

Healthy Eating - Free Foods

A **free food** is a food or foods totaling 5 grams of carbohydrates or less. Note that when the portion size is adjusted, the grams of carbohydrates will need to be adjusted as well.

Foods	Portion size	Carbohydrates (grams)	Protein (grams)
Vegetables (raw unless noted)			
Broccoli	1/2 cup chopped	3 gm	1.3 gm
Broccoli (cooked)	1/3 cup chopped	4 gm	2 gm
Carrots	1 small (5.5")	5 gm	0.5 gm
Carrots (cooked)	1 small (5.5")	4 gm	0.4 gm
Cauliflower	1 cup (1/2" pieces)	5 gm	2 gm
Cauliflower (cooked)	1 cup (1/2" pieces)	3 gm	1 gm
Celery	1 large (11-12")	2 gm	0.5 gm
Cucumbers	1/2 cucumber	5 gm	1 gm
Green beans	1/4 cup	4 gm	1 gm
Green beans (cooked)	1/2 cup	4 gm	1 gm
Lettuce	3 cups	4 gm	3 gm
Olives	10 whole	1 gm	1 gm
Onions	3 Tbsp	3 gm	0 gm
Peppers (cooked)	1/2 cup chopped	3 gm	0.5 gm
Peppers (green, red, yellow)	5 rings	3 gm	0.5 gm
Pickles	1 large	4 gm	1 gm
Radishes	1 cup	4 gm	1 gm
Salsa	1 cup	3 gm	0 gm
Snap peas	1 cup	5 gm	2 gm
Spinach	1 cup	1 gm	1 gm
Summer Squash	1 cup	4 gm	1.5 gm
Summer Squash (cooked)	1 cup	5 gm	1.4 gm
Tomatoes	5 (1/2" slices)	5 gm	1 gm

Foods	Portion size	Carbohydrates (grams)	Protein (grams)
Meat/Meat Substitutes			
Beef	3 oz	0 gm	16 gm
Beef stick (Slim Jim®)	1 stick	3 gm	12 gm
Chicken	3 oz (deck of cards)	0 gm	21 gm
Hardboiled egg (limit 3/day)	1 whole egg	0.5 gm	7 gm
Honey lunchmeat	2 oz (2-3 slices)	1 gm	9 gm
Lunch meat	2 oz (2-3 slices)	1 gm	9 gm
Peanut butter	1 Tbsp	4 gm	3.5 gm
Pork	2 oz	0 gm	13 gm
Steak	2 oz	0 gm	16 gm
Tempeh	2 oz	5 gm	10 gm
Tofu	1 cup	5 gm	20 gm
Cheese			
Block cheese (colby, cheddar)	2 slices	2 gm	13 gm
Cottage cheese	1/2 cup	3 gm	14 gm
Cream cheese	2 Tbsp	1 gm	2 gm
Sour cream	1 Tbsp	0.5 gm	0.5 gm
String Cheese	1 piece	1 gm	8 gm
Milk			
Almond milk	1/2 cup	4 gm	0.5 gm
Rice milk	2 oz	5 gm	0 gm
Nuts/Seeds			
Almonds	20 almonds	5 gm	6 gm
Cashews	10 each	5 gm	4 gm
Chia seeds	1 Tbsp	5 gm	2 gm
Flax seeds	2 Tbsp	5 gm	3 gm
Hemp seeds	1 Tbsp	1 gm	3 gm
Peanuts (dry roasted)	1 oz	5 gm	7 gm
Pecan	1 oz	4 gm	3 gm

Foods	Portion size	Carbohydrates (grams)	Protein (grams)
Pistachio	15 Kernel	3 gm	2 gm
Pumpkin seeds	21 seeds	4 gm	3 gm
Sesame seeds	1 Tbsp	2 gm	2 gm
Sunflower seeds	2 Tbsp	4 gm	3 gm
Walnuts (chopped)	1/4 cup	4 gm	4 gm
Lentils (cooked)	1 oz	5 gm	3 gm
Condiments/Other			
Avocado	1/4 cup	5 gm	2 gm
Butter	1 Tbsp	0 gm	0 gm
Horseradish	1 Tbsp	2 gm	0 gm
Ketchup	1 Tbsp	5 gm	0 gm
Mayonnaise	1 Tbsp	0 gm	0 gm
Mustard	1 tsp	0 gm	0 gm
Oils (olive, coconut, corn, etc)	1 Tbsp	0 gm	0 gm
Ranch	2 Tbsp	2 gm	0 gm
Relish	1 Tbsp	5 gm	0 gm
Salsa	1 Tbsp	1.5 gm	0 gm
Vinegar (all varieties)	1 Tbsp	0 gm	0 gm
Snacks/Sweets			
Gold fish crackers	13 crackers	5 gm	1 gm
Popcorn	1 cup	5 gm	1 gm
Pretzel sticks	11 sticks	5 gm	0 gm
Sugar free drinks	8 oz	0 gm	0 gm
Sugar free gelatin	1-2 containers	0 gm	0 gm
Sugar free or low sugar jam	2 tsp	3 gm	0 gm

Source: USDA food database

Treat List

The following sweets are equal to one carb group or **15 grams of carbohydrate:**

Chocolate (with fat)

■ Most "fun size" chocolate bars	1 bar
■ Semi-sweet chocolate chips	1 1/2 tablespoons
■ Chocolate-covered raisins	20 pieces
■ M & M's	30 pieces
■ M & M's peanut	12 pieces
■ Hershey kisses	5 pieces
■ Tootsie Roll Pop	1 sucker
■ Tootsie Rolls	3 pieces
■ Caramels	2 pieces
■ Dove Promises	3 pieces
■ Milk Duds	4 pieces
■ Whopper Malted Milk Balls	9 pieces
■ Junior Mints	7 pieces

Non-chocolate (no fat)

■ Candy corn	10 pieces
■ Large jelly beans	6 pieces
■ Party mints	7 pieces
■ Skittles fruit chews	15 pieces
■ Starburst fruit chews	4 pieces
■ Sucker, dum-dum	3 suckers (1 is free)
■ LifeSavers	7 pieces
■ Runtts	13 pieces
■ Warheads	5 pieces
■ Smarties	3 rolls (roll is a free food)
■ Gummi Bears	4 bears
■ Gummi Worms	3 worms
■ Jelly Bellys	15 pieces
■ Twizzlers	2 pieces

Other Treats

■ Marshmallows	3 regular (1/2 cup miniatures)
■ Caramel Apple	1/2 of a medium
■ Cotton Candy	1/2 ounce