

## Very Low Active Carbs

Food	Serving Size	Active Carb Count
Asparagus	4 spears	1.5
Bamboo Shoots	1 cup	4.5
Bean Sprouts	1 cup	1
Beet Greens	1 cup	4
Bok Choy Greens	1 cup	0
Broccoli	1 cup	2
Butter, raw	1 tbsp.	0
Cabbages - Green/Red	1 cup/1 cup	2/3.5
Cauliflower	1 cup	2.5
Celery	7 ½" stalk	0.8
Chards	1 cup	3.5
Chicory	1 cup	1
Collard Greens	1 cup	4
Cottage Cheese, raw	4 ounces	3
Cucumber	8"	6
Endive	1 cup	0
Escarole	1 cup	0
Garlic	1 clove	1
Kale	1 cup	5
Lettuces	1 cup	.5
Mushrooms	1 cup	2
Mustard Greens	1 cup	.2
Parsley	1 cup	2
Radishes	¾"	.7

Sauerkraut	1 cup	1-11
Spinach	1 cup	.2
String Beans	1 cup	6
Summer Squashes	1 cup	2
Turnip Greens	1 cup	1
Watercress	Any portion	0
Yellow Squash	1 cup	3
Zucchini Squash	1 cup	2