

>5g of CARBS	●
>10g of CARBS	●

Keto and Low Carb Food List

FATS

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Avocado Oil	Chosen Foods	1 tbsp	13	0	0
Butter - unsalted	Gay Lea	1 tbsp	12	0.2	0
Cocoa butter	Organic traditions	1 tbsp	10	0	0
Coconut oil	Grace	1 tbsp	14	0	0
Ghee	Urban Gita	1 tbsp	17	0	0
MCT oil	Nutriva	1 tbsp	14	0	0
Olive oil (extra virgin)	Longo's	1 tbsp	14	0	0

MEAT

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Bacon	Compliments	54g (2 slices)	16	7	0
Beef, ground, 70% lean		100g	30	14	0
Beef, short ribs, braised		100g	42	22	0
Beef, brisket		100g	7	21	0
Beef, flank steak		100g	8	28	0
Beef, rib steak		100g	29	23	0
Beef, tenderloin roast		100g	25	24	0
Bison		100g	5.3	15.0	0.9
Lamb, ground		100g	23	17	0
Lamb, leg, whole, 1/4" fat		100g	17	18	0
Lamb, foreshank, 1/4" fat		100g	13	19	0
Pork, ground, 72% lean		100g	28	15	0.7
Pork, shoulder (Boston butt)		100g	19	23	0
Pork, chops		100g	12	29	0
Pork, ham, boneless		100g	6	21	1.5
Rabbit		100g	3.5	33	0
Sausage, pork and beef		100g	27	12	2
Sausage, bratwurst, pork and beef		100g	26	12	2
Sausage, Italian		100g	31	14	0.7
Venison		100g	3.2	30	0

POULTRY

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Chicken, thighs		100g	8	24	0
Chicken, breast		100g	3.6	31	0
Chicken, drumstick		100g	9	18	0.1
Chicken, wings		100g	8	30	0
Duck		100g	2.4	27.6	0
Turkey, breast		100g	7	22	0
Turkey, dark meat		100g	9	20	0
Quail		100g	14	24	0

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FISH

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Cod		100g	0.7	18	0
Halibut		100g	1.6	22.4	0
Mahi-Mahi		100g	0.7	19	0
Salmon		100g	13	20	0
Sea bass		100g	2.6	24	0
Snapper		100g	1.3	20.5	0
Tilapia		100g	2.7	26	0
Trout		100g	6	20	0
Tuna, canned		100g	0.9	25.5	0

SEAFOOD

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Clams		100g	2	25.5	5.1
Crab		100g	1.5	19	0
Lobster		100g	0.9	19	0
Mussels		100g	4.5	24	7
Octopus		100g	2.1	30	4.4
Oysters		100g	13	9	12 ●
Scallops		100g	0.8	21	5
Shrimp		100g	0.3	24	0.2
Squid		100g	7	18	8 ●

CHEESE

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Blue		28g	8.1	5.9	0.6
Brie		28g	7.8	5.9	0.1
Cheddar		28g	9.2	7.0	0.4
Cottage Cheese		28g	1.2	3.1	1.0
Cream cheese	Philadelphia	28g	6.4	1.8	1.8
Feta - Goat Milk	Krinos	28g	7	5	0
Goat cheese		28g	8.4	6.2	0
Gorgonzola		28g	7.6	5.6	0
Monterey Jack		28g	8.4	6.7	0.2
Marble	Armstrong	28g	9.3	6.5	0.9
Mascarpone cheese		28g	12.6	2.0	0.6
Mozzarella	Compliments	28g	7.5	6.5	1.9
Parmesan		28g	8.1	10.6	1.1
Provolone	Sensations	28g	7.4	7.4	1.5
Swiss		28g	7.8	7.6	1.4

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GREENS

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Arugula		100g	0.6	2.4	2.3
Bok choy		100g	0.2	1.5	1.2
Butter lettuce		100g	0.2	1.4	1.1
Cabbage		100g	0.1	1.2	3.4
Chard		100g	0.2	1	2.1
Collard greens		100g	0.6	3	1
Endives		100g	0.2	1.3	0.3
Iceberg lettuce		100g	0.1	0.9	1.8
Kale		100g	0.9	4.3	9 ●
Spinach		100g	0.4	1.4	2.9
Romaine		100g	0.3	1.2	1.2

VEGETABLES

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Asparagus		100g	0.1	2.2	1.8
Bell peppers		100g	0.3	1	3.9
Broccoli		100g	0.4	2.8	4.4
Brussels sprouts		100g	0.3	3.4	5.2 ●
Cauliflower		100g	0.3	1.9	3
Celery		100g	0.3	0.5	1.5
Chili peppers		100g	0.2	2	7.5
Cucumbers		100g	0.2	0.6	3.1
Eggplant		100g	0.1	1.0	2.9
Fennel		100g	0.2	1.2	3.9
Garlic		1 tsp	0.0	0.2	0.9
Green beans		100g	0.1	3.6	1.8
Jalapeno peppers		100g	0.4	0.9	4.2
Mushrooms		100g	0.3	3.1	2.2
Onions		100g	0.1	1.1	7.3 ●
Pickles		100g	0.2	0.3	1.1
Radishes		100g	0.1	0.7	1.8
Rhubarb		100g	0.2	0.9	2.7
Scallions		100g	0.2	1.8	4.4
Shallots		100g	0.1	2.5	13.8 ●
Snow peas		100g	0.2	2.9	5.1 ●
Zucchini		100g	0.3	1.2	2.1
Yellow Squash		100g	0.2	1.2	2.3

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FRUITS

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Avocados		100g	15	2	2
Raspberries		100g	0.7	1.2	5
Blueberries		100g	0.3	0.7	11.6 ●
Blackberries		100g	0.5	1.4	5 ●
Coconut		100g	33	3.3	6 ●
Cranberries		100g	0.1	0.5	8.4 ●
Lemons		100g	0.3	1.1	6.2 ●
Limes		100g	0.2	0.7	8.2 ●
Olives		50g	7.6	0.5	0.2
Strawberries		100g	0.3	0.7	6
Tomatoes		100g	0.2	0.9	2.7
Watermelon		100g	0.2	0.6	7.6 ●

NUTS & SEEDS

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
	Nuts to You Nut Butter Inc.				
Almond butter		2 tbsp	18	6	5 ●
Almonds		28g	14.8	6.2	2.0
Brazil nuts		28g	19	4	1
Chia seeds	Nutiva	1 tbsp	3	3	0
Flax seeds	Pilling Foods	28g	12	5	0
Hazelnuts	NutraMilk	28g	17	4	2
Hemp seeds	Manitoba Harvest	2 tbsp	10	6.7	0
Macadamia nuts		28g	21.3	2.2	1.4
Peanut butter	Compliments	2 tbsp	16	6	4
Peanuts		28g	14	7	2.2
Pecans		28g	20	2.6	1.2
Pine nuts		28g	19	3.9	2.7
Pistachios		28g	13	6	5.1 ●
Poppy seeds		1 tbsp	3.7	1.6	0.8
Pumpkin seeds		28g	5	5	10 ●
Sesame seeds		28g	14.2	5.1	3.2
Sunflower seeds		28g	14.3	5.9	3.1
Walnuts		28g	20.3	4.9	2.3

DAIRY & EGGS

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Eggs (large)		100g	11	13	1.1
Half & Half	Natrel	1 tbsp	1.5	0.4	1
Heavy Cream - 35%	Sealtest	1 tbsp	5	0.3	1
Sour cream		1 tbsp	2.4	0.2	0.3
Greek yogurt		1/2 cup	0.5	12.3	4.4

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FLOURS & BAKING

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Almond flour	Kirkland	1/4 cup	15	6	2
Chocolate - unsweetened	Bakers	28g	15	3	5 ●
Cocoa powder	NuNaturals	1 tbsp	1.5	1	1
Coconut flour	Bob's Red Mill	2 tbsp	1.5	3	4
Flax seed meal	Bob's Red Mill	2 tbsp	4.5	3	1
Gelatin, powder		1 tbsp	0	6	0
Protein powder - whey	Nutralean	26g	0.75	17	1
Protein powder - collagen		11.07	0	10	0
Pork rinds		15g	6	0	8 ●
Psyllium husk powder	Now Foods	1 tbsp	0	0	1
Pure extracts - vanilla		1 tsp	0	0	0.5
Xantham gum - Gluten Free	Bob's Red Mill	1 tbsp	0	1	0

CONDIMENTS & SAUCES

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Barbecue sauce**	G Hughes	2 tbsp	0	0	2
Blue cheese dressing		2 tbsp	0.4	0.6	8.2 ●
Chimichurri		1/4 cup	22	1	3
Caesar dressing	Renée's Gourmet	1 tbsp	10	0.2	0
Franks red hot		1/4 cup	1	0.4	2
Ketchup**	Selection	1 tbsp	0	0.2	5 ●
Lemon juice		1 tbsp	0.1	0.0	1.0
Marinara Sauce**	Rao's Homemade	1/2 cup	11	1	3
Mayonnaise - with Olive Oil	Hellmann's	1 tbsp	11	0.2	0
Mustard - Dijon	Maille	1 tbsp	1.5	0.9	0
Mustard - Regular	French's	1 tbsp	0	0.6	0
Pesto Sauce	Olivieri	1 tbsp	18	5	1
Ranch dressing	Renée's Gourmet	1 tbsp	7	1	0.4
Salsa - Mild	Tostitos	2 tbsp	0	0	1
Sriracha		1 tsp	0	0	1
Vinegar - apple cider	Bragg	1 tbsp	0	0	0
Vinegar - balsamic**	Longo's	1 tbsp	0	0.05	4
Vinegar - white balsamic**	Bertolli	1 tbsp	0	0	4
Vinegar - red wine**	Bertolli	1 tbsp	0	0	0
Vinegar - white wine**	Bertolli	1 tbsp	0	0	0

SWEETENERS

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Chicory root		100g	14.66	2	1.83
Erythritol		1 tsp	0	0	0
Monk fruit		1 tsp	0	0	0
Stevia		1 tsp	0	0	0
Xylitol		1 tsp	0	0	0

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HERBS

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Basil		2 tbsp (chopped)	0	0.2	0.1
Bay leaves		1 tbsp (crumbled)	0.2	0.1	0.8
Chives		1 tbsp (chopped)	0	0.1	0
Cilantro		1/4 cup	0	0.1	0
Dill		1 tbsp	1.1	3.5	4.9
Marjoram		1 tbsp	0.1	0.2	0.3
Mint		2 tbsp	0	0.1	0.2
Oregano		1 tbsp	0	0	1
Parsley		1 tbsp	0	0.1	0.1
Rosemary		1 tbsp	0.1	0	0.1
Sage		1 tbsp, ground	0.3	0.2	0.4
Tarragon		1 tbsp, ground	0.3	1.1	2
Thyme		1 tbsp	0	0	0.3

SPICES (GROUND)

ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Allspice		1 tbsp	0	0.4	3
Black pepper		1 tbsp	0.2	0.7	2.7
Cardamom		1 tbsp	0.4	0.6	2.4
Cayenne pepper		1 tbsp	0.9	0.6	1.6
Celery Salt		1 tbsp	0	0	0
Chili powder		1 tbsp	1.1	1.1	1.2
Cinnamon		1 tbsp	0.1	0.3	1.9
Cloves		1 tbsp	0.8	0.4	2.1
Cream of tartar		1 tbsp	0	0	5.4 ●
Cumin		1 tbsp	1.3	1.1	2.1
Curry powder		1 tbsp	0.9	0.8	1.6
Fennel seed		1 tbsp	0.9	0.9	0.7
Garlic powder		1 tbsp	0.1	1.6	6.1 ●
Ginger powder		1 tbsp	0.3	0.5	3
Mustard powder		1 tbsp	2.3	1.6	1
Nutmeg		1 tbsp	2.5	0.4	2
Onion powder		1 tbsp	0.1	0.7	4
Paprika		1 tbsp	0.9	1	1.3
Salt		1 tbsp	0	0	0
Saffron		1 tbsp	0.1	0.2	1.2
Tumeric		1 tbsp	0.7	0.5	3

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BEVERAGES					
ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Almond milk	Blue Diamond Unsweetened	1 cup	2.5	1	1
Beef broth		1 cup	0.2	4.7	2.9
Coconut cream		1/4 cup	20.8	2	2.8
Coconut milk	Cha's Organics	1/4 cup	10	1	3
Coffee - Hazelnut Instant	Nescafe	2 tbsp	0	1.2	6
Diet soda**		100ml	0	0	0
Water		100ml	0	0	0

ALCOHOL					
ITEM	BRAND	SERVING SIZE	FAT	PROTEIN	NET CARBS
Rum, 40%	Bacardi	1.5oz	0	0	0
Tequila		1 fl oz	0	0	0
Vodka		1 fl oz	0	0	0
Whisky		1 fl oz	0	0	0
Wine - Red		5 fl oz	0	0.1	3.8
Wine - White		5 fl oz	0	0.1	3.8