

The lists have had to be updated from the original red book lists due to the changing landscape of LCHF. In an attempt to help clear up the confusion, there are four main lists with a banned list at the end. The Green and Red lists have been simplified and divided to more accurately depict food values.

NOTES

- All amounts on these lists are net carbs, raw weight, and depict carbs per 100g.
- Some foods have been moved to adhere strictly to the net carb grams per 100 grams rule (e.g. balsamic vinegar at 3g per tablespoon is okay, but over 100g would significantly overshoot the less than 5g/100 rule for Green or Gold listing). The same applies for spices such as garlic and black pepper on the Red list.
- Banned foods are unhealthy and should be avoided, no matter what the carb count is.

GUIDE TO THE NEW LISTS

GREEN LIST	Eat freely: 0-5g/100g net carbs.
GOLD LIST	Mainly protein and fat. Energy-dense foods. Carbs = 0-5g/100. Exercise portion control, excess may prevent weight loss. Eat dairy frugally as it is insulinogenic and obesogenic.
ORANGE LIST	Wholefoods from 5.1-25g/100g to be counted into daily carb „budget“. Higher carb foods, may suit a Paleo/Primal approach to LCHF.
RED LIST	High-carb foods >25.1g/100g. Mostly wholefoods may not be suitable for LCHF or weight loss. Paleo enthusiasts may still wish to use some of these foods.
BANNED LIST	Substances regarded as either harmful to the body, are damaged due to processing, synthetic, not wholefoods, or may present health problems. Carb counts are irrelevant – it’s a never-ever list.

These new lists supersede the old lists – they are fully updated, and these may now be used as updated Real Food Low-Carb lists. Stick mainly to the Green and Gold lists (0-5/100g), with some restraint needed from the Gold list. The new colour coding will help you to not overeat without realising it. Eat from the Green and Gold lists daily – choose more sensibly from the Gold list. Eat from South Africa’s rugby colours – Green and Gold – daily.

SUMMARY

GREEN	Eat all you like	<5g/100g
GOLD	Eat in moderation	<5/100g (energy dense)
ORANGE	Wholefoods	5.1g-25g/100g (higher in carbs)
RED	Wholefoods	>25.1g/100 (high-carb foods)
BANNED	Unhealthy, harmful, processed – forget the carbs, these are out!	

NOTES

Food in its raw state is very different in nutritional value to its fermented, cooked, baked, boiled, stewed or fried state. There are also many different varieties of the same food. For example: 100g of potatoes with skin and flesh raw is approximately 15.39g net carbs (and this is just one variety of potato), but when you bake this same potato with skin and flesh together, the net carbs increase to 18.95g; microwave the same potato and the net carbs soar to 21.94g carbs. (Of course, we know you won’t do anything as unhealthy as microwaving, will you?). This holds true for most foods.

Food in different forms and under different circumstances changes some of the values of that food slightly. The length of time fruit is left to ripen on the tree, how long it’s kept in the fridge, how it’s packaged, where it is farmed; these all change its nutritional value. We can only give estimates according to data put out by the USDA and other reliable institutions.

The lists are created based on raw nutritional information and cannot ever be 100 per cent accurate because no two apples have exactly the same nutritional value. We could not possibly provide a list of foods for every conceivable variety of squash or every type of cooked or raw vegetable either. We have elected to categorise foods in their raw state, as this is more consistent than using their cooked or baked weight, and include only the most common foods. Obscure foods take up space and become overwhelming – there are online sources for these.

Green 0-5g net carbs per 100g (eat freely)	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Fruit and vegetables							
Alfalfa sprouts	23	3,999	0,69	2,1	1,9	0,2	0,2
Asparagus	20	2,2	0,12	3,88	2,1	1,78	1,88
Aubergine (eggplant)	25	0,98	0,18	5,88	3	2,88	3,53
Avocado	160	2	14,66	8,53	6,7	1,83	0,66
Bamboo shoots	27	2,6	0,3	5,2	2,2	3	3
Basil	23	3,15	0,64	2,65	1,6	1,05	0,3
Bean sprouts, mung beans	30	3,04	0,18	5,94	1,8	4,14	4,13
Beans, green, snap	31	1,83	0,22	6,97	2,7	4,27	3,26
Beet greens	22	2,2	0,13	4,33	3,7	0,63	0,5
Blackberries	43	1,39	0,49	9,61	5,3	4,31	4,88
Broccoli	34	2,82	0,37	6,64	2,6	4,04	1,7
Cabbage, white	24	1,21	0,18	5,37	2,3	3,07	3
Cauliflower	25	1,92	0,28	4,97	2	2,97	1,91
Celery	16	0,69	0,17	2,97	1,6	1,37	1,34
Chard	19	1,8	0,2	3,74	1,6	2,14	1,1
Chicory greens	23	1,7	0,3	4,7	4	0,7	0,7
Chives	30	3,277	0,73	4,35	2,5	1,85	1,85
Cress, garden	32	2,6	0,7	5,5	1,1	4,4	4,4
Cucumber with skin	15	0,655	0,11	3,63	0,5	3,13	1,67
Dill	43	3,466	1,12	7,02	2,1	4,92	0
Dill pickles (note: pickle juice can contain sugar), cucumber, dill	12	0,5	0,3	2,41	1	1,41	1,07
Endive	17	1,25	0,2	3,35	3,1	0,25	0,25
Fennel bulb	31	1,244	0,2	7,3	3,1	4,2	3,93
Gem squash	15,97	2,9	1,5	3,4	1,1	2,3	1,7
Kimchi, cabbage	15	1,1	0,5	2,4	1,6	0,8	1,06
Kohlrabi	27	1,7	0,1	6,2	3,6	2,6	2,6
Lettuce	15	1,36	0,15	2,87	1,3	1,57	0,78
Mangetout (flat pod, no peas inside)	38	4	0	4	2	2	2
Mushrooms, maitake	31	1,94	0,19	6,97	2,7	4,27	2,07
Mushrooms, oyster	33	3,31	0,41	6,09	2,3	3,79	1,11
Mushrooms, white	22	3,09	0,34	3,26	1	2,26	1,98
Mustard greens	27	2,86	0,42	4,67	3,2	1,47	1,32
Okra	33	1,93	0,19	7,45	3,2	4,25	1,48
Olives, green	145	1,03	15,32	3,84	3,3	0,54	0,54
Parsley	36	2,97	0,79	6,33	3,3	3,03	0,85
Pattypans	18	1,2	0,2	3,84	1,2	2,64	2,39
Peppers, green	20	0,86	1,7	4,64	1,7	2,94	2,4
Peppers, red	31	0,99	0,3	6,03	2,1	3,93	4,2
Pok choi	13	1,5	0,2	2,18	1	1,18	1,18
Radicchio	23	1,43	0,25	4,48	0,9	3,58	0,6
Radish	16	0,68	0,1	3,4	1,6	1,8	1,86
Rhubarb	21	0,9	0,2	4,54	1,8	2,74	1,1
Rocket (arugula)	25	2,58	0,66	3,65	1,6	2,05	2,05

Green 0-5g net carbs per 100g (eat freely)	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Sauerkraut	90	0,91	0,14	4,28	2,9	1,38	1,78
Scallions, spring onions	32	1,83	0,19	7,34	2,6	4,74	2,33
Seaweed	26	5,92	0,39	2,42	0,4	2,02	0,3
Spearmint, fresh	44	3,29	0,73	8,41	6,8	1,61	-
Spinach	23	2,86	0,39	3,63	2,2	1,43	0,42
Sprouts, alfalfa	23	3,99	0,69	2,1	1,9	0,2	0,2
Starfruit	31	1,04	0,33	6,73	2,8	3,93	3,98
Swiss chard	19	1,8	0,2	3,74	1,6	2,14	1,1
Tomatillos	32	0,96	1,02	5,84	1,9	3,94	3,93
Tomatoes	18	0,88	0,2	3,89	1,2	2,69	2,63
Turnips	28	0,9	0,1	6,43	1,8	4,63	3,8
Waterblommetjies	38	1	0	4	5	0	3
Watercress	11	2,3	0,1	1,29	0,5	0,79	0,2
Zucchini	21	2,71	0,4	3,11	1,1	2,01	-
SWEETENERS							
Erythritol granules	0	0	0	100	0	0	0
Stevia powder	0	0	0	100	0	0	0
Xylitol granules	0	0	0	100	0	0	0
BEVERAGES							
Coconut water from fresh green coconuts	19	0,72	0,2	3,71	1,1	2,61	2,61
Fruit-infused waters (homemade only)	0	0	0	0	0	0	-
Rooibos tea	0	0	0	0	0	0	0
Sparkling water	0	0	0	0	0	0	0
Spring water	0	0	0	0	0	0	0
Tea, black	1	0	0	0,2	0	0,2	0
Whole leaf herbal teas with no additives	0	0	0	0	0	0	-
CONDIMENTS, HERBS AND SPICES							
Cider vinegar	21	0	0	0,93	0	0,93	0,4
Curry powder (preferably homemade)	325	14,29	14,01	55,83	53,2	2,63	2,76
Gelatine	335	85,6	0,1	0	0	0	0
Mustard, Dijon	66	3,95	3,11	7,78	3,2	4,58	2,84
Red wine vinegar	19	0,04	0	0,27	0	0,27	0
Rock salt	0	0	0	0	0	0	0
Tabasco sauce	12	1,29	0,76	0,8	0,6	0,2	0,13
Vinegars, distilled	18	0	0	0,04	0	0,04	0,04
OTHER							
Psyllium husk powder	357	0	0	100	100	0	0
Xanthan gum	292	0	0	67	67	0	0

Gold: 0&5g net carbs per 100g But not an all-you-can-eat list	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Antelope	114	22,38	2,03	0	0		0
Bacon	417	12,62	39,69	1,28	0		1
Beef, ground, 80% lean meat, 20% fat, raw	254	17,17	20	0	0		0
Biltong	250	51,99	5	0,23	0		0
Blood sausage	379	14,6	34,5	1,29	0		0
Bockwurst, pork veal	301	14,03	25,87	2,95	1		1,33
Brains, beef and by-products	143	10,86	10,3	1,05	0		0
Brains, lamb and by-products	122	10,4	8,58	0	0		0
Brains, pork and by-products	127	10,28	9,21	0	0		0
Chicken broilers, meat and skin	215	18,6	15,06	0	0		0
Chicken eggs, raw	143	12,56	9,51	0,72	0		0,37
Chicken giblets	124	17,88	4,47	1,8	0		0
Chicken gizzards	94	17,66	2,06	0	0		0
Chicken hearts, raw	153	15,55	9,33	0,71	0		0
Chicken livers	119	16,92	4,83	0,73	0		0
Chorizo, pork and beef	455	24,1	38,27	1,86	0		0
Cornish hen, meat and skin	200	17,15	14,02	0	0		0
Deer	120	22,96	2,42	0	0		0
Duck eggs	185	12,81	13,77	1,45	0		0
Duck liver	136	18,74	4,64	3,53	0		0
Duck, wild, meat and skin	211	17,42	15,2	0	0		0
Elk	111	22,95	1,45	0	0		0
Emu	134	22,77	4,03	0	0		0
Gelatines, unsweetened, dry powder	335	85,6	0,1	0	0		0
Goat	109	20,6	2,31	0	0		0
Goose egg	185	13,87	13,27	1,35	0		0
Goose, meat and skin	371	15,86	33,62	0	0		0
Guinea fowl, meat and skin	158	23,4	6,45	0	0		0
Kidney, beef	99	17,4	3,09	0,29	0		0
Kidney, lamb	97	15,74	2,95	0,82	0		0
Kidney, pork	100	16,46	3,25	0	0		0
Lamb quarters	43	4,2	0,8	7,3	4		0
Lamb mince	282	16,56	23,41	0	0		0
Liver, beef	135	20,36	3,63	3,89	0		0
Liver, lamb	139	20,38	5,02	1,78	0		0
Liver, veal	140	19,93	4,85	2,91	0		0
Ostrich (ihy due to hormones used – check source)	165	20,22	8,7	0	0		0
Pastrami, beef	147	21,8	5,82	0,36	0		0,1
Pigeon/squab, meat and skin	294	18,47	23,8	0	0		0
MEAT	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Pork belly	518	9,34	53,01	0	0		0
Pork meat	211	18,22	14,79	0	0		0
Quail eggs	158	13,05	11,09	0,41	0		0

Gold: 0&5g net carbs per 100g But not an all-you-can-eat list	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Quail, meat and skin	192	19,63	12,05	0	0		0
Rabbit	114	21,79	2,32	0	0		0
Salami, pork	425	21,7	37	1,2	0		0
Sausage, Italian, pork (avoid those with gluten, MSG and additives)	346	14,25	31,33	0,65	0		0
Snail	90	16,1	1,4	2	0		0
Turkey egg	171	13,68	11,88	1,15	0		0
Turkey, whole, meat and skin	143	21,64	5,64	0,13	0		0
Veal (preferably not though, due to the cruelty in rearing veal)	197	18,58	13,06	0	0		0
Venison	116	21,05	2,66	0	0		0
Fish – all (except swordfish and tilefish due to high mercury)							
Canned seafood – check labels for added carbs. Best in brine or olive oil.							
Anchovies	131	20,35	4,84	0	0		0
Barbel	95	16,38	2,82	0	0		0
Butterfish	146	17,28	8,02	0	0		0
Carp	127	17,83	5,6	0	0		0
Caviar, black/red granular	264	24,6	17,9	4	0		0
Couta	105	20,28	2	0	0		0
Crustaceans – all (lobster, clams, crabs, crayfish, scallops, mussels)	71	13,61	1,01	0,91	0		0
Eel	184	18,44	11,66	0	0		0
Fish broth	16	2	0,6	0,4	0		0,09
Haddock	74	16,32	0,45	0	0		0
Herring, Atlantic	158	17,96	9,04	0	0		0
Kingklip	77	17,2	0,4	0	0		0
Mackerel, Atlantic	205	18,6	13,89	0	0		0
Monkfish	76	14,48	1,52	0	0		0
Mullet	117	19,35	3,79	0	0		0
Octopus	82	14,9	1,04	2,2	0		0
Oyster, Pacific	81	9,45	2,3	4,95	0		0
Rock cod	92	19,38	1,02	0	0		0
Salmon, Atlantic	142	19,84	6,34	0	0		0
Salmon, pink	127	20,5	4,4	0	0		0
Sardines, tinned and drained, with bones	208	24,62	11,45	0	0		0
Sea bass	97	18,43	2	0	0		0
Shad	197	16,93	13,77	0	0		0
Shrimp, canned	100	20,42	1,36	0	0		0
Snapper	100	20,51	1,34	0	0		0
Sole	70	12,41	1,93	0	0		0
SEAFOOD	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Squid/calamari	92	15,58	1,38	3,08	0		0
Trout, mixed species	148	20,77	6,61	0	0		0

Gold: 0&5g net carbs per 100g But not an all-you-can-eat list	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Tuna, yellowfin, fresh	144	23,3	4,9	0	0		0
Yellowtail	146	23,14	5,24	0	0		0
FAT	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Butter, salted or unsalted	717	0,85	81,11	0,06	0		0,06
Chicken fat	900	0	99,8	0	0		0
Cocoa butter	884	0	100	0	0		0
Coconut oil	892	0	99,06	0	0		0
Duck fat	882	0	99,8	0	0		0
Goose fat	900	0	99,8	0	0		0
Lard (pork not vegetable lard)	902	0	100	0	0		0
Medium-chain triglyceride oil (MCT oil)	839	0	92,4	0	0		0
Oil, avocado	884	0	100	0	0		0
Oil, hazelnut	884	0	100	0	0		0
Oil, macadamia	1412	0	159	0	0		0
Oil, palm (organic, red palm oil – not hydrogenated)	884	0	100	0	0		0
Oil, walnut	884	0	100	0	0		0
Olive oil (extra virgin only – and always in glass)	119	0	13,5	0	0		0
Olives, canned or pickled	145	1,03	15,32	3,84	3,3		0,54
Tallow, beef	902	0	100	0	0		0
Tallow, lamb, mutton	902	0	100	0	0		0
Turkey fat	900	0	99,8	0	0		0
DAIRY AND RELATED	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Blue cheese	353	21,4	28,74	2,34	0		0,5
Brie cheese	334	20,75	27,68	0,45	0		0,45
Buttermilk, whole	62	3,21	3,31	4,88	0		4,88
Camembert	300	19,8	24,26	0,46	0		0,46
Cheddar cheese	404	22,87	33,31	3,09	0		0,48
Coconut cream (unsweetened)	330	3,63	34,68	6,65	2,2		-
Coconut milk (unsweetened)	230	2,29	23,84	5,54	2,2		3,34
Cottage cheese, full fat	98	11,12	4,3	3,38	0		2,67
Cream, heavy, fresh	340	2,84	36,08	2,74	0		2,92
Cream, sour	135	2,94	12	4,26	0		0,16
Cream, table, fresh	191	2,96	19,1	2,82	0		3,67
Edam cheese	357	24,99	27,8	1,43	0		1,43
Feta cheese	264	14,21	21,28	4,09	0		4,09
Fontina cheese	389	25,6	31,14	1,55	0		1,55
Goat's cheese, hard	452	30,52	35,59	2,17	0		2,17
Goat's cheese, soft	264	18,52	21,08	0	0		0
Goat's milk	69	3,56	4,14	4,45	0		4,45
Gouda cheese	356	24,94	27,44	2,22	0		2,22
Gruyere cheese	413	29,81	32,34	0,36	0		0,36
Limburger cheese	327	20,05	27,25	0,49	0		0,49
Milk, whole	61	3,15	3,27	4,78	0		4,78

Gold: 0&5g net carbs per 100g But not an all-you-can-eat list	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Monterey cheese	373	24,48	30,28	0,68	0		0,5
Mozzarella	300	22,17	22,35	2,19	0		1,03
Parmesan cheese, hard	392	35,75	25,83	3,22	0		0,8
Ricotta cheese	174	11,26	12,98	3,04	0		0,27
Romano cheese	387	31,8	26,94	3,63	0		0,73
Roquefort cheese	369	21,54	30,64	2	0		0
Swiss cheese	393	26,96	30,99	1,44	0		0
Yoghurt (Bulgarian, Greek, plain)	97	9	5	3,98	0		4
NUTS, unblanched, raw / all nuts and seeds should be activated	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Pecans	691	9,17	71,97	13,86	9,6		3,97
Brazil nuts, dried	659	14,32	67,1	11,74	7,55		2,33
SEEDS WHOLE	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Flaxseeds/linseeds	534	18,29	42,16	28,88	27,3		1,55
Pumpkin seeds	559	30,23	49,05	10,71	6		1,4
BEVERAGES	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Cohee (espresso); leaf teas	9	0,12	0,18	1,67	0		0
Coconut water unsweetened (from green coconuts)	19	0,72	0,2	3,71	1,1		2,61
Beers, cider	43	0	0	3,55	0		0
Alcohol (gin, rum, vodka, whisky)	250	0	0	0,1	0		0
Wine, red	85	0,07	0	2,61	0		0,62
Wine, Rosé	83	0,36	0	3,8	0		3,8
Wine, white, Sauvignon Blanc	82	0,07	0	2,27	0		2,27
Wine, white, Pinot Gris	83	0,07	0	2,06	0		2,06
Wine, white, Chenin Blanc	80	0,07	0	3,31	0		-

Note on alcohol: this will slow weight loss and is a toxin; regular use is not encouraged.

All animal meats, beef, lamb, chicken, pork and game are allowed. Must be free from marinades, and preferably hormone-free and humanely treated

Orange:
Wholefoods from 5.1-25g/100g to be counted into daily carb „budget“.

	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
FRUIT							
Apples	52	0,26	0,17	13,81	2,4	11,41	10,39
Apricots	48	1,4	0,39	11,12	2	9,12	9,1
Bananas	89	1,09	0,33	22,84	2,6	20,24	12,23
Blackberries	52	0,84	1,07	9,84	3,2	6,64	3,65
Blueberries	57	0,74	0,33	14,49	2,4	12,09	9,96
Carissa – Natal plum	62	0,05	1,3	13,63	-	-	-
Cherries, sour	50	1	0,3	12,18	1,6	10,58	8,49
Cherries, sweet	63	1,06	0,2	16,01	2,1	13,91	12,82
Clementines	47	0,85	0,15	12,02	1,7	10,32	9,18
Cranberries, fresh	46	0,46	0,13	11,97	3,6	8,37	4,27
Currants, red and white	56	1,4	0,2	13,8	4,3	9,5	7,37
Elderberries	73	0,66	0,5	18,4	7	11,4	11,4
Figs	74	0,75	0,3	19,18	2,9	16,28	16,26
Gooseberries	44	0,88	0,58	10,18	4,3	5,88	-
Grapefruit	32	0,63	0,1	8,08	1,1	6,98	6,98
Grapes	69	0,72	0,16	18,1	0,9	17,2	15,48
Guavas	68	2,55	0,95	14,32	5,4	8,92	8,92
Kiwifruit	61	1,14	0,52	14,66	3	11,66	8,99
Kumquats	71	1,88	0,86	15,9	6,5	9,4	9,36
Lemons without peel	29	1,1	0,3	9,32	2,8	6,52	2,5
Limes	30	0,7	0,2	10,54	2,8	7,74	1,69
Litchis	66	0,83	0,44	16,53	1,3	15,23	15,23
Loquats	47	0,43	0,2	12,14	1,7	10,44	-
Mangos	60	0,82	0,38	14,98	1,6	13,38	13,66
Melons	36	0,54	0,14	9,09	0,8	8,29	8,12
Mulberries	43	1,44	0,39	9,8	1,7	8,1	8,1
Nectarines	44	1,06	0,32	10,55	1,7	8,85	7,89
Oranges	47	0,94	0,12	11,75	2,4	9,35	9,35
Passion fruit/granadilla	97	2,2	0,7	23,38	10,4	12,98	11,2
Pawpaw/papaya	43	0,47	0,26	10,82	1,7	9,12	7,82
Peaches	39	0,91	0,25	9,54	1,5	8,04	8,39
Pears	57	0,36	0,14	15,23	3,1	12,13	9,75
Pineapples	50	0,54	0,12	13,12	1,4	11,72	9,85
Plums	46	0,7	0,28	11,42	1,4	10,02	9,92
Pomegranates	83	1,67	1,17	18,07	4	14,07	13,67
Prickly pears	41	0,73	0,51	9,57	3,6	5,97	-
Quinces	57	0,4	0,1	15,3	1,9	13,4	-
Raspberries	52	1,2	0,65	11,94	6,5	5,44	4,42
Strawberries	32	0,67	0,3	7,68	2	5,68	4,89
Tangerines	53	0,81	0,31	13,34	1,8	11,54	10,58
Watermelon	30	0,61	0,15	7,55	0,4	7,15	6,2

Orange:
Wholefoods from 5.1-25g/100g to be counted into daily carb „budget“.

	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
NUTS,UNBLANCHED, RAW							
Almonds	579	21,15	49,93	21,55	12,5	9,05	4,35
Almond butter	614	20,96	55,5	18,82	10,3	8,52	4,43
Coconut desiccated, unsweetened	660	6,88	64,53	23,65	16,3	7,35	7,35
Coconut flesh	354	3,33	33,49	15,23	9	6,23	6,23
Hazelnuts	628	14,95	60,75	16,7	9,7	7	4,34
Macadamia nuts	718	7,91	75,77	13,82	8,3	5,52	4,57
Pine nuts	673	13,69	68,37	13,08	3,7	9,38	3,59
Pistachios	560	20,16	45,32	27,17	10,6	16,57	7,66
Tahini, sesame butter	586	18,08	50,87	24,05	5,5	18,55	-
Walnuts, English	654	15,23	65,21	13,71	6,7	7,01	2,61
SEEDS							
	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Chia seeds	486	16,54	30,74	42,12	34,4		-
Caraway seeds	333	19,77	14,59	49,9	38		0,64
Poppy seeds	525	17,99	41,56	28,13	19,5		2,99
Sesame seeds	573	17,73	49,67	23,45	11,8		0,3
Sunflower seeds	584	20,78	51,46	20	8,6		2,62
VEGETABLES							
	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Arrowroot	65	4,24	0,2	13,39	1,3		-
Artichoke	47	3,27	0,15	10,51	5,4		0,99
Beets	43	1,61	0,17	9,56	2,8		6,76
Brussels sprouts	43	3,38	0,3	8,95	3,8		2,2
Butternut	45	1	0,1	11,69	2		2,2
Cabbage, red	31	1,43	0,16	7,37	2,1		3,83
Carrots	41	0,93	0,24	9,58	2,8		4,74
Celery root/celeriac	42	1,5	0,3	9,2	1,8		1,6
Dandelion leaves	45	2,7	0,7	9,2	3,5		0,71
Hearts of palm	115	2,7	0,2	25,61	1,5		17,6
Kale	49	4,28	0,93	8,75	3,6		2,26
Leeks	61	1,5	0,3	14,15	1,8		3,9
Onions	40	1,1	0,1	9,34	1,7		4,24
Parsnips	75	1,2	0,3	17,99	4,9		4,8
Peas, fresh, shelled, raw without pods (NB: this is technically a legume)	81	5,42	0,4	14,45	5,7		5,67
Peppermint herb, fresh	70	3,75	0,94	14,89	8		-
Peppers, yellow and red	27	1	0,21	6,32	0,9		-
Potatoes	77	2,05	0,09	17,49	2,1		0,82
Pumpkin	26	1	0,1	6,5	0,5		2,76
Seaweed, agar	26	0,54	0,03	6,75	0,5		0,28
Seaweed, kelp	43	1,68	0,56	9,57	1,3		0,6

Orange:
Wholefoods from 5.1-25g/100g to be counted into daily carb „budget“.

	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Shallots	72	2,5	0,1	16,8	3,2		7,87
Snow peas	42	3	0	14	5		6
Sweet potato	86	1,57	0,05	20,12	3		4,18
Tomato purée	38	1,65	0,21	8,98	1,9		4,83
DAIRY	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Cream cheese, full fat	350	6,15	34,44	5,52	0		3,76
Cream, sour, full fat	181	7	14,1	7	0		0,3
Milk, buhalo	97	3,75	6,89	5,18	0		5,18
Milk, sheep	108	5,98	7	5,36	0		-
CONDIMENTS, HERBS & SPICES							
Balsamic vinegar	88	0,49	0	17,03	0		14,95
Basil, dried	233	22,98	4,07	47,75	37,7		1,71
Chilli powder	282	13,46	14,28	49,7	34,8		7,19
Chillies, hot pepper, red	40	1,87	0,44	8,81	1,5		5,3
Cocoa powder, unsweetened	228	19,6	13,7	57,9	37		1,75
Fennel seed	345	15,8	14,87	52,29	39,8		-
Ginger root	80	1,82	0,75	17,77	2		1,7
Horseradish, prepared	48	1,18	0,69	11,29	3,3		7,99
Lemon juice to flavour	22	0,35	0,24	6,9	0,3		2,52
Lemon peel, rind	47	1,5	0,3	16	10,6		4,17
Lime juice	25	0,42	0,07	8,42	0,4		1,69
Mustard powder	508	26,08	36,24	28,09	12,2		6,79
Paprika	282	14,14	12,89	53,99	34,9		10,34
Parsley, dried	292	26,63	5,48	50,64	26,7		7,27
Rosemary, fresh	131	3,31	5,86	20,7	14,1		-
Rosemary dried	331	4,88	15,22	64,06	42,6		-
Sage, dried	315	10,63	12,75	60,73	40,3		1,71
Thyme, fresh	101	5,56	1,68	24,45	14		-
Tomato paste	82	4,32	0,47	18,91	4,1		12,18
Vanilla extract	288	0,06	0,06	12,65	0		12,65
Wasabi root, raw	109	4,8	0,63	23,54	7,8		-
Worcestershire sauce	78	0	0	19,46	0		19,46

All nuts and seeds should be preferably activated from raw nuts and seeds for superior absorption.

Red: High-carb foods >25.1g/100g.	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
NUTS, UNBALANCED, RAW							
European chestnuts	196	1,63	1,25	44,17	5	39,17	-
Cashew nuts	553	18,22	43,85	30,19	3,3	26,89	5,91
STARCHY VEGETABLES, FRUIT AND DRIED FRUIT							
Apples, dried	243	0,93	0,32	65,89	8,7	57,19	57,19
Bananas, dried	519	2,3	33,6	58,4	7,7	50,7	35,34
Blueberries, dried	317	2,5	2,5	80	7,5	72,5	67,5
Chillies, dried	324	10,58	5,81	69,86	28,7	41,16	41,06
Figs, dried	249	3,3	0,93	63,87	9,8	54,07	47,92
Garlic, fresh	149	6,36	0,5	33,06	2,1	30,96	1
Goji berries, dried	349	14,26	0,39	77,06	13	64,06	45,61
Mango, dried	319	2,45	1,18	78,58	2,4	76,18	66,27
Mushrooms, shiitake, dried	296	9,58	0,99	75,37	11,5	63,87	2,21
Peaches, dried	239	3,61	0,76	61,33	8,2	53,13	41,74
Pears, dried	262	1,87	0,63	69,7	7,5	62,2	62,2
Plums, dried	240	2,18	0,38	63,88	7,1	56,78	38,13
Raisins, seedless	299	3,07	0,46	79,18	3,7	75,48	59,19
Seaweed, dried	306	6,21	0,3	80,88	7,7	73,18	2,97
Tomato, sundried	258	14,11	2,97	55,76	12,3	43,46	37,59
SWEETENERS							
Chocolate, dark (commercial 70-85%)	625	7,5	47,5	42,5	7,5	35	30
Coconut sugar	375	0	0	100	0	100	95
Dates, Medjool	277	1,81	0,15	74,97	6,7	68,27	66,47
Honey, raw, never commercial	304	0,3	0	82,4	0,2	82,2	82,12
Malt syrups	318	6,2	0	71,3	0	71,3	71,3
Maple syrup, Canadian	270	0	0	67,38	0	67,38	59,92
Molasses	290	0	0,1	74,73	0	74,73	74,72
DAIRY SUBSTITUTES							
Coconut cream, sweetened	357	1,17	16,13	53,21	0,2	53,01	51,5
CONDIMENTS, SPICES & HERBS (in limited quantities all may be used to flavour foods)							
Spices (pure – no cornflour fillers in powders)							
Allspice, ground	263	6,09	8,69	72,12	21,6	50,52	-
Aniseed	337	17,6	15,9	50,02	14,6	35,42	-
Bay leaf	313	7,61	8,36	74,97	26,3	48,67	-
Cardamom, ground	311	10,76	6,7	68,47	28	40,47	-
Cayenne pepper	318	12,01	17,27	56,63	27,2	29,43	10,34
Cinnamon, ground	247	3,99	1,24	80,59	53,1	27,49	2,17
Cloves, ground	274	5,97	13	65,53	33,9	31,63	2,38
Coriander leaf, dried	279	21,93	4,78	52,1	10,4	41,16	41,16
Cumin seed	375	17,81	22,27	44,24	10,5	33,74	2,25
Garlic powder	331	16,55	0,73	72,73	9	63,73	2,43
Ginger, ground	335	8,98	4,24	71,62	14,1	57,52	3,39
Mace, ground	475	6,71	32,38	50,5	20,2	30,3	-
Nutmeg, ground	525	5,84	36,31	49,29	20,8	28,49	2,99

Red: High-carb foods >25.1g/100g.	Calories	Protein	Total fat	Carbs	Fibre	Net carbs	Sugar
Onion powder	341	10,41	1,04	79,12	15,2	63,92	6,63
Oregano, dried	265	9	4,28	68,92	42,5	26,42	4,09
Pepper, black	251	10,39	3,26	63,95	25,3	38,65	0,64
Pepper, white	296	10,4	2,12	68,61	26,2	42,41	0
Sahron	310	11,43	5,85	65,37	3,9	61,47	-
Tarragon, dried	295	22,77	7,24	50,22	7,4	42,82	-
Thyme, dried	276	9,11	7,43	63,94	37	26,94	1,71
Turmeric, dried powder	312	9,68	3,25	67,14	22,7	44,44	3,21
Wasabi root	292	2,23	10,9	46,13	6,1	40,3	13,2

BANNED LIST

MEATS	
Basted meats (often contains sugar and MSG)	
Polony	
Processed meats	
Salami (unless made the old-fashioned healthy way)	
Tinned meats in sugars	
All soya meats or meats containing grain	
FATS AND OILS	
Blended oils (canola and olive oil blends) and hydrogenated oils	
Canola oil	Margarine Pomace oil
Flaxseed oil	Sapower oil
Grapeseed oil	Sunflower oil
Hemp oil	Vegetable fats and oils
Soyabean oil	
DAIRY	
Dairy powders	
Flavoured drinking yoghurts	
Flavoured milkshakes	
Processed cheeses (wrapped cheese wedges, sandwich cheeses)	
Ice cream, frozen yoghurts	
All low-fat, light, reduced fat, fat-free products	
PROCESSED, CANNED AND BAKED FOODS	
Processed salad dressings and bastings	
Processed sauces	
Tinned pastas	
Tinned vegetables and soups	

CONFECTIONERY AND BAKED GOODS
Biscuits
Bread of any kind Cereals of any kind
Cornflour and wheat flours
Cakes with refined flours
Corn and rice cakes
Gluten-free refined baked goods
Muqns, flapjacks, biscotti, etc
SWEETENERS AND FLAVOURANTS
Acesulfame K, Cyclamates
Agave
Aspartame,
Benzoic acid
Brominated vegetable oil
Cycalmates and saccharin
Dextrose
Fructose
High fructose corn syrup Isomalt
MSG
Nature identical flavourings – these are not natural, they are chemicals
Potassium metabisulphite Potassium sorbate
Sucralose
Sugars (brown, white)
Unnatural (chemical) preservatives
BEVERAGES
Commercial flavoured waters Commercial cordials
Energy drinks
Fruit juices (commercial)
Instant cohees and shakes; tinned powdered drinks
Restaurant powdered smoothies and cohees (must be naturally made)
Sodas, fizzy drinks, soft drinks

THE GREY LIST

These are foods which are considered grey area foods, mainly because they react differently in people. Essentially, they will often prevent weight loss, may be harmful, may cause severe allergies, bloating and discomfort – even though some of them are technically low-carb. If your weight loss has plateaued or you have health issues, it may be worth avoiding them. Some are still wholefoods, others are not, yet permitted in small amounts.

Grey list items:

- Alcohol
- Beans Chocolate
- Dairy products
- Every type of cream (heavy, pouring, whipping)
- Fruit
- Goat's cheese
- Goat's milk Kefir (dairy)
- Kombucha
- Nut and seed flours
- Nuts and seeds Peas

DAIRY

The first truly grey area is dairy products. Dairy is universally loved, but it has no fibre, is very easy to overeat, and it's high in calories, fat-building hormones, sugar (lactose) and is an insulinogenic food – dairy must be limited or avoided. You could be lactose intolerant or have problems with casein or whey present (milk proteins), and then there is the spectre of Insulin-like Growth Factor No. 1 (IGF#1).

One thing is certain, dairy can put the brakes on weight loss. It raises blood sugar and insulin, which is not great if you are insulin resistant or diabetic. Dairy appears to cause a disproportionate spike in insulin levels. Cream and cheese may be slightly less problematic, but will still cause weight gain; cream especially should be limited. Milk and most yoghurts appear to have an even greater insulin response than white bread. Caution is advised.

NUTS & SEEDS

Too many nuts and seeds may cause weight gain.

They are higher in carbs than you realise, and are fairly high in pro-inflammatory omega-6 fatty acids. Both omega-3 and omega-6 fatty acids are essential to life, but we tend to get far more omega-6 than omega-3 fats in our diet.