

I love helping people succeed. When I started Smileys Points, I wanted help as many people as possible achieve their goals. This list I created so that I know what carbs are in the foods I am eating. I know that I have to control my carb intake to keep losing weight, and to avoid long plateaus. I know this will help you as much as it helps me :)

Zero Point Fruit	Serving Size	Calories	Carbs	Fiber
Apples	1 small apple	52	13.8	2.4
Applesauce, unsweet	4 ounces	60	15	3
Apricots	1	17	3.8	.7
Banana	1 medium	110	30	3
Blackberries	1 cup	62	13.8	7.6
Blueberries	1 cup	84	21.45	3.6

Cantaloupe	1 cup	53	13	1.4
Cherries	1 cup	97	25	3
Clementines	1	35	8.9	1.3
Cranberries	1 cup	46	12.2	4.6
Cucumbers	1 cup with peel	16	2	.6
Dates	1	20	5.33	.6
Dragon fruit	1	136	29	7

Zero Point Fruit	Serving Size	Calories	Carbs	Fiber
Figs	1 large raw	47	5.4	5.43
Frozen Mixed Berries (unsweetened)	1 cup	70	17	5
Fruit Cocktail unsweetened	½ cup	40	10	1
<a href="#">Fruit Salad unsweetened</a>	1 salad	88	22.6	2.8
Grapefruit	1	52	13	2
Grapes (red or green)	1 cup	104	27.3	1.4

Guava	medium	68	14.32	5.4
Honeydew	1 cup	64	16	1.4
Jackfruit	1 cup	155	40	3
Kiwis	1	42	10	1
Kumquats	5	71	16	6.5
Lemons	1	17	5.4	1.6
Limes	1	20	7	1.9
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
Persimmons	1 fruit	31.8	8.4	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
Pumpkin Puree	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
Tomatillos	1/2 cup diced	21	3.9	1.3
Tomatoes	1 small	18	3.9	1.2
Watermelon	1 cup	30	7.6	.4

Zero-Point Vegetable	Serving Size	Calories	Carbs	Fiber
Acorn Squash	1 cup	115	29.9	9.0
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
Baby Corn	½ cup	25.3	5.6	.6
Bamboo Shoots	1 cup	40.8	7.9	3.3
Basil	2 Tbsp	1.2	.1	.1
Beet Greens	1 cup chopped	38.8	7.8	4.18

Beets	1 cup	58.5	13.0	3.8
Bok Choy	1 cup	20.4	3.1	1.7
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
Butter/Bibb Lettuce	1 cup	7.2	1.2	.6

Zero Point Beans	Serving Size	Calories	Carbs	Fiber
Adzuki	1 cup	294	57	16.8
Alfalfa Sprouts	1 cup	7.6	.7	.6
Bean Sprouts	1 cup	31.0	6	2
Black boiled no salt	1 cup	227	40.8	15
Black-eyed Peas	1 cup	200	35.7	11.2
Edamame	1 cup	130	11.5	5.7
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, dry)	1 cup	756	121	34.8
Great Northern	1 cup	620	114	37.0
Kidney	1 cup	215	41.1	13.6
Lentils	1 cup	662	114	20.7
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

Navy (canned)	1 cup	296	53.6	13.4
Pinto	1 cup	670	121	29.9
Pink	1 cup	252	47.2	9.0
Small White	1 cup	723	134	53.5
Snap (canned) green beans	1 cup	35.9	6.9	3.6
Soybeans (boiled no salt)	1 cup	254	19.9	7.6
String (green beans)	1 cup	34.1	7.8	3.7
Wax (green beans)	1 cup	34.1	7.8	3.7
Canned Fat-free Refried	1 cup	182	32.2	10.9

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
Cauliflower Rice	3/4 cup	20	4	2
Celery	1 stalk large	10.2	2.2	1.0
Chives	1 Tbsp	.9	.5	.1
Cilantro	¼ cup	.9	.1	.1
Coleslaw mix (Taylor Farms)	3 ounces	20	5	2

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

<b>Zero-Point Vegetable</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fiber</b>
<b>Palm Hearts</b>	<b>1 ounce</b>	<b>32.2</b>	<b>7.2</b>	<b>.4</b>
<b>Jerusalem Artichoke</b>	<b>1 cup sliced</b>	<b>109</b>	<b>26.2</b>	<b>2.4</b>
<b>Jicama (raw)</b>	<b>1 cup sliced</b>	<b>45.6</b>	<b>10.6</b>	<b>5.9</b>
<b>Kohlrabi (boiled no salt)</b>	<b>1 cup sliced</b>	<b>47.8</b>	<b>11.0</b>	<b>1.8</b>
<b>Leeks (bulb and lower leafy portion)</b>	<b>1 cup</b>	<b>54.3</b>	<b>12.6</b>	<b>1.6</b>
<b>Lettuce (iceberg types) shredded</b>	<b>1 cup</b>	<b>10.1</b>	<b>2.3</b>	<b>.9</b>
<b>Mushrooms(portabella) diced</b>	<b>1 cup</b>	<b>22.4</b>	<b>4.4</b>	<b>1.3</b>



<b>Mushrooms (white) pieces</b>	<b>1 cup</b>	<b>15.4</b>	<b>2.3</b>	<b>.7</b>
<b>Peas (canned)</b>	<b>1/2 cup</b>	<b>58.7</b>	<b>10.7</b>	<b>3.5</b>
<b>Peppers,green (chopped)</b>	<b>1 cup</b>	<b>29.8</b>	<b>6.9</b>	<b>2.5</b>
<b>Pimientos</b>				
<b>Radishes (sliced)</b>	<b>1 cup</b>	<b>18.6</b>	<b>4.0</b>	<b>1.9</b>
<b>Rutabaga (cubed)</b>	<b>1 cup</b>	<b>50.4</b>	<b>11.4</b>	<b>3.5</b>
<b>Seaweed (Kelp raw)</b>	<b>1 ounce</b>	<b>12.0</b>	<b>2.7</b>	<b>.4</b>
<b>Seaweed (spirulina dried)</b>	<b>1 cup</b>	<b>3.25</b>	<b>26.8</b>	<b>4.0</b>

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

Fish

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
Salmon	3 ounces	175	.2	0
Scallops	3 ounces	74.8	2.0	0
Shrimp	4 large	29.7	.3	0

Squid	3 ounces	78.2	2.6	0
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Meat

Meat	Serving Size	Calories	Carbs	Protein
Chicken Breast 98% fat-free	1 cup 140 grams	231	0	43.4
Chicken tenderloin skinless	100 grams	263	0	14.7
Weight Watchers Smart Ones Chicken Tenderloin w/BBQ Sauce	1pkg	242	33.9	17.1

Eggs	1 extra-large	80	.4	7.0
Egg Whites	1 large	15.8	.2	3.6
Turkey Breast 98% fat-free	1 lb	234	0	34.0

Missed items

Eggplant	1 peeled	110	26.3	15.6
Tofu	1/2 cup	183	5.4	2.9

Pepperoncini	1oz 13 chips	140	15	2
Fage Non-fat Greek Yogurt	1 cup	120	7	0