


# Keto Diet Food List



## Unprocessed Natural Meat

<b>Beef</b> Veal Lamb Pork	<b>Fowl</b> Turkey Chicken Duck Goose Hen Quail	<b>Organ Meats</b> Brains Tongue Liver Heart Kidneys	<b>Game Meats</b> Venison Bison Caribou Elk	<b>Exotic Meats</b> Ostrich Emu	 <b>Unprocessed Fresh Seafood</b> Cod Flounder Sole Haddock Halibut Sardine	 <b>Seasoning</b> Salt and Pepper Vinegar Ground Cinnamon Most Hot Sauces Yellow Mustard Dill weed, Chives, Basil, Oregano, Rosemary, Thyme, etc.
Swordfish	Tuna	Trout	Salmon	Catfish	Bass	





## Oils and Fats

Olive oil Coconut oil Grass-fed butter	Walnut Oil MCT oil Avocado oil	Fish oil Animal Fats ( <i>including lard</i> )	 <b>Beverages</b> Water Sparkling Water Club Soda	Coffee Tea Diet Soda ( <i>check labels, watch for sweeteners</i> )
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## Net Carbs Per 100g Cheese

Asiago [3.6 g] Blue [2.3 g] Brie [0.5 g] Camembert [0.5 g] Cheddar [1.3 g] Colby [2.6 g] Edam [1.4 g]	Fontina [1.6 g] Goats [0.1 g] Gouda [2.2 g] Gruyère [0.4 g] Havarti [3.6 g] Monterey [0.7 g] Mozzarella [3.1 g]	Muenster [1.1 g] Parmesan [4.1 g] Provolone [2.1 g] Ricotta [3 g]	 <b>Net Carbs Per Tbsp. Cream</b> Heavy Cream [0.4 g] Half-and-Half [0.2 to 1]	 <b>Net Carbs Per Egg Eggs</b> Eggs [0.2 to .7 g] ( <i>check the carton</i> )
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## Net Carbs Per 100g Vegetables

Broccoli Rabe, Rapini [0 g] Escarole, Curly Endive [0 g] Baby Beet Greens [0 g] Endive [0 g] Tung Ho [0 g] Alfalfa sprout [0 g] Sin Qua [0.1 g] Bean sprout (Mung Bean) [0.2 g] Chi Qua [0.3 g] Olives [0.54 g] Collard Greens [1 g] Water Spinach [1 g] Romaine [1 g] Butterhead Lettuce [1 g] Chicory greens [1 g] Bok Choy (Pak Choi) [1.2 g] Gai Lan (Chinese Broccoli) [1.3 g] Celery [1.4 g] Mustard Greens [1.5] Choy Sum [1.5 g]	Iceberg Lettuce [1.6 g] Radish [1.8 g] Asparagus [1.8 g] Chard [2 g] Arugula [2 g] Spinach [2 g] Mushroom, White (Button) [2 g] Avocado [2 g] Banana Pepper [2 g] Zucchini (Courgette) [2.1 g] Summer Squash [2.3 g] Tomatoes, Yellow [2.3 g] Gai Choy [2.3 g] Kohlrabi [2.4 g] White Radish (Daikon) [2.5 g] Tomatoes, Red [2.7 g] Bamboo Shoots [2.8 g] Chayote [2.8 g] Bell Peppers, Green [2.9 g] Tomatoes, Cherry [3 g]	Cauliflower [3 g] Eggplant [3 g] Mushroom, Brown [3 g] Cucumber [3.1 g] Bitter Melon [3.2 g] Cabbage [3.5 g] Yu Choy Sum [3.5 g] Green Beans [3.6 g] Okra [3.8 g] Tomatoes, Green [3.9 g] Bell Peppers, Red [3.9 g] Mushroom, Portabella [4 g] Yellow Wax Beans [4 g] Jicama [4.1 g] Tomatillos [4.1 g] Turnips [4.2 g] Jalapeno Pepper [4.2 g] Scallion (Green Onion) [4.4 g] Broccoli [4.4 g] Poblano Pepper [4.6 g]	Nori [4.7 g] Cress [4.9 g] Fennel [4.9 g] Brocolini [5 g] Sugar Snap Peas (Snowpeas) [5 g] Bell Peppers, Yellow [5.1 g] Brussels Sprout [5.2 g] Snake Bean (Yardlong) [5.2 g] Spaghetti Squash [5.5 g] Artichoke [6 g] Pumpkin [6.5 g] Rutabaga [6.7 g] Carrots [7.2 g] Celery Root (Celeriac) [7.2 g] Beet [7.2 g] Onion [7.3 g] Kale [8 g] Acorn Squash [8.5 g] Butternut Squash [10 g] Mushroom, Shiitake [12 g]
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## Net Carbs Per 100g Fruit and Berries

Rhubarb, raw [2.74 g] Starfruit, raw [3.93 g] Blackberries, raw [4.31 g] Raspberries, raw [5.44 g] Strawberries, raw [5.68 g] Gooseberries, raw [5.88 g] Prickly pears, raw [5.97 g] Lemons without peel [6.52 g]	Pears, asian, raw [7.05 g] Watermelon, raw [7.15 g] Cantaloupe, raw [7.26 g] Limes, raw [7.74 g] Peaches, yellow, raw [8.04 g] Mulberries, raw [8.1 g] Honeydew, raw [8.29 g] Cranberries, raw [8.37 g]	Nectarines, raw [8.85 g] Guavas, common, raw [8.92 g] Grapefruit, raw, pink [9.06 g] Apricots, raw [9.12 g] Papayas, raw [9.12 g] Oranges, raw [9.35 g] Plums, raw [10.02 g] Grapes, muscadine, raw [10.03 g]	Cherries, sour, red, raw [10.58 g] Apples, raw, granny smith, with skin [10.81 g] Apples, raw, golden delicious, with skin [11.2 g] Elderberries, raw [11.4 g] Kiwifruit, green, raw [11.66 g] Pineapple, raw, all varieties [11.72 g]
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