

Carbohydrates in the Diet

In the initial weeks of a low carbohydrate diet, people normally have under 20g of carbohydrates per day. That is below ANY human being's carbohydrate needs for a day and is pretty much guaranteed to lose extra weight for a person.

What are typical ideal ranges for people? It varies of course by person to person, with how active they are and how efficient their bodies are. Some people can live quite easily on very few carbohydrates. Other people need more carbohydrates to keep their bodies going because they have higher metabolisms.

Low metabolism: 25g to 40g a day

Medium metabolism: 40g to 60g a day

High metabolism: 60g to 90g a day

Daily Exerciser: 90g or more a day

If the body doesn't need carbohydrates for energy it will store them as fat. Many people don't realise how many carbohydrates are in food, especially in fruit such as bananas but the fibre content should be deducted from the carbohydrates, to arrive at a net figure. The worst time to carbohydrates load is before going to bed unless you are going to use them reasonably soon such as the marathon runner that has bowls of pasta before a race the next day.

The chart below is taken from Dr. Atkins New Diet Revolution

Carbohydrate Counter Chart

Food Description	Serving	Carbohydrate In Gram
Milk, Cream And Butter		
Butter	1 tsp	0
Half and Half	2 tbsp	1
Heavy Whipping Cream	2 tbsp	0.8
Milk (whole)	1 cup	11.4
Sour Cream	2 tbsp	1.2
Yogurt	1 cup	11.4
Cheese		
American (slice)	2/3 oz	0.3
Bleu (crumbled)	2 tbsp	0.4
Cheddar (shredded)	2 tbsp	0.2
Cream Cheese	2 tbsp	0.8
Feta (crumbled)	2 tbsp	0.8

Monterey Jack (shredded)	2 tbsp	0.1
Mozzarella (whole milk, shredded)	2 tbsp	0.3
Parmesan (shredded)	2 tbsp	0.3
Ricotta (whole milk)	1/4 cup	1.9
Swiss (shredded)	2 tbsp	0.5
Nuts And Seeds		
Almond Butter	2 tbsp	6.8
Almonds	2 tbsp	3.6
Hazelnuts	2 tbsp	2.8
Macadamia	2 tbsp	2.3
Peanut Butter	2 tbsp	6.9
Peanuts	2 tbsp	3.4
Pecans (chopped)	2 tbsp	2.1
Pine Nuts	2 tbsp	2.4
Pistachio Nuts	2 tbsp	4.7
Pumpkin Seeds	2 tbsp	3.1
Walnuts	2 tbsp	1.7
Grain, Breads And Error! Hyperlink reference not valid.		
Bagel	2 1/2 oz	38
Biscuit	2 oz	27.6
Blueberry Muffin	2 oz	27.4
Corn Flakes	1 cup	24.2
Corn Muffin	2 oz	29
Crackers	5	51.4
English Muffin	1	26
Italian Bread	1 slice	15
Oatmeal (cooked)	1/2 cup	12.6
Pancake	6" diameter	21.8
Pasta (cooked)	1/2 cup	19.8
Pasta (whole wheat, cooked)	1/2 cup	18.6
Pita Pocket Bread	6" diameter	33.4
Puffed Wheat Cereal	1 cup	11.1
Rasin Bran	1 cup	47.1
Rice	1/2 cup	22.3
Tortilla (corn)	1	12.1
Waffle	7" diameter	24.7
White Bread (1 slice)	1 slice	14.9

Error! Hyperlink reference not valid. Bread (1 slice)	1 slice	11.8
Soup		
Beef Broth	1 cup	1
Black Bean	1 cup	19.8
Chicken Noodle	1 cup	9.4
Cream of Tomato	1 cup	22.3
Minestrone	1 cup	11.2
New England Error! Hyperlink reference not valid.	1 cup	16.6
Onion	1 cup	8.2
Vegetables		
Artichoke	1	13.4
Asparagus	6 spears	3.8
Beans	1/2 cup	4.9
Broccoli	1/2 cup	3.9
Cabbage	1/2 cup	1.9
Carrot	medium	7.3
Cauliflower	6 florets	4.4
celery	1 stalk	1.5
Collards	4 oz	7.3
Corn	1/2 cup	16
Cucumber	1/2 small	2.5
Eggplant	1/2 cup	3.3
Endive	1/2 cup	1.8
Escarole	1/2 cup	0.8
Jicama	1/2 cup	5.7
Leek	1	12.6
Lettuce (Butterhead)	1 cup	1.3
Lettuce (Romaine)	1 cup	1.3
Error! Hyperlink reference not valid. (Portobello)	1/2 cup	1.4
Okra	4 oz	7.5
Onion	1	9.5
Onions (green)	1/4 cup	1.8
Peas	1/2 cup	9.9
Peppers	1	4.8
Potato (sweet)	1/2 cup	22.4
Potato (white)	1/2 cup	15.4
Pumpkin	1/2 cup	9.9
Spinach	1 cup	1.1
Squash	1/2 cup	10.8

Tomato	1 small	4.2
Zucchini	1 small	5.7
Meat, Poultry And Fish		
Meat, Poultry And Fish	6 oz	0
Eggs	1	0.6
Beef Salami	3 oz	2.4
Calf Liver	6 oz	10.4
Seafood		
Clams (canned)	6 oz	8.7
Lobster	6 oz	2.2
Oysters	6 oz	12.5
Scallops	6 oz	3.9
Shrimp	6 oz	0
Squid	6 oz	7
Oils And Dressings		
Mayonnaise	1 tsp	0.1
Olive Oil	1 tsp	0
Salad Dressing (Caesar)	2 tsp	0.6
Salad Dressing (Italian)	2 tsp	3
Salad Dressing (Ranch)	2 tsp	1.4
Vegetable Oil	1 tsp	0
Beans		
Baby Lima	1/2 cup	21.2
Black	1/2 cup	20.4
Chickpea/Garbanzo	1/2 cup	22.5
Lentils	1/2 cup	19.9
Navy	1/2 cup	23.9
Red Kidney	1/2 cup	19.8
Soybeans	1/2 cup	9.9
Fruit And Fruit Juices		
Apple	1 medium	21
Applesauce	1/4 cup	6.9
Apricots	1	3.9
Avocado	1	14.9
Banana	1 small	23.7
Blueberries	1/4 cup	5.1
Cantaloupe	1/4 cup	3.3

Cherries	1/4 cup	4.8
Fig	1	9.6
Grapes	1/4 cup	7.1
Honeydew	1/4 cup	3.9
Juice, Lemon	1 tbsp	1.3
Juice, Orange	1/2 cup	13.4
Juice, Tomato	1/2 cup	5.1
Kiwifruit	1	11.3
Mango	1/4 cup	7
Orange	1	16.3
Peach	1 medium	10.9
Pear	1 medium	25.1
Pineapple	1/4 cup	4.8
Plum	1	8.6
Raspberries	1/4 cup	3.6
Strawberries	1/4 cup	2.7
Tangerine	1	7.8
Watermelon	1/4 cup	2.8