

Understanding Lower-Carb Foods

Carbohydrates, or carbs, provide energy for your body. Certain foods contain carbohydrates that will raise your blood sugar, while other foods do not have carbs and will not raise your blood sugar. This handout will help you understand which foods do not raise your blood sugar.

LOWER-CARB FOODS

There are lots of low carbohydrate foods that do not raise your blood sugar levels. Low carbohydrate foods have 5 or fewer grams of carbohydrates.

VEGETABLES

*½ cup cooked = 5 grams of carbs
1 cup raw = 5 grams of carbs
Note: 1 ½ cup cooked or 3 cups raw = 15 grams of carbs*

Artichoke
Asparagus
Beans (green, wax, Italian)
Bean sprouts
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Green onions or scallions
Greens (collard, kale, mustard, turnip)
Leeks
Mixed veggies (without corn, peas or pasta)
Mushrooms
Okra
Onions
Pea pods
Radishes
Salad greens
Sauerkraut
Spinach
Summer squash
Tomato
Turnip
Zucchini

OTHER FOODS

These foods are considered “free.” This means you can use as much as you’d like.

Bouillon or broth
Diet soft drinks
Flavoring extracts
Garlic, herbs and spices
Lemon or lime juice
Mineral or seltzer water
Pimento
Soy sauce
Sugar substitutes
Sugar-free drinks
Tabasco or hot sauce
Taco sauce
Tea
Vinegar
Worcestershire® sauce

MEAT AND FISH

Beef, chicken, fish, lean ham, lean pork, seafood, veal (1 ounce)
Tuna or salmon (canned) (1-2 ounces or ¼ cup)

MEAT SUBSTITUTES

Cottage cheese (1/4 cup)
Cheese (1 ounce or 1 slice)
Egg (1)
Egg substitute (1/4 cup)
Egg whites (2)
Nuts (1 ounce or 10-15 nuts)
Peanut butter (1 tablespoon)
Tofu (2 ounces or ¼ cup)

FATS

Butter (1 teaspoon)
Cream cheese (1 tablespoon)
Light salad dressing (2 tablespoons)
Margarine (1 teaspoon)
Oil (1 teaspoon)
Regular salad dressing (1 tablespoon)
Sour cream (2 tablespoons)

Rev. 1/2015

Pediatric Endocrine and Diabetes Center

Mass General Hospital *for* Children
55 Fruit Street, Suite 6C
Boston, MA 02114

www.massgeneralforchildren.org/endocrine

For more information please call

617-726-2909