

Low Carb Food List

All of the following foods have less than 100 calories

Sunflower seed kernels	2 Tbsp
Pumpkin seeds	2 Tbsp
Walnuts	2 Tbsp
Pistachio nuts	2 Tbsp
Pecans	2 Tbsp
Macadamia nuts	1.5 Tbsp
Peanuts	2 Tbsp
Pine nuts	2 Tbsp
Cashews	1.5 Tbsp
Low-fat popcorn	2 cups
Low-fat cheese slices	2 slices
Sliced turkey or chicken	2 slices
Low-fat or fat-free cottage cheese	½ cup
Peanut butter on celery	1 Tbsp
String cheese	2 sticks
Low-fat cream cheese on celery	3 Tbsp
Laughing Cow cheese wedge	2 wedges
Little Bell cheese, round, red wrap	2 balls
Black Olives, canned	18 olives
Tomato juice	2 cups
V-8 juice	2 cups
Low-carb yogurt	6 or 8 oz container