



# Lowest in Carbs Whole Food Plant Based Foods List

## 1. Non-Starchy Vegetables:

- Spinach (1 cup): 1 gram of carbs
- Kale (1 cup): 7 grams of carbs
- Broccoli (1 cup): 6 grams of carbs
- Cauliflower (1 cup): 5 grams of carbs
- Bell Peppers (1 medium-sized): 6 grams of carbs
- Zucchini (1 medium-sized): 6 grams of carbs

## 2. Leafy Greens:

- Romaine Lettuce (1 cup): 2 grams of carbs
- Swiss Chard (1 cup): 3 grams of carbs
- Arugula (1 cup): 2 grams of carbs
- Collard Greens (1 cup): 5 grams of carbs
- Watercress (1 cup): 1 gram of carbs

## 3. Cruciferous Vegetables:

- Brussels Sprouts (1 cup): 8 grams of carbs
- Cabbage (1 cup): 5 grams of carbs
- Bok Choy (1 cup): 2 grams of carbs
- Radishes (1 cup): 4 grams of carbs
- Turnips (1 cup): 7 grams of carbs

## 4. Berries:

- Strawberries (1 cup): 12 grams of carbs
- Blueberries (1 cup): 21 grams of carbs
- Raspberries (1 cup): 15 grams of carbs
- Blackberries (1 cup): 14 grams of carbs
- Cranberries (1 cup): 12 grams of carbs

## 5. Protein Sources:

- Tempeh (1 cup): 9 grams of carbs
- Tofu (1/2 cup): 2 grams of carbs
- Edamame (1/2 cup): 6 grams of carbs
- Hemp Seeds (2 tablespoons): 2 grams of carbs
- Chia Seeds (2 tablespoons): 12 grams of carbs

## 6. Nuts and Seeds:

- Almonds (1 ounce): 6 grams of carbs
- Walnuts (1 ounce): 4 grams of carbs
- Flaxseeds (2 tablespoons): 3 grams of carbs
- Pumpkin Seeds (1 ounce): 5 grams of carbs
- Sunflower Seeds (1 ounce): 6 grams of carbs

\*\*\*\*Please see nutrition info on separate document for Legumes: Important Protein, carb and fat content for a WFPB lifestyle.