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	Calories	Fat (g)	Carbs (g)	Fiber (g)	Net carbs	Protein (g)
Asparagus, cooked, 1 cup	46	2	6	4	2	5
Beans, cooked (black, kidney, chick peas, lentils) 0.25 cup	55	0	10	3	7	4
Beans, green, cooked, 1 cup	34	5	8	4	4	2
Blueberries, raw, whole, 0.25 cup	21	0	5	1	4	0
Broccoli, cooked, chopped, 0.5 cup	27	0	6	3	3	2
Brussel Sprouts, raw, 1 cup	38	0	8	3	5	3
Cabbage, green, raw, shredded, 4 oz.	23	0	5	2	3	1
Carrots, baby, raw, 2 oz.	20	0	6	2	4	0
Cauliflower, cooked, 1 cup	28	0	6	2	4	2
Celery, raw, chopped, 1 cup	36	0	7	4	3	2
Cucumber, raw, sliced, 10 oz.	29	0	6	2	4	1
Eggplant, raw, 6 oz.	33	0	8	5	3	1
Garlic, 6 cloves	24	0	6	0	6	0
Green beans, cooked, 0.5 cup	22	0	5	1	4	1
Kale, raw, chopped, 2 oz.	28	0	6	1	5	2
Lemon juice, 1 tbsp.	3	0	1	0	1	0
Lettuce, any green leaf, shredded, 3 cups	24	0	6	3	3	3
Lettuce, iceberg, shredded, 3 cups	24	0	6	3	3	0
Lettuce, Romaine shredded, 3 cups	24	0	6	3	3	3
Lime juice, 1 tbsp.	3	0	1	0	1	0
Mushrooms, button, raw, 6 oz.	37	1	6	2	4	5
Mushrooms, Portabella, raw, 4 oz.	29	0	6	2	4	3
Onion, green, 0.5 cup	16	0	4	1	3	1
Onion, white, raw, 0.5 cup	33	0	7	1	6	1
Pepper, Bell, raw, 4 oz.	23	0	5	2	3	0
Potato, white, cooked, 0.5 cup	95	4	13	2	11	1
Raspberries, raw, whole, 0.5 cup	32	0	7	4	3	1
Rice, white, cooked, 0.25 cup	51	0	11	0	11	1
Shallots, chopped, 2 tbsp.	14	0	4	0	4	0
Spinach, cooked, from frozen, 5 oz.	57	3	5	3	2	4
Spinach, raw, 6 oz.	38	1	6	4	2	1
Squash, Spaghetti, cooked, 1 cup	75	0	10	2	8	1
Squash, summer, cooked, sliced, 1 cup	36	0	8	3	5	2
Strawberries, raw, whole, 0.5 cup	23	0	6	2	4	0
Swiss Chard, chopped coarse, 3 cups	21	0	4	2	2	2
Tomato sauce, 0.5 cup	40	0	8	2	6	2
Tomato, raw, 6 oz.	31	0	7	2	5	1
Turnips, raw, 4 oz.	32	0	7	2	5	1

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Vegetables and legumes/beans

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Use small amounts

Only sometimes and in small amounts





LOW CARB Food List

FOODS WITH ALMOST NO CARBOHYDRATES

MYFOODDATA

Top 10 Foods Highest in Carbohydrates (To Limit or Avoid)

300g of Carbs = 100% of the Daily Value (%DV)

<p>1 Fast Foods (Hot Cakes with Syrup)</p>  <p>34% DV (101.8g) carbs per 3 pancakes 15% DV (46.1g) per 100 grams</p>	<p>2 Soft Pretzels</p>  <p>34% DV (101.6g) carbs in 1 large 24% DV (71g) per 100 grams</p>
<p>3 Ready to Eat Cereals (Famila)</p>  <p>30% DV (90g) carbs per cup 25% DV (73.8g) per 100 grams</p>	<p>4 Milkshakes</p>  <p>29% DV (86.1g) carbs per 12oz cup 9% DV (25.6g) per 100 grams</p>
<p>5 Cereal Bars (Nutri-Grain)</p>  <p>28% DV (84.4g) carbs per bar 24% DV (72.8g) per 100 grams</p>	<p>6 Cake with Frosting</p>  <p>27% DV (79.7g) carbs per slice 18% DV (55.4g) per 100 grams</p>
<p>7 Canned Fruits (Sweetened Peaches)</p>  <p>22% DV (67.2g) carbs per cup 8% DV (25.3g) per 100 grams</p>	<p>8 Sugary Drinks (Cream Soda)</p>  <p>22% DV (65.7g) carbs per 16oz bottle 4% DV (13.3g) per 100 grams</p>
<p>9 Snacks (Corn Chips)</p>  <p>17% DV (50.5g) carbs per cup 19% DV (57.4g) per 100 grams</p>	<p>10 Candies (Jelly Gumdrops)</p>  <p>12% DV (35.6g) carbs per 10 pieces 33% DV (98.9g) per 100 grams</p>

Carbohydrates foods list uk. Carbohydrates food list chart. Carbohydrates foods list for weight loss. Carbohydrates foods list in urdu. Carbohydrates foods list for bodybuilding. Carbohydrates foods list for weight gain. Carbohydrates food list in hindi. Carbohydrates food list with pictures.

If you are about to stay aware of your calorie intake, keep the size of the portion to mind when you enjoy these fruits. They also contain minerals, including potassium, magnesium, phosphorus and calcium. raisins also a good source of antioxidants.12. The Providence hospital system recommends enjoying salmon with steamed spinach (800 mg potassium per cup) and roasted acorn pumpkin (900 mg potassium per cup) for a healthy dinner rich in nutrients. But what fruits and vegetables should you contact to enhance potassium intake? A 2010 study on rats indicated that Quinoa can help you control even blood sugar levels.5. RiceBown Brown rice is a common contour and a healthy alternative to white rice. A cup of cooked integral rice has 36 g of carbohydrates. This grain is also rich in antioxidants.6. Oats are one of the healthiest and most versatile integral cereals. Photo of courtesy: Ben McCANA / Getty Images, of course, the nutritional benefits of Salmon do not end there. Sweet potatoes are an excellent source of potassium study and vitamins A and C.A 2015, found that some of the carbohydrate molecules in the sweet purple potato can also have antioxidant benefits and antitumor.2. Beets or beetroots, or beetroot, are a vegetable sweet and purple root that people can eat raw or cooked. A raw beetroot cup has 13 g of carbohydrates. Date is many varieties of date, and are naturally sweet to use as a sweet snack or dessert. There are 17.99 g of carbohydrates on a pitted medjool date. The consumption of white or dark renal beans can improve inflammation in the colon.14. The institution further observes that "better getting potassium from foods instead of potassium supplements ... because it is easy to get too mineral. These fatty acids start hormonal production. Lower and regulate blood coagulation, and they can even lower the risk of heart disease and stroke. It is also considered a one Source of omega-3 fatty acids, which are essential fats that our bodies need, but, in the same way to potassium, they can't make you. This means that we must eat omega-3 rich foods to enjoy their wide variety of positive health effects. They are also rich in copper and iron, that your body uses to produce hemoglobin - a protein that bears the necessary oxygen to your organs and fabrics. Almost every type of cell in our bodies requires potassium somehow, and the mineral also facilitates everything from a proper digestion of macronutrienti at healthy blood pressure levels. It also provides a good quantity of vitamin C.Catching to a 2007 study, the corn is advantageous for blood sugar levels and high pressure rights. Guide and pseudgrains, which are the seeds of the boldleaf plants, are large sources of carbohydrates. They are one of the most common beans to include in the diet. A cup of kidney beans has 21 g of carbohydrates. If you are looking for a quick way to increase your consumption of nutrients, it's easy to add a service or two of these green green leaf robust to the dinner plate. They are also a good source of protein à €

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