

FOOD GROUP: EXTRAS

Extras are foods that are low in calories and carbohydrates. They do not need to be measured unless a portion size is listed. Use of these portions or reasonable amounts of foods without a portion size will provide a maximum of 20 calories and 5 grams of carbohydrate.

Please note: The Glycemic Index (GI) is a concept that applies only to foods which contain at least a minimum amount of carbohydrate. For the foods in this list, the GI cannot be measured.

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
Anchovies	2 fillets	0	1	Tr
Baking powder, Baking soda				
Barbeque sauce	1 Tbsp (15 mL)	2	Tr	Tr
Bouillon, Broth, Consommé				
Bran, natural	2 Tbsp (30 mL)	2	1	Tr
Carob flavoured sweetened beverage mix	1 tsp (5 mL)	4	Tr	Tr
Club Soda				
Cocoa powder	1 Tbsp (15 mL)	3	1	1
Coffee, black				
Cranberry sauce, sweetened	1 Tbsp (15 mL)	5	Tr	Tr
Crystal drink, sugar free				
Dulse				
Flavourings and extracts				
Fruit spread, no sugar added	2 tsp (10 mL)	4	0	0
Garlic				
Gelatin				
Ginger root				
Gum, sugar free				
Herbal tea				
Herbs				
Horseradish, prepared	1 Tbsp (15 mL)	2	Tr	Tr
Jelly powder, sugar free, prepared	½ cup (125 mL)	Tr	1	0
Ketchup	1 Tbsp (15 mL)	4	Tr	Tr
Lemon juice, Lemon wedge				
Lime juice, Lime wedge				
Mineral water				
Mustard				
Nonstick cooking spray				
Parsley				

Pickles, dill	2 small	3	Tr	1
Pimento, Hot peppers				
Relish, sweet	1 Tbsp (15 mL)	5	Tr	Tr
Rhubarb				
Salad dressing, fat free vinaigrette style	2 Tbsp	2	0	0
Salsa	¼ cup (60 mL)	3	1	Tr
Salt, Pepper, Spices				
Sauce, chilli				
Sauce, fish				
Sauce, hoisin	2 tsp (10 mL)	5	Tr	Tr
Sauce, HP™	2 Tbsp (30 mL)	5	Tr	Tr
Sauce, oyster	1 tsp (5 mL)	1	Tr	Tr
Sauce, Tabasco™				
Soft drink, sugar free				
Sour cream, fat free	1 Tbsp (15 mL)	2	1	Tr
Soy sauce				
Sugar substitute				
Tea, clear				
Vinegar				
Water				
Whipped topping, low fat (frozen)	2 Tbsp (30 mL)	2	Tr	Tr
Whipped topping, regular	1 Tbsp (15 mL)	1	Tr	1
Worcestershire sauce				