

ZERO POINT FOOD LIST WITH CALORIE, CARBS, & FIBER



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Lychee (raw)	1 cup	125	31.4	2.5
Mangoes	1 cup sliced	99	24.7	2.6
Nectarines	1 medium	62	15	2.4
Okra	1 cup	33	7	3
Oranges	1 medium	80	19	3
Papayas	1 medium	120	30	5
Zero Point Fruit	Serving Size	Calories	Carbs	Fiber
Passionfruit	1 medium	17	4.2	1.9
Peaches	1 medium	50	15	2
Pears	1 medium	101	27	6
Pickles, unsweetened	1 small spear	4	.8	.3
Pineapple	1 cup	82	21.65	2.3
Pluot/plumcot	1	80	19	3
Plums	1	30	8	1
Pomegranates	1	72	27	5
Pomelo	1	231	59	6.1
Pumpkin	1 cup	49	12.01	2.7
Raspberries	1 cup	64	15	8
Squash (butternut)	1	82	22	7
Starfruit	1	28	6	3
Strawberries	1 cup	49	12	3
Tangelos	1 medium	70	13	2
Tangerine	1 small	40	9	1.3
Squash (butternut)	1	82	22	7

Tomatoes	1 small	18	3.9	1.2
Watermelon	1 cup	30	7.6	.4
Zero-Point Vegetable	Serving Size	Calories	Carbs	Fiber
ArrowRoot	1 cup	78	61.9	1.6
Artichoke Hearts	1 medium	60	13	7
Arugula	1/2 cups	2.5	.4	.2
Asparagus	1 cup	26.8	5.3	2.8
Zero-Point Vegetable	Serving Size	Calories	Carbs	Fiber
Bamboo Shoots	1 cup	40.8	7.9	3.3
Beets	1 cup	58.5	13.0	3.8
Broccoli	1 cup chopped	30.9	6.0	2.4
Broccoli Rabe, Rapini	1 cup chopped	8.8	1.2	1.1
Broccoli Slaw	3 ounces	25	5	2
Broccolini	1 cup	37	7.3	3.7
Brussel Sprouts	1 cup	37.8	7.9	3.3

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Zero Point Beans	Serving Size	Calories	Carbs	Fiber
Adzuki	1 cup	294	57	16.8
Black boiled no salt	1 cup	227	40.8	15
Fava	1 cup	111	22.2	9
Butter (Lima)	1 cup	190	35.9	11.6
Cannellini (Navy)(canned)	1 cup	296	53.6	13.4
Green (raw)	1 cup	34.1	7.8	3.7
Garbanzo (Chick Peas)	1 cup	728	121	34.8
Great Northern	1 cup	620	114	37.0
Kidney	1 cup	215	41.1	13.6
Lima (canned)	1 cup	190	35.9	11.6
Lupin (boiled no salt)	1 cup	198	16.4	4.6
Mung (boiled no salt)	1 cup	212	38.7	15.4
Zero-Point Vegetable	Serving Size	Calories	Carbs	Fiber
Cabbage	1 cup chopped	22.2	5.2	2.2
Carrots	1 cup chopped	52.5	12.3	3.6
Cauliflower	1 cup florets	25	5.3	2.5
Celery	1 stalk large	10.2	2.2	1.0
Swiss Chard	1 cup chopped	6.8	1.3	.6
Collards	1 cup chopped	10.8	2.0	1.3
Corn	1/2 cup	92.2	23.2	1.5
Zero-Point vegetable	Serving Size	Calories	Carbs	Fiber
Daikon,White Radish	1/2 cup slices	7.0	1.3	.7
Edamame (frozen)	1 cup	130	11.5	5.7

Endive	1 head	87.2	17.2	15.9
Garlic (raw)	1 clove	4.5	1.0	.1
Ginger Root (raw)	1 teaspoon	1.6	.4	0
Palm Hearts	1 ounce	32.2	7.2	.4
Jerusalem Artichoke	1 cup sliced	109	26.2	2.4
Jicama (raw)	1 cup sliced	45.6	10.6	5.9
Kohlrabi (boiled no salt)	1 cup sliced	47.8	11.0	1.8
Leeks (bulb and lower leafy portion)	1 cup	54.3	12.6	1.6
Lettuce (iceberg types) shredded	1 cup	10.1	2.3	.9
Mushrooms(portabella) diced	1 cup	22.4	4.4	1.3
Mushrooms (white) pieces	1 cup	15.4	2.3	.7
Peas (canned)	1/2 cup	58.7	10.7	3.5
Peppers,green (chopped)	1 cup	29.8	6.9	2.5
Radishes (sliced)	1 cup	18.6	4.0	1.9
Rutabaga (cubed)	1 cup	50.4	11.4	3.5
Seaweed (Kelp raw)	1 ounce	12.0	2.7	.4
Seaweed (spirulina dried)	1 cup	3.25	26.8	4.0
Zero-Point Vegetable	Serving Size	Calories	Carbs	Fiber
Sauerkraut (canned low-sodium)	1 cup	31.2	6.2	3.6
Scallions	1 cup	32.0	7.3	2.6
Shallots	1 tablespoon	7.2	1.7	>.1
Spinach (chopped)	1 cup	6.9	1.1	.7
Turnips (raw and cubed)	1 cup	36.4	8.4	2.3
Water Chestnuts	3.5 ounces	97	23.9	3

Watercress (chopped)	1 cup	3.7	.4	.2
Zero-Point Fish	Serving Size	Calories	Carbs	Fiber
Calamari (Squid)	1 ounce	26	.9	0
Caviar	1 tablespoon	40.3	.6	0
Abalone	3 ounces	89.3	5.1	0
Clams	1 cup	168	5.8	0
Crab (Blue)	3 ounces	73.9	0	0
Crayfish	3 ounces	61.2	0	0
Cuttlefish	3 ounces	67.2	.7	0
Lobster	1 whole	135	.7	0
Mussels	1 cup	129	5.5	0
Octopus	3 ounces	69.7	1.9	0
Scallops	3 ounces	74.8	2.0	0
Shrimp	4 large	29.7	.3	0
Squid	3 ounces	78.2	2.6	0

Questions? Email me at
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