

Food **Portion** **Carbs****Beef**

| | | |
|---------------------|------|-----|
| Brisket | 6 oz | 0.0 |
| Chuck | 6 oz | 0.0 |
| Chuck Eye Steak | 6 oz | 0.0 |
| Corned Brisket | 6 oz | 0.0 |
| Cubed Steak | 6 oz | 0.0 |
| Eye Round | 6 oz | 0.0 |
| Flank Steak | 6 oz | 0.0 |
| Ground Chuck/Round | 6 oz | 0.0 |
| London Broil | 6 oz | 0.0 |
| Prime Rib | 6 oz | 0.0 |
| Rib Eye Roast/Steak | 6 oz | 0.0 |
| Shell Steak | 6 oz | 0.0 |
| Short Ribs | 6 oz | 0.0 |
| Sirloin Steak | 6 oz | 0.0 |
| Skirt Steak | 6 oz | 0.0 |
| Tenderloin | 6 oz | 0.0 |
| Top Loin | 6 oz | 0.0 |

Veal

| | | |
|-------------------|------|-----|
| Breast | 6 oz | 0.0 |
| Chop, Loin or Rib | 6 oz | 0.0 |
| Cutlet | 6 oz | 0.0 |
| Ground | 6 oz | 0.0 |
| Loin | 6 oz | 0.0 |
| Round Steak | 6 oz | 0.0 |
| Scallops | 6 oz | 0.0 |
| Shank | 6 oz | 0.0 |
| Shoulder | 6 oz | 0.0 |
| Stew Meat | 6 oz | 0.0 |

Goat

| | | |
|-------|------|-----|
| Roast | 6 oz | 0.0 |
|-------|------|-----|

Food **Portion** **Carbs****Lamb**

| | | |
|-------------------|------|-----|
| Chop, Loin or Rib | 6 oz | 0.0 |
| Ground | 6 oz | 0.0 |
| Leg | 6 oz | 0.0 |
| Roast | 6 oz | 0.0 |
| Shoulder | 6 oz | 0.0 |
| Stew Meat | 6 oz | 0.0 |

Pork

| | | |
|---------------------|------|-----|
| Bacon, Slab, Sliced | 3 sl | 0.5 |
| Canadian Bacon | 3 sl | 1.4 |
| Chop, Center Cut | 6 oz | 0.0 |
| Chop, Loin | 6 oz | 0.0 |
| Ground | 6 oz | 0.0 |
| Ham | 6 oz | 0.0 |
| Loin Roast | 6 oz | 0.0 |
| Spare Ribs | 6 oz | 0.0 |
| Stew Meat | 6 oz | 0.0 |
| Tenderloin | 6 oz | 0.0 |

Game Meats

| | | |
|-----------------|------|-----|
| Beefalo | 6 oz | 0.0 |
| Buffalo (Bison) | 6 oz | 0.0 |
| Rabbit | 6 oz | 0.0 |
| Venison | 6 oz | 0.0 |

Sausages

| | | |
|--------------------------|--------|-----|
| Andouille, Pork | 1 link | 0.5 |
| Beef | 2 oz | 0.2 |
| Beef & Pork | 1 link | 1.1 |
| Breakfast, Pork | 1 link | 0.0 |
| Bulk, Pork | 3 oz | 0.0 |
| Chicken & Turkey/Gruyère | 2 oz | 0.0 |

Food **Portion** **Carbs**

| | | |
|--------------|------|-----|
| Chorizo | 2 oz | 1.1 |
| Italian, Hot | 2 oz | 0.7 |

Fish

| | | |
|---------------------------------|------|-----|
| Anchovies Canned in Oil / Fresh | 6 oz | 0.0 |
| Bass, all varieties | 6 oz | 0.0 |
| Blackfish (Taurog) | 6 oz | 0.0 |
| Bluefish | 6 oz | 0.0 |
| Butterfish | 6 oz | 0.0 |
| Carp | 6 oz | 0.0 |
| Catfish | 6 oz | 0.0 |
| Cod, fresh | 6 oz | 0.0 |
| Cod, dried, salted | 3 oz | 0.0 |
| Eel | 6 oz | 0.0 |
| Flounder | 6 oz | 0.0 |
| Grouper | 6 oz | 0.0 |
| Haddock (Scrod) Fresh / Smoked | 6 oz | 0.0 |
| Halibut | 6 oz | 0.0 |
| Herring Cured / Fresh | 2 oz | 0.0 |
| John Dory (St. Peter's Fish) | 6 oz | 0.0 |
| Kingfish (King Mackerel) | 6 oz | 0.0 |
| Mackerel | 6 oz | 0.0 |
| Mahi-mahi | 6 oz | 0.0 |
| Monk Fish | 6 oz | 0.0 |
| Orange Roughy | 6 oz | 0.0 |
| Perch | 6 oz | 0.0 |
| Pike, Wall-Eyed & Yellow | 6 oz | 0.0 |
| Sablefish (Black Cod) | 6 oz | 0.0 |
| Salmon/Canned/Fresh/Smoked | 6 oz | 0.0 |
| Sardines, Canned | | |
| In Mustard Sauce | 6 oz | 0.0 |
| In Tomato Sauce | 6 oz | 0.8 |
| In Oil | 6 oz | 0.0 |
| Shark, Blue & Mako | 6 oz | 0.0 |

| Food | Portion | Carbs | Food | Portion | Carbs | Food | Portion | Carbs |
|----------------------------|----------------|--------------|---------------------------------------|----------------|--------------|-----------------------------------|----------------|--------------|
| Snapper/Red Snapper | 6 oz | 0.0 | | | | | | |
| Sole | 6 oz | 0.0 | Other Poultry | | | Havarti | 1 oz | 0.0 |
| Swordfish | 6 oz | 0.0 | Goose, Roasted, unstuffed | 6 oz | 0.0 | Limburger | 1 oz | 0.1 |
| Tilapia | 6 oz | 0.0 | Ostrich Top Loin "Steak" | 6 oz | 0.0 | Manchego | 1 oz | 0.0 |
| Tile Fish | 6 oz | 0.0 | Pheasant, Roasted, unstuffed | 6 oz | 0.0 | Mascarpone | 1 oz | 0.0 |
| Trout, all varieties | 6 oz | 0.0 | | | | Maytag Blue | 1 oz | 0.6 |
| Tuna, canned | 6 oz | 0.0 | Turkey | | | Monterey Jack | 1 oz | 0.2 |
| Tuna, fresh | 6 oz | 0.0 | "Bacon" | 2 oz | 1.8 | Mozzarella Fresh Balls | 1 oz | 0.0 |
| Turbot | 6 oz | 0.0 | "Bacon" Bits | 1 T | 0.0 | Muenster | 1 oz | 0.3 |
| Whitefish | | | Breast | 6 oz | 0.0 | Parmesan, chunk | 1 oz | 0.9 |
| Fresh | 6 oz | 0.0 | Drumsticks | 6 oz | 0.0 | Parmigiano-Reggiano, grated | 1 T | 0.0 |
| Smoked | 6 oz | 0.0 | Ground | 6 oz | 0.0 | Provolone | 1 oz | 0.6 |
| | | | Wings | 6 oz | 0.0 | Queso Blanco | 1 oz | 0.0 |
| Shellfish | | | Deli, Luncheon and Cured Meats | | | Raclette | 1 oz | 0.0 |
| Crab | | | Pancetta | 3 oz | 0.0 | Roquefort | 1 oz | 0.6 |
| Cooked | 6 oz | 0.0 | Pastrami, Beef | 1 sl | 0.6 | Romano, chunk | 1 oz | 1.0 |
| Crabmeat, Canned, drained | 6 oz | 0.0 | Pepperoni | 6 oz | 0.0 | Romano, grated | 1 T | 0.0 |
| Crawfish, SHRIMP | 6 oz | 0.0 | Pork Roll | 5 sl | 0.6 | Stilton | 1 oz | 0.0 |
| Lobster Broiled, unstuffed | 1 ea | 1.5 | Prosciutto | 6 oz | 0.0 | Cottage Cheese | | |
| Shrimp | 3.5 oz | 0.2 | "Bologna," sliced | 2 sl | 0.0 | NONE | | |
| | | | Turkey Breast, Roasted, sliced | 2 sl | 0.0 | Cream Cheese | | |
| Chicken | | | | | | NONE | | |
| Breast | 6 oz | 0.0 | Cheese | | | Burger King® | | |
| Capon, Roast | 6 oz | 0.0 | Appenzeller | 1 oz | 0.0 | Whopper Patty | 1 ea | 0.0 |
| Drumstick | 6 oz | 0.0 | Blue Cheese, crumbled | 2 T | 0.4 | KFC® | | |
| Ground | 6 oz | 0.0 | Brie | 1 oz | 0.1 | Grilled Chicken, Breast or Thighs | 1 ea | 0.0 |
| Leg | 6 oz | 0.0 | Camembert | 1 oz | 0.1 | Outback® | | |
| Roast | 6 oz | 0.0 | Cheddar | 1 oz | 0.4 | Outback Special Steak | 6 oz | 0.0 |
| Rock Cornish Hen | 8 oz | 0.0 | Colby | 1 oz | 0.7 | Applebee's® | | |
| Thighs | 6 oz | 0.0 | Emmentaler | 1 oz | 0.0 | New York Strip Steak w/o sides | 12 oz | <1.0 |
| Wings | 6 oz | 0.0 | Fontina | 1 oz | 0.4 | Pappa's BBQ | | |
| | | | Goat, Aged | 1 oz | 0.6 | Beef Brisket | 8 oz | 0.0 |
| Duck | | | Goat, Soft (Chèvre) | 1 oz | 0.3 | Pulled Pork | 8 oz | 0.0 |
| Breast | 6 oz | 0.0 | Gouda | 1 oz | 0.6 | Chopped Beef | 8 oz | 0.0 |
| Leg | 6 oz | 0.0 | Gruyère | 1 oz | 0.1 | | | |
| Roasted | 6 oz | 0.0 | | | | | | |