

Nuts and seeds

- **almonds:** 2 grams net carbs (6 grams total carbs)
- **Brazil nuts:** 1 gram net carbs (3 grams total carbs)
- **cashews:** 8 grams net carbs (9 grams total carbs)
- **macadamia nuts:** 2 grams net carbs (4 grams total carbs)
- **pecans:** 2 grams net carbs (4 grams total carbs)
- **pistachios:** 5 grams net carbs (8 grams total carbs)
- **walnuts:** 2 grams net carbs (4 grams total carbs)
- **chia seeds:** 1 gram net carbs (12 grams total carbs)
- **flaxseeds:** 0 grams net carbs (8 grams total carbs)
- **pumpkin seeds:** 3 grams net carbs (5 grams total carbs)
- **sesame seeds:** 3 grams net carbs (7 grams total carbs)