

KETO +

LOW CARB FOOD LIST



LEAFY GREENS

Net carbs (per 1 cup)

Arugula	0.4
Butter Lettuce	0.5
Cabbage	3
Chard	0.8
Collard Greens	3.9
Iceberg	1.2
Mustard Greens	0.8
Romaine	0.6
Spinach	0.4
Sprouts	0.1

VEGGIES

Net carbs (per 1 cup)

Asparagus	2.4
Bell Peppers	3.6
Broccoli	2.6
Brussel Sprouts	4.6
Cauliflower	3.2
Celery	1.4
Eggplant	2.3
Green Beans	4.3
Mushrooms	2.2
Zucchini	2.4

FRUITS

Net carbs (per 1/2 cup)

Avocados	1.8
Raspberries	3.3
Blueberries	8.9
Blackberries	3.1
Coconut	2.5
Cranberries	4.6
Olives	2.2
Strawberries	4.3
Tomatoes	4.8
Watermelon	5.5

MEAT & POULTRY

Net carbs (per 4 oz)

Bacon & Sausage	0
Beef	0
Deli Meats – <i>Beef, Ham, Chicken, Turkey, etc.</i>	0-1
Lamb	0
Pork	0
Poultry – <i>Chicken, Turkey, etc.</i>	0

SEAFOOD

Net carbs (per 4 oz)

Fish – <i>Cod, Halibut, Salmon, Tuna, etc.</i>	0
Shellfish – <i>Crab, Lobster, Shrimp, etc.</i>	0-2

NUTS & SEEDS

Net carbs (per 1/4 cup)

Almonds	3
Brazil Nuts	1.4
Macadamia Nuts	1.7
Peanuts	2.8
Pine Nuts	3.2
Pistachios	5
Pumpkin Seeds	1.6
Sunflower Seeds	1.3

BEVERAGES

Net carbs (per 1 cup)

Almond Milk, unsweetened	0
Broth – <i>Chicken, Beef, Bone</i>	0
Coconut Milk, carton, unsweetened	0
Coffee	0.5
Tea	0
Water – <i>Regular and Sparkling</i>	0

DAIRY & EGGS

Net carbs (per 1 oz)

Cheeses – <i>Brie, Cheddar, Feta, Gorgonzola, etc.</i>	0-1.5
Eggs	0

FATS

Net carbs (per 1 tbsp)

Avocado Oil	0
Coconut Oil	0
Ghee	0
MCT Oil	0
Olive Oil	0
Nut & Seed Oils	0

SEASONINGS

Net carbs (per 1 tbsp)

Cinnamon, ground	0.7
Most Herbs – <i>Basil, Oregano, Rosemary, Thyme, etc.</i>	0-0.3
Salt & Pepper	0
Vinegar – <i>White, Apple Cider</i>	0