milk, chocolate, reduced fat milk-based, 2% ("lowfat")
4	23	73	10	11	Milk, chocolate, skim milk-based
14	20	66	10	10	Milk, chocolate, lowfat milk-based
24	17	59	11	12	Cocoa, hot chocolate, not from dry mix, made with whole milk
52	13	35	10	10	Spanish-style hot chocolate drink, Puerto Rican style, made with milk
23	17	60	12	12	Cocoa and sugar mixture, milk added
32	15	53	12	12	Cocoa and sugar mixture, whole milk added
23	17	60	11	12	Cocoa and sugar mixture, reduced fat milk added
14	19	67	12	12	Cocoa and sugar mixture, lowfat milk added
4	21	75	11	12	Cocoa and sugar mixture, skim milk added
21	16	63	11	13	Chocolate syrup, milk added
30	14	56	11	13	Chocolate syrup, whole milk added
21	15	64	11	13	Chocolate syrup, reduced fat milk added
12	17	71	11	13	Chocolate syrup, lowfat milk added
3	19	78	11	13	Chocolate syrup, skim milk added

Fat	Pro	Carb	Sugar	Carb %	Food Name
9	7	84	10	12	Cocoa, sugar, and dry milk mixture, water added
7	17	76	3	6	Cocoa with nonfat dry milk and low calorie sweetener, mixture, water added
7	28	65	3	4	Cocoa, whey, and low calorie sweetener, mixture, fortified, water added
34	16	50	10	11	Cocoa and sugar mixture fortified with vitamins and minerals, milk added, Puerto Rican style
7	28	65	5	6	Cocoa with nonfat dry milk and low calorie sweetener, high calcium, water added
18	30	52	6	6	Cocoa, whey, and low-calorie sweetener mixture, lowfat milk added
7	31	62	3	5	Milk beverage with nonfat dry milk and low calorie sweetener, water added, chocolate
7	29	64	6	6	Milk beverage with nonfat dry milk and low calorie sweetener, water added, flavors other than chocolate
7	31	62	3	5	Milk beverage with nonfat dry milk and low calorie sweetener, high calcium, water added, chocolate
31	13	56	13	12	Milk beverage, made with whole milk, flavors other than chocolate
31	13	56	13	12	Milk, flavors other than chocolate, whole milk-based
25	18	57	10	11	Milk, malted, unfortified, made with milk
25	18	57	10	11	Milk, malted, unfortified, chocolate, made with milk
6	22	72	10	12	Milk, malted, unfortified, chocolate, made with skim milk
29	21	50	9	10	Milk, malted, unfortified, natural flavor, made with milk
23	20	57	10	11	Milk, malted, fortified, natural flavor, made with milk
25	18	57	10	11	Milk, malted, fortified, chocolate, made with milk
25	18	57	10	11	Milk, malted, fortified, made with milk
49	11	40	8	14	Eggnog, made with whole milk
39	26	35	7	6	Eggnog, made with 2% reduced fat milk
32	9	59	17	20	Milk shake
31	9	60	19	20	Milk shake, homemade or fountain-type
31	9	60	18	21	Milk shake, homemade or fountain-type, chocolate
31	7	62	14	21	Milk shake, homemade or fountain-type, flavors other than chocolate
31	10	59	20	22	Milk shake with malt
7	14	79	20	22	Milk shake, made with skim milk, chocolate

MILK and MILK PRODUCTS

Fat	Pro	Carb	Sugar	Carb %	Food Name
3	14	83	21	22	Milk shake, made with skim milk, flavors other than chocolate
33	10	57	16	20	Carry-out milk shake
26	10	64	19	21	Carry-out milk shake, chocolate
39	9	52	14	20	Carry-out milk shake, flavors other than chocolate
17	13	70	11	13	Milk fruit drink
2	26	72	13	15	Orange Julius
14	7	79	17	20	Fruit smoothie drink, made with fruit or fruit juice and dairy products
9	5	86	15	18	Fruit smoothie drink
7	6	87	9	11	Chocolate-flavored drink, whey- and milk-based
7	6	87	9	11	Flavored milk drink, whey- and milk-based, flavors other than chocolate
25	12	63	9	9	Cafe con leche prepared with sugar
19	24	57	13	13	Instant breakfast, fluid, canned
19	24	57	13	13	Instant breakfast, powder, milk added
28	31	41	8	7	Instant breakfast, powder, sweetened with low calorie sweetener, milk added
18	20	62	11	11	Diet beverage, liquid, canned
7	40	53	8	8	Diet beverage, powder, reconstituted with skim milk
18	20	62	11	11	Meal supplement or replacement, commercially prepared, ready-to-drink
23	16	61	13	16	High calorie beverage, canned or powdered, reconstituted
21	24	55	13	13	Meal supplement or replacement, milk-based, high protein, liquid
8	39	53	5	5	Meal replacement formula, Cambridge diet, reconstituted, all flavors
2	39	59	52	52	Milk, dry, not reconstituted, NS as to whole, lowfat, or nonfat
48	21	31	38	38	Milk, dry, whole, not reconstituted
4	39	57	52	52	Milk, dry, lowfat, not reconstituted
2	39	59	52	52	Milk, dry, nonfat, not reconstituted
14	35	51	49	49	Buttermilk, dry, not reconstituted
3	14	83	74	74	Whey, sweet, dry
9	7	84	72	84	Cocoa (or chocolate) with dry milk and sugar, dry mix, not reconstituted

GRAIN PRODUCTS

Fat	Pro	Carb	Sugar	Carb %	Food Name
29	12	59	10	41	Waffle, oat bran
37	11	52	4	36	Waffle, multi-bran
1	17	82	22	50	Waffle, plain, fat free
7	11	82	21	48	Waffle, plain, lowfat
35	14	51	7	31	French toast, plain
50	6	44	19	41	French toast sticks, plain
28	7	65	32	44	Bread fritters, Puerto Rican style (Torrejas, Galician fritters)
45	16	39	5	22	Crepe, plain
2	8	90	0	45	Flour and water patty
3	11	86	0	17	Flour and water gravy
18	14	68	2	43	Flour and milk patty
57	6	37	2	34	Dumpling, fried, Puerto Rican style
23	11	66	1	20	Dumpling, plain
2	8	90	0	51	Cake made with glutinous rice
3	13	84	2	56	Cake or pancake made with rice flour and/or dried beans
2	17	81	2	38	Cake made with glutinous rice and dried beans
47	11	42	4	32	Funnel cake

Pastas, Cooked Cereals, Rice

5	15	80	1	31	Macaroni, cooked
5	15	80	1	31	Macaroni, cooked, fat not added in cooking
20	13	67	1	30	Macaroni, cooked, fat added in cooking
4	16	80	1	26	Macaroni, whole wheat, cooked
4	16	80	1	26	Macaroni, whole wheat, cooked, fat not added in cooking
21	13	66	1	26	Macaroni, whole wheat, cooked, fat added in cooking
4	14	82	0	27	Macaroni, cooked, spinach
4	14	82	0	27	Macaroni, cooked, spinach, fat not added in cooking
23	11	66	0	26	Macaroni, cooked, spinach, fat added in cooking
1	14	85	1	27	Macaroni, cooked, vegetable
1	14	85	1	27	Macaroni, cooked, vegetable, fat not added in cooking
21	11	68	1	26	Macaroni, cooked, vegetable, fat added in cooking

Fat	Pro	Carb	Sugar	Carb %	Food Name
14	13	73	0	25	Noodles, cooked
14	13	73	0	25	Noodles, cooked, fat not added in cooking
27	11	62	0	24	Noodles, cooked, fat added in cooking
10	16	74	0	23	Noodles, cooked, whole wheat
4	16	80	1	26	Noodles, cooked, whole wheat, fat not added in cooking
11	15	74	0	24	Noodles, cooked, spinach
4	14	82	0	24	Noodles, cooked, spinach, fat not added in cooking
25	13	62	0	23	Noodles, cooked, spinach, fat added in cooking
51	6	43	0	58	Noodles, chow mein
0	0	100	0	21	Long rice noodles (made from mung beans) cooked
0	0	100	0	21	Long rice noodles (made from mung beans), cooked, fat not added in cooking
25	0	75	0	20	Long rice noodles (made from mung beans), cooked, fat added in cooking
4	6	90	0	23	Chow fun rice noodles, cooked
4	6	90	0	23	Chow fun rice noodles, cooked, fat not added in cooking
23	5	72	0	23	Chow fun rice noodles, cooked, fat added in cooking
5	15	80	1	31	Spaghetti, cooked
5	15	80	1	31	Spaghetti, cooked, fat not added in cooking
20	13	67	1	30	Spaghetti, cooked, fat added in cooking
5	15	80	1	31	Spaghetti, cooked, high protein type (assume no fat added)
4	16	80	1	26	Spaghetti, cooked, whole wheat
4	16	80	1	26	Spaghetti, cooked, whole wheat, fat not added in cooking
21	13	66	1	26	Spaghetti, cooked, whole wheat, fat added in cooking
15	16	69	0	11	Cereal, cooked
15	16	69	0	10	Cereal, cooked, instant, NS as to grain
3	7	90	0	28	Barley, cooked
3	7	90	0	28	Barley, cooked, fat not added in cooking
6	13	81	1	20	Buckwheat groats, cooked
6	13	81	1	20	Buckwheat groats, cooked, fat not added in cooking