

LOW CARBOHYDRATE NUTRITIONAL COMPARISON

Standard Serving Sizes (100g Reference)

FOOD ITEM	CALORIES	NET CARBS (G)	PROTEIN (G)	FAT (G)
Proteins & Meats				
Chicken Breast (Roasted)	165	0.0	31.0	3.6
Atlantic Salmon (Grilled)	208	0.0	20.0	13.0
Whole Egg (Boiled)	155	1.1	13.0	11.0
Vegetables				
Spinach (Raw)	23	1.4	2.9	0.4
Cauliflower (Raw)	25	2.8	1.9	0.3
Avocado	160	1.8	2.0	14.7

FOOD ITEM	CALORIES	NET CARBS (G)	PROTEIN (G)	FAT (G)
Fats & Dairy				
Greek Yogurt (Plain/Full Fat)	97	4.0	9.0	5.0
Cheddar Cheese	403	1.3	25.0	33.0
Walnuts	654	7.0	15.2	65.2

Template: Nutritional Comparison Chart Values are approximate per 100g serving