

# KETO FOOD LIST

## FATS

Type of Fat	Serving Size	Total Carbs (grams)	Total Fat (grams)	Saturated Fat (grams)
Almond Butter	100g	19	56	4.2
Avocado (California)	100g	8.6	15	2.1
Avocado oil	100g	0	100	12
Beef Tallow	100g	0	100	50
Butter (unsalted)	100g	0.1	81	50
Butter (whipped with salt)	100g	2.9	78	45
Cashew Butter	100g	28	49	9.8
Cocoa butter oil	100g	0	100	60
Chicken Fat	100g	0	100	30
Coconut milk (liquid expressed from grated meat and water)	100g	5.5	24	21
Coconut oil	100g	0	99	82
Coconut meat (my favorite!)	100g	15	33	30
Duck fat	100g	0	100	33
Fish oil (cod liver)	100g	0	100	23
Fish oil (salmon)	100g	0	100	20
Ghee (clarified butter)	100g	0	99.5	61
Green olives (canned or bottled)	100g	3.8	15	2
Lard	100g	0	100	39
Mayonnaise (Primal Kitchen)	100g	0	80	10
Macadamia Nut Oil	100g	0	14	2
MCT oil	100g	0	93	93
Olive Oil	100g	0	100	14
Pastured Egg Yolks (just the yolk)	100g	3.6	27	9.6
Turkey Fat	100g	0	100	29



## MEATS & SEAFOOD

Protein Type	Serving Size	Total Carbs (grams)	Total Fat (grams)	Total Protein (grams)
Anchovy	100g	0	4.8	20
Beef (ground)	100g	0.6	15	25
Bison (ground)	100g	0	8.6	25
Catfish (wild)	100g	0	2.9	18
Chicken (drumstick & thighs)	100g	0	43	15
Chicken (boiled feet)	100g	0.2	15	19
Duck meat	100g	0	28	19
Eggs (chicken)	100g	0.7	9.5	13
Eggs (duck)	100g	1.5	14	13
Eggs (quail)	100g	0.4	11	13
Elk (game meat)	100g	0	1.9	30
Goat (game meat)	100g	0	3	27
Lamb (ground)	100g	0	20	25
Liver	100g	2.5	3.7	21
Mackerel	100g	0	25	19
Mollusks	100g	3.7	2.2	12
Pork belly	100g	0	53	9.3
Salmon (wild Atlantic)	100g	0	6.3	20
Sardine (Atlantic)	100g	0	11	25
Trout (wild, Rainbow)	100g	0	3.5	20
Tuna (canned in water)	100g	0	3	24
Turkey (ground)	100g	0	10	27
Venison (deer)	100g	0	2.7	22

## DAIRY

Dairy Name	Serving Size	Total Carbs (grams)	Fat (grams)	Protein (grams)
Grass-fed butter	100g	0.1	81	0.9
Greek yogurt (whole milk)	100g	4	5	9
Sour cream (cultured)	100g	4.6	19	2.4
Cottage cheese	100g	3.4	4.3	11
Goat milk (raw)	100g	4.5	4.1	3.6
Cheddar cheese	100g	3.1	33	23



Parmesan cheese (hard)	100g	3.2	26	36
Feta cheese	100g	4.1	21	14
Swiss cheese	100g	1.4	31	27
Brie cheese	100g	0.5	28	21
Blue cheese	100g	2.3	29	21
Cream cheese	100g	5.5	34	6.2
Ricotta cheese (whole milk)	100g	3	13	11
Heavy cream	100g	2.7	36	2.8
Mozzarella (whole milk)	100g	2.2	22	22
Buttermilk	100g	4.9	3.3	3.2
Read more: <a href="https://nutritionadventures.com/keto/keto-food-list/#ixzz5AUFHpzGI">https://nutritionadventures.com/keto/keto-food-list/#ixzz5AUFHpzGI</a>				
Dairy Name	Serving Size	Total Carbs (grams)	Fat (grams)	Protein (grams)
Grass-fed butter	100g	0.1	81	0.9
Greek yogurt (whole milk)	100g	4	5	9
Sour cream (cultured)	100g	4.6	19	2.4
Cottage cheese	100g	3.4	4.3	11

## LOW-CARB VEGETABLES

Vegetable	Serving Size	Total Carbs (grams)	Fiber (grams)	Net Carbs (grams)
Alfalfa sprouts	100g	2.1	1.9	0.2
Arugula	100g	3.7	1.6	2.1
Asparagus	100g	3.9	2.1	1.8
Beets (raw)	100g	9.6	2.8	6.8
Bok Choy (Chinese cabbage)	100g	2.2	1	1.2
Broccoli	100g	6.6	2.6	4
Brussel sprouts	100g	9	3.8	5.2
Cabbage	100g	5.8	2.5	3.3
Cauliflower	100g	5	2	3
Celery	100g	3	1.6	1.4
Chili pepper	100g	8.8	1.5	7.3
Coriander (cilantro)	100g	3.7	2.8	0.9



Collards (boiled & drained)	100g	5.7	4	1.7
Cucumber (raw with peel)	100g	3.6	0.5	3.1
Garlic (moderation)	100g	33	2.1	30.9
Ginger (moderation)	100g	18	2	16
Green beans (raw, snap)	100g	7	2.7	4.3
Kale	100g	8.8	3.6	5.2
Kimchi	100g	2.4	1.6	0.8
Lime	100g	11	2.8	8.2
Mushrooms (shiitake)	100g	6.8	2.5	4.3
Mustard greens	100g	4.7	3.2	1.5
Onion (raw)	100g	9.3	1.7	7.6
Spring Onion (scallion)	100g	7.3	2.6	4.7
Romaine lettuce	100g	3.3	2.1	1.2
Rutabagas	100g	8.6	2.3	6.3
Shallots	100g	17	3.2	13.8
Peas	100g	14	5.7	8.3
Spinach	100g	3.6	2.2	1.4
Summer squash	100g	3.4	1.1	2.3
Winter squash	100g	8.6	1.5	7.1

## FRUIT

Fruit Name	Serving Size	Net Carbs (grams)	Fruit Name	Serving Size
Avocado	100g	1.8	Avocado	100g
Apricots (moderation)	100g	9	Apricots (moderation)	100g
Blackberries	100g	4.3	Blackberries	100g
Blueberries	100g	11.6	Blueberries	100g
Boysenberries	100g	6.7	Boysenberries	100g
Cherries (Acerola, raw)	100g	6.6	Cherries (Acerola, raw)	100g
Cranberries	100g	8	Cranberries	100g
Grapefruit (red)	100g	9.4	Grapefruit (red)	100g
Grapefruit (white)	100g	7.3	Grapefruit (white)	100g
Raspberries	100g	5.5	Raspberries	100g
Strawberries	100g	5.7	Strawberries	100g
*Plums (moderation)	100g	9.6	*Plums (moderation)	100g
*Mango (Not Keto Friendly)	100g	14	*Mango (Not Keto Friendly)	100g
*Figs (Not Keto Friendly)	100g	16	*Figs (Not Keto Friendly)	100g



## NUTS & SEEDS

<b>Nuts &amp; Seeds</b>	<b>Serving Size</b>	<b>Fat (grams)</b>	<b>Protein (grams)</b>	<b>Net Carbs (grams)</b>
Almonds	100g	50	21	9.5
Brazil Nuts	100g	67	14	4.5
Cashew nuts	100g	44	18	26.7
Hemp seeds	100g	49	32	4.7
Pecans	100g	72	9.2	4.4
Pine nuts	100g	68	14	8.3
Pistachios	100g	45	20	16.4
Macadamia nuts	100g	76	7.9	5.4
Walnuts	100g	65	15	7.3
Sesame seeds	100g	50	18	11
Chia seeds	100g	31	17	8
Pumpkin seeds	100g	49	30	5
Sunflower seeds	100g	51	21	11.4
Pilinuts (dried)	100g	80	11	4

