

KETO & LOW CARB FOODS LIST

KEY

- ◀1 <1g Net Carbs per serving
- ◀5 <5g Net Carbs per serving
- ◀10 <10g Net Carbs per serving (use in moderation)
- ▲ Check for added sugar & artificial additives. Net carb counts vary by brand.

LEAFY GREENS

FOOD	SERVING SIZE	NET CARBS
Arugula	1 cup (20g)	0.4
Beet Greens	1 cup (38g)	0.2
Bibb lettuce	1 cup (55g)	0.6
Bok choy	1 cup (70g)	0.8
Broccoli rabe	1 cup (40g)	0
Butter lettuce	1 cups (42g)	0.5
Cabbage	1 cup (89g)	3
Chard	1 cup (36g)	0.8
Collard greens	1 cup (256g)	3.9
Endive	1 cup (50g)	0.1
Iceberg lettuce	1 cup (57g)	1.2
Kale	1 cup (67g)	3.4
Mustard greens	1 cup (56g)	0.8
Spinach	1 cup (30g)	0.4
Sprouts	1 cup (33g)	0.1
Romaine	1 cup (47g)	0.6
Watercress	1 cup (34g)	0.2

VEGETABLES

Serving size volumes vary depending on produce size and chopping style, if any. For exact measurement, go by weight.

FOOD	SERVING SIZE	NET CARBS
Artichokes	1/2 cup (84g)	5.2
Asparagus	1 cup (134g)	2.4
Bamboo shoots	1 cup (151g)	4.6
Bell peppers	1 cup (92g)	3.6
Broccoli	1 cup (91g)	3.6
Brussels sprouts	1 cup (88g)	4.6
Cauliflower	1 cup (107g)	3.2
Celeriac	1/2 cup (78g)	5.8
Celery	1 cup (101g)	1.4
Chili peppers	1 pepper (14g)	1
Cucumbers	1/2 cup (52g)	1.6
Eggplant	1 cup (82g)	2.3
Fennel	1 cup (87g)	3.7
Garlic	1 clove (3g)	0.9
Green beans	1 cup (100g)	4.3
Jalapeno peppers	1 pepper (14g)	0.5
Jicama	1 cup (130g)	5.1
Kelp noodles	4 oz (113 g)	2
Leeks	1/2 cup (45g)	5.5
Mushrooms	1 cup (86g)	2.2
Okra	1 cup (100g)	4.3
Onions	1/2 cup (58g)	4.3
Poblano peppers	1 pepper	1.9
Pickles	1 large (135g)	1.9
Pumpkins	1 cup (116g)	6.9
Radishes	1 cup (116g)	2
Rhubarb	1 cup (122g)	3.3
Rutabagas	1 cup (140g)	8.9
Scallions (green onions)	1 cup (100g)	4.7
Shallots	1 tbsp (10g)	1.4
Shirataki noodles	1 cup	4.7
Snow peas	1 cup (98g)	4.9
Spaghetti squash	1 cup (101g)	5.5
Turnips	1 cup (130g)	6.1
Zucchini	1 cup (113g)	2.4
Yellow squash	1 cup (113g)	2.6

FRUITS

Serving size volumes vary depending on produce size and chopping style, if any. For exact measurement, go by weight.

FOOD	SERVING SIZE	NET CARBS
Avocados	1/2 fruit (100g)	1.8
Raspberries	1/2 cup (61.5g)	3.3
Blueberries	1/2 cup (74g)	8.9
Blackberries	1/2 cup (72g)	3.1
Coconuts, flesh	1/2 cup (40g)	2.5
Cranberries	1/2 cup (55g)	4.6
Currants	1/2 cup (56g)	5.3
Strawberries	1/2 cup (76g)	4.3
Lemons	1 lemon (58g)	5.4
Limes	1 lime (67g)	5.2
Olives	1/2 cup (67g)	2.2
Tomatoes	1 cup (180g)	4.8
Watermelon	1/2 cup (76g)	5.5

FATS

All pure fats/oils are 0 carb, but recommended to avoid soy, corn, canola, "vegetable", and cottonseed oils.

FOOD	SERVING SIZE	NET CARBS
Avocado oil	1 tbsp (14g)	0
Butter	1 tbsp (15g)	0
Cocoa butter	1 tbsp (13.6g)	0
Coconut oil	1 tbsp (13.6g)	0
Ghee	1 tbsp (13g)	0
Lard, other animal fats	1 tbsp (12.8g)	0
MCT oil	1 tbsp (14.5g)	0
Olive oil	1 tbsp (13.5g)	0
Other nut & seed oils	1 tbsp (~13.5g)	0

MEAT & POULTRY

FOOD	SERVING SIZE	NET CARBS
Bacon & sausage	4 oz (113g)	0
Beef – ground, steak, roast, veal	4 oz (113g)	0
Delic meats – beef, chicken, turkey, ham, etc.	4 oz (113g)	0-1
Game meats – bison, venison, etc.	4 oz (113g)	0
Lamb – ground, chops, etc.	4 oz (113g)	0
Liver & other organ meats	4 oz (113g)	0-0.5
Pork – ground, chops, loin, ham, etc.	4 oz (113g)	0
Poultry – chicken, turkey, duck, quail, etc.	4 oz (113g)	0

SEAFOOD

FOOD	SERVING SIZE	NET CARBS
Fish – cod, flounder, halibut, mahi-mahi, salmon, sardines, sea bass, snapper, tilapia, trout, tuna, etc.	4 oz (113g)	0
Shellfish – clams, crab, lobster, mussels, oysters, scallops, shrimp, squid, etc.	4 oz (113g)	0-2

DAIRY & EGGS

FOOD	SERVING SIZE	NET CARBS
Cheeses, all kinds – blue, brie, cheddar, dubliner, feta, goat, gouda, gorgonzola, gruyere, jack, mozzarella, parmesan, swiss, etc.	1 oz (28g)	0-1.5
Coconut cream	1 tbsp (15g)	1.7
Cream cheese	1 tbsp (14.5g)	0.8
Eggs	1 egg (56g)	0
Half & half	1 tbsp (15g)	0.7
Heavy cream	1 tbsp (15g)	0.4
Mascarpone cheese	2 tbsp (28g)	0.6
Sour cream	1 tbsp (12g)	0.6
Whole milk Greek yogurt	1 cup (100g)	4
Whole milk cottage cheese	1/2 cup (105g)	7.1
Whole milk ricotta cheese	1/2 cup (62g)	3.7

NUTS & SEEDS

FOOD	SERVING SIZE	NET CARBS
Almond butter	2 tbsp (32g)	2.7
Almonds	1/4 cup (28g)	3
Brazil nuts	1/4 cup (33g)	1.4
Chia seeds	1 oz (28.35g)	2.1
Coconut flakes	3 tbsp (22.5g)	3
Flax seeds	2 tbsp (20.6g)	0.4
Hazelnuts	1/4 cup (34g)	2.3
Hemp seeds	3 tbsp (30g)	1.4
Macadamia nuts	1/4 cup (33g)	1.7
Other nut butters – hazelnut, macadamia, pecan, walnut, etc.	2 tbsp (~32g)	0.5-3
Peanut butter	2 tbsp (32g)	4
Peanuts	1/4 cup (36g)	2.8
Pecans	1/4 cup (25g)	1
Pine nuts	1/4 cup (34g)	3.2
Pistachios	1/4 cup (31g)	5
Poppy seeds	1 tbsp (8.8g)	0.8
Pumpkin seeds	1/4 cup (32g)	1.6
Sesame seeds	1 tbsp (9g)	1
Sunflower seed butter	2 tbsp (32g)	5.7
Sunflower seeds	1/4 cup (115g)	1.3
Walnuts	1/4 cup (30g)	2

BEVERAGES

FOOD	SERVING SIZE	NET CARBS
Almond milk, unsweetened	1 cup (240ml)	1.5
Broth – chicken, beef, bone	1 cup (240g)	0
Broth – vegetable	1 cup (221g)	2
Coconut milk, canned, unsweetened	1/2 cup (113g)	3.2
Coconut milk, carton, unsweetened	1 cup (240ml)	1
Coffee	1 cup (248g)	0.5
Hard liquor	1 fl. oz (27.8g)	0
Tea	1 cup (237g)	0
Water	1 cup (235ml)	0
Wine, red or white, dry	5 fl. oz (147g)	3.1-3.7

SWEETENERS

Serving sizes can vary by brand, depending on blend/concentration.

FOOD	SERVING SIZE	NET CARBS
Chicory root	1/2 cup (45g)	0
Erythritol	1 tsp (4g)	0
Monk fruit	1 tsp (2.3g)	0
Stevia	1 tsp (4g)	0
Xylitol	1 tsp (4g)	0

FLOURS & BAKING

FOOD	SERVING SIZE	NET CARBS
Almond flour	1/4 cup (28g)	3
Cocoa/cacao powder	1 tbsp (5.4g)	1.1
Coconut flour	2 tbsp (14g)	4
Hazelnut flour	1/4 cup (28g)	2
Macadamia nut flour	1/4 cup (28g)	2.9
Peanut flour	1/4 cup (15g)	2.8
Flax seed meal (plain or golden)	2 tbsp (11g)	0
Gelatin	1 tbsp (7g)	0
Glucosmannan	1/2 tsp (2g)	0
Protein powder (whey, collagen, etc.), unsweetened	1 scoop (~30g)	0
Pork rinds	1/2 oz (14g)	0
Psyllium husk powder	1 tsp (4g)	0
Pure extracts – vanilla, fruit	1 tsp (4.2g)	0.1
Sunflower seed meal	1/4 cup (28g)	4
Chocolate, unsweetened baker's or w/sweeteners above	1 oz (29g)	2.9-3.4
Xanthan gum	1/2 tsp (0.7g)	0

HERBS

Carbs based on "fresh" herbs, chopped. 1 tbsp fresh = 1 tsp dried.

FOOD	SERVING SIZE	NET CARBS
Basil	2 tbsp (5.3g)	0
Bay leaves	1 tbsp (0.6g)	0.3
Chives	1 tbsp (3g)	0.1
Cilantro	1 tbsp (1g)	0.1
Dill	1 tbsp (0.6g)	0.1
Marjoram	1 tbsp (0.6g)	0.2
Mint	1 tbsp (1.6g)	0.1
Oregano	1 tbsp (3g)	0.3
Parsley	1 tbsp (3.8g)	0.1
Rosemary	1 tbsp (1.7g)	0.2
Sage	1 tbsp (0.7g)	0.1
Savory	1 tbsp (1.4g)	0.4
Tarragon	1 tbsp (0.6g)	0.3
Thyme	1 tbsp (2.4g)	0.3

SPICES & SEASONINGS

FOOD	SERVING SIZE	NET CARBS
Allspice, ground	1 tsp (1.9g)	1
Black pepper	1 tsp (2.3g)	0.9
Cardamom	1 tsp (2g)	0.8
Cayenne pepper	1/4 tsp (0.5g)	0.2
Celery seed	1 tsp (2g)	0.6
Chili powder	1 tbsp (8g)	1.2
Cinnamon, ground	1 tsp (2.8g)	0.7
Cloves, ground	1 tsp (2.1g)	0.7
Cream of tartar	1 tsp (3g)	1.8
Cumin, ground	1 tsp (2.8g)	0
Curry powder	1 tsp (2g)	0
Fennel seed	1 tbsp (5.8g)	0.7
Garlic powder	1 tsp (31g)	2
Ginger, ground	1 tsp (1.8g)	1
Mustard, ground	1 tsp (2g)	0.4
Nutmeg, ground	1 tsp (2.2g)	0.6
Onion powder	1 tsp (2.4g)	1.5
Paprika (regular or smoked)	1 tsp (2.3g)	0.4
Red pepper, crushed	1 tsp (2g)	0
Salt (sea salt, Himalayan, etc.)	1 tsp (6g)	0
Turmeric	1 tsp (3g)	1.3

CONDIMENTS

Numbers for store-bought items without added sugar. If possible, it's better to make your own using low carb ingredients, and sugar-free or no sweetener.

FOOD	SERVING SIZE	NET CARBS
Chimichurri sauce	1 tbsp	1
Coconut aminos	1 tbsp (15ml)	6
Dressings, oil or vinaigrette	2 tbsp (~30g)	2-3
Dressings, creamy (ranch, blue cheese, Caesar, etc.)	2 tbsp (~30g)	0-2
Horseradish	1 tsp (5.6g)	0.5
Hot sauce (sriracha, buffalo, red pepper sauce, etc.)	1 tsp (6.5g)	1.2
Lemon juice, lime juice	2 tbsp (31g)	2/2.5
Marinara sauce	1/2 cup (132g)	7.4
Mayonnaise	1 tbsp (13.8g)	0.1
Mustard	1 tsp (5g)	0.1
Pesto sauce	1/4 cup (61g)	2.8
Salsa	2 tbsp (36g)	1.7
Vinegar – white, apple cider	1 tbsp (15ml)	0
Vinegar – balsamic	1 tbsp (16g)	2.7