

70 LOW CARB FOOD LIST FOR WEIGHT LOSS

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Consuming low carb foods is crucial when it comes to weight loss. They'll fill you up for longer duration and help you stay under daily calories limit.

Finding numerous low carb foods from multiple sources can be time consuming. That's why I've decided to share an ultimate list of foods and beverages that have little carbs and can be excellent choices for people who want to shed some excess kilos.

I've included as many as seventy foods with calories and macros mentioned in this list.

Whether you follow a Dukan, Mediterranean, Atkins, or [Keto diet](#), having a list of low carb foods and beverages can be helpful while crafting an effective [weight loss diet program](#).

High Protein Low Carb Food List (1-25)

1. Chicken Breast

- Per 100 grams: 165 calories
- Carbs: 0g
- Protein: 31
- Fat: 3.6g

2. Turkey Breast

- Per 100 grams: 135 calories
- Carbs: 0g
- Protein: 29g
- Fat: 1g

3. Lean Ground Beef

- Per 100 grams: 250 calories
- Carbs: 0g
- Protein: 26g
- Fat: 17g

4. Pork Loin

- Per 100 grams: 143 calories
- Carbs: 0g
- Protein: 26g
- Fat: 4g

5. Roasted Lamb

- Per 100g: 258 calories
- Carbs: 0g
- Protein: 26g
- Fat: 17g

6. Salmon

- per 100 grams: 206 calories
- Carbs: 0
- Protein: 25g
- Fat: 13g

7. Canned Tuna

- Per 100 grams: 116 calories
- Carbs: 0
- Protein: 25g
- Fat: 1g

8. Sardines

- Per 5 canned sardines: 125 calories
- Carbs: 0
- Protein: 14.8g
- Fat: 7g

9. Eggs

- per two eggs: 143 calories
- Carbs: 1.6g
- Protein: 13g
- Fat: 10g

10. Shrimp

- per 100 grams: 99 calories
- Carbs: 0
- Protein: 21g
- Fat: 1.5g

11. Crab

- per 100 grams: 84 calories
- Carbs: 0
- Protein: 18g
- Fat: 1.2g

12. Oysters

- Per 100 grams: 68 calories
- Carbs: 4g
- Protein: 9g
- Fat: 2g

13. Goat Meat

- Per 100 grams: 143 calories
- Carbs: 0g
- Protein: 27g
- Fat: 4g

14. Greek Yogurt

- Per 1 cup: 59 calories
- Carbs: 3.6g
- Protein: 10g
- Fat: 0.4g

15. Cottage Cheese

- Per 100g: 98 calories
- Carbs: 4g
- Protein: 11g
- Fat: 3g

16. Tofu

- Per 100 grams: 144 calories
- Carbs: 4g
- Protein: 15g
- Fat: 8g

17. Edamame

- Per 100 grams: 121 calories
- Carbs: 9g
- Protein: 11g
- Fat: 6g

18. Whey Protein Powder

- Per 32 g or one scoop: 113 calories
- Carbs: 3g
- Protein: 27g
- Fat: 2g

19. Casein Protein Powder

- Per 34 g or one scoop: 120 calories
- Carbs: 4g
- Protein: 24g
- Fat: 1g

20. Beef Liver

- Per 4 ounces: 160 calories
- Carbs: 4.4g
- Protein: 23g
- Fat: 4.4g

21. Chicken Liver

- Per one serving/ 44 grams: 73 calories
- Carbs: 0.4g
- Protein: 11g
- Fat: 3g

22. Cod Fish

- Per 100 grams: 82 calories
- Carbs: 0g
- Protein: 18g
- Fat: 1g

23. Tempeh

- Per 100 grams: 193 calories
- Carbs: 9g
- Protein: 19g
- Fat: 11g

24. Mozzarella Cheese

- Per ounce: 85 calories
- Carbs: 0.6g
- Protein: 6g
- Fat: 6.6g

25. Full-fat yogurt

- Per 100 grams: 61 calories
- Carbs: 4.7g
- Protein: 3.5g
- Fat: 3.3g

High Fat Low Carb Food List (26-36)

26. Hazelnut

- Per ounce or 21 kernels: 178 calories
- Carbs: 4.7g
- Protein: 4.2g
- Fat: 178g

27. Cashews

- Per 10 nuts: 63 calories
- Carbs: 6g
- Protein: 2g
- Fat: 5g

28. Butter

- Per tablespoon: 102 calories
- Carbs: 0g
- Protein: 0.1g
- Fat: 11.5g

29. Avocado

- Per medium size: 234 calories
- Carbs: 12g
- Protein: 2.9g
- Fat: 21g

30. Feta Cheese

- Per 50g: 130 calories
- Carbs: 1.9g

- Protein:7g
- Fat: 10g

31.Almonds

- Per 1 ounce: 160 calories
- Carbs: 6g
- Protein: 6g
- Fat: 14g

32.Ceddar Cheese

- Per 1 ounce: 115 calories
- Carbs: 0.4g
- Protein: 7g
- Fat: 9g

33.Walnuts

- Per 1 ounce: 185 calories
- Carbs: 4g
- Protein: 4.3g
- Fat: 18.5g

34.Pistachios

- Per ounce: 159 calories
- Carbs: 7.7g
- Protein: 5.7g
- Fat: 12.8g

35.Chia Seeds

- Per ounce: 138 calories
- Carbs:12g
- Protein: 4.7g
- Fat: 8.7g

36.Peanut Butter

- Per spoon/32g: 188 calories
- Carbs: 6g
- Protein: 8g
- Fat: 16g

List of Low-Carb Fruits and Vegetables (37-64)

37. Broccoli

- Per 100g: 34 calories
- Carbs: 6.6g
- Protein: 2.8g
- Fat: 0.4g

38. Cauliflower

- Per 100g: 25 calories
- Carbs: 5g
- Protein: 1.9g
- Fat: 0.3g

39. Spinach

- Per cup or 100g: 23 calories
- Carbs: 3.6g
- Protein: 2.9g
- Fat: 0.4g

40. Zucchini

- Per 50g: 9 calories
- Carbs: 1.5g
- Protein: 0.6g
- Fat: 0.1g

41. Asparagus

- Per 100g: 20 calories
- Carbs: 3.7g
- Protein: 2.2g
- Fat: 0.2g

42. Cabbage

- Per 100g: 25 calories
- Carbs: 5.8g
- Protein: 1.3g
- Fat: 0.1g

43. Mushrooms

- Per 100g: 22 calories
- Carbs: 3.3g
- Protein: 3.1g
- Fat: 0.1g

44. Cucumber

- Per 100g: 16 calories
- Carbs: 3.6g
- Protein: 0.7g
- Fat: 0.2g

45. Brussels Sprouts

- Per 100g: 43 calories
- Carbs: 8.3g
- Protein: 3.4g
- Fat: 0.3g

46. Green Beans

- Per 100g: 31 calories
- Carbs: 7.1g
- Protein: 1.8g
- Fat: 0.2g

47. Strawberries

- Per 10 pieces: 58 calories
- Carbs: 14g
- Protein: 1g
- Fat: 0.1g

48. Blackberries

- Per 100g: 43 calories
- Carbs: 10g
- Protein: 1.4g
- Fat: 0.5g

49. Watermelon

- Per 100g: 43 calories
- Carbs: 7.6g
- Protein: 0.6g
- Fat: 0.2g

50. Cantaloupe

- Per 100g: 34 calories
- Carbs: 8.2g
- Protein: 1.8g
- Fat: 0.2g

51. Lime

- Per 100g: 29 calories
- Carbs: 9.3g
- Protein: 1.1g
- Fat: 0.3g

52. Kiwi

- Per 100g: 61 calories
- Carbs: 14.6g
- Protein: 1.1g
- Fat: 0.5g

53. Guava

- Per 100g: 68 calories
- Carbs: 14.3g
- Protein: 2.6g
- Fat: 0.9g

54. Papaya

- Per 100g: 43 calories
- Carbs: 11g
- Protein: 0.5g
- Fat: 0.3g

55. Clementines

- Per 100g: 47 calories
- Carbs: 8.2g
- Protein: 0.9g
- Fat: 0.2g

56. Apricot

- Per 100g: 48 calories
- Carbs: 11g
- Protein: 1.4g
- Fat: 0.4g

57. Rhubarb

- Per 100g: 21 calories
- Carbs: 4.5g
- Protein: 0.9g
- Fat: 0.2g

58. Kale

- Per 100g: 49 calories
- Carbs: 9g
- Protein: 4.3g
- Fat: 0.9g

59. Celery

- Per 100g: 16 calories
- Carbs: 3g
- Protein: 0.7g
- Fat: 0.2g

60. Eggplant

- Per 100g: 25 calories
- Carbs: 6g
- Protein: 1g
- Fat: 0.2g

61. Radishes

- Per 100g: 16 calories
- Carbs: 3.4g
- Protein: 0.7g
- Fat: 0.1g

62. Spaghetti Squash

- Per 100g: 31 calories
- Carbs: 7g
- Protein: 0.6g
- Fat: 0.6g

63. Tomatoes

- Per 100g: 18 calories
- Carbs: 4g
- Protein: 0.9g
- Fat: 0.2g

64. Carrots

- Per 100g: 41 calories
- Carbs: 9.6g
- Protein: 0.9g
- Fat: 0.2g

Low Carbs Beverages for Weight Loss (65-70)

65. Unsweetened Almond Milk

- Per 100ml: 13 calories
- Carbs: 0.6g
- Protein: 0.5g
- Fat: 1.1g

66. Unsweetened Coconut Milk

- Per 100ml: 45 calories
- Carbs: 0.5g
- Protein: 0.5g
- Fat: 4.4g

67. Herbal Tea

- Per 100ml: 0 calories
- Carbs: 0g
- Protein: 0g
- Fat: 0g

68. Black Coffee

- Per 100ml: 2 calories
- Carbs: 0g
- Protein: 0.3g
- Fat: 0g

69. Green Tea

- Per 100ml: 0 calories
- Carbs: 0g
- Protein: 0g
- Fat: 0g

70. Carbonated Water

- Per 100ml: 41 calories

- Carbs: 9.6g
- Protein: 0.9g
- Fat: 0.2g

Recommended Supplements for Speeding up Weight Loss:

1. [Fat Burn Active](#)
2. [Keto Actives](#)
3. [NuviaLab Keto](#)
4. [Fast Burn Extreme](#)
5. [Nutrigo Lab Burner](#)
6. [Cappuccino MCT Coffee](#)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Dumbbell Weight Loss Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Ultimate HIIT Exercises List](#)

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