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## 15 Grams of Healthy NET Carbs

These are 15 gram portions of net carbs (meaning carb content minus fiber content) of whole foods. With processed and refined foods, you can read labels. Subtract the fiber from the carbs to get the net carb amount.

### **Cooked starchy vegetables, 15 grams:**

- 1/2 cup Acorn Squash, Cassava, Corn, Green Peas, Lima Beans, Lotus Root, Turnips, Yucca
- 2/3 cup Butternut Squash, Parsnip, Pumpkin
- 1 cup Beets, Carrots, Leeks, Okra, Pumpkin, Spaghetti Squash
- 1/2 medium Potato, Sweet Potato, Yam
- 1/4 Rutabaga

### **Non-starchy veggies, too low to bother counting carb content!**

*These are usually less than 5 grams of net carbs per cup, and have lots of great fiber to feed good gut microbes!*

Arugula, Asparagus, Bamboo shoots, Bean sprouts, Beet greens, Bell peppers (red, green, yellow), Broccoli, Brussels sprouts, Butterbur, Cabbage, Carrots (raw), Cauliflower, Celeriac, Celery, Chives, Collard greens, Cucumber, Dandelion greens, Eggplant, Endive, Fennel, Garlic, Ginger root, Green beans, Hearts of palm, Jicama (raw), Jalapeno peppers, Kale, Kohlrabi, Lamb's quarter, Lettuce, Mushrooms, Mustard greens, Onions, Parsley, Peppers (sweet green, red and yellow), Radishes, Radicchio, Snap beans, Snow peas, Shallots, Spinach, Summer squash (crookneck, scallop, straightneck, zucchini), Swiss chard, Taro (leaves or shoots), Turnip greens, Watercress. There are more, but this list covers the most common.

### **Milk (dairy) foods, 15 grams:**

- 1 and 1/4 cup milk (whole, 2%, or fat-free)
- 1 and 1/4 cup whole milk yogurt
- 3/4 cup reduced fat yogurt (*reduced fat yogurt has more carbs compared to whole milk!*)

**Whole beans and grains, 15 grams:**

Most whole beans (legumes) and grains contain 15 grams of carbs in a 1/3 cup serving. This is more of a condiment amount than a whole-plate amount. Exceptions:

- 1/2 cup Wild Rice
- 2/3 cup Whole Oats
- 2.5 cups Popcorn
- 1/4 cup Miso
- 1/2 cup Natto
- 1 cup Soymilk, unsweetened
- 1/2 cup Tempeh
- 1 cup Tofu

**Fresh fruit, 15 grams:**

1 small Apple, 3/4 cup unsweetened Applesauce, 2 medium Apricots, 1 Avocado, 1/2 Banana, 1 cup Berries, Cherries, or Cranberries, 2 Figs, 1/2 Grapefruit, 15 Grapes, 1 large Kiwi, 3 Lemons, 2 Limes, 1/2 Mango, 1 cup Melon, 1 Nectarine, 1 Orange, 1 Peach, 2 Tangerines, 1/2 Papaya, 1/2 large Pear, 2 Persimmons, 3/4 cup Pineapple, 2 Plums, 1/3 cup cooked Plantains, 1/2 cup Pomegranate, 1 Tomato.

**Dried fruit adds up quickly! 15 grams:**

3 rings dried Apple, 7 halves dried Apricots, 1 TBSP dehydrated banana, 2 TBS Zante Currants, 2 Dates, 1 fig, 2 halves Peaches, 1/2 dried Pear, 2 TBS raisins, 1/6 oz Sun-dried Tomato

**Nuts, seeds, and their butters, 5 gram portions:**

*While nuts and seeds are high in fat and protein, they are plants, and they still contain carbohydrate. These portions contain about 5 grams of net carbs:*

- Between 1/4 – 1/3 cup of Nuts or Seeds
- About 2 TBS of Nut or Seed Butter