

Whole Food **Keto-Friendly** **Food List**

**THE MASTER LIST OF
KETO-FRIENDLY WHOLE FOODS.**

Some of the foods listed here are not keto-friendly when consumed in excess. Take note of carb counts.



vegetables

PER 100 GRAM SERVING

VEGETABLE	TOTAL CARBS	FIBER	NET CARBS
pumpkin	6.5	.5	6
waterchesnuts	23.9	3	20.9
acorn squash	10	1.5	8.5
sweet onion	7.6	.9	6.7
garlic	33.1	2.1	31
cucumber	3.6	.5	3.1
leek	14.2	1.8	12.4
ginger	17.8	2	15.8
red onion	9.3	1.7	7.6
yellow bell pepper	6	.9	5.1
shallot	16.8	3.2	13.6
spaghetti squash	7	1.5	5.5
celery root	9.2	1.8	7.4
green tomatoes	5.1	1.1	4
Crimini Mushroom	4.3	.6	3.7
beet	10	2.8	7.2
horseradish	11.3	3.3	8
lotus root	17.2	4.9	12.3
carrots	9.6	2.8	6.8
chayote	9.2	3.5	5.7
scallion	7.3	2.6	4.7
green bell pepper	4.6	1.7	2.9
wasabi	23.5	7.8	15.7
red tomatoes	3.2	.9	2.3

vegetables

PER 100 GRAM SERVING

VEGETABLE	TOTAL CARBS	FIBER	NET CARBS
summer squash	3.4	1.1	2.3
broccolini	7.1	1.2	5.9
green beans	7	2.7	4.3
cress	5.5	1.1	4.4
fennel	7.3	3.1	4.2
okra	7.5	3.2	4.3
broccoli	7	2.6	4.4
iceberg lettuce	3	1.2	1.8
rhubarb	4.5	1.8	2.7
artichoke	11	5	6
jalapeño pepper	6.5	2.8	3.7
dandelion greens	9.2	3.5	5.7
shiitake mushrooms	6.8	2.5	4.3
red bell pepper	6	2.1	3.9
zucchini	3.1	1	2.1
tomatillos	5.8	1.9	3.9
turnip greens	7.1	3.2	3.9
brussels sprouts	9	3.8	5.2
cauliflower	5	2	3
portabella mushrooms	3.9	1.3	2.6
snowpeas	14.5	5.1	9.4
eggplant	5.9	3	2.9
radish	3.4	1.6	1.8
cabbage	6.1	3.1	3

vegetables

PER 100 GRAM SERVING

VEGETABLE	TOTAL CARBS	FIBER	NET CARBS
chard	3.7	1.6	2.1
leaf lettuce	2.9	1.3	1.6
kale	8.8	3.6	5.2
white mushroom	3.3	1	2.3
bamboo shoots	5	2.2	2.8
poblano pepper	51	22	29
jicama	8.8	4.9	3.9
alfalfa sprout	2	2	0
bok choy	2.2	1	1.2
asparagus	3.9	2.1	1.8
celery	3	1.6	1.4
white radish	2.6	1.4	1.2
butter lettuce	2.2	1.1	1.1
arugula	3.7	1.6	2.1
parsley	6.3	3.3	3
banana pepper	5	3	2
capers	4.9	3.2	1.7
romaine lettuce	3.3	2.1	1.2
bean sprout	2.1	1.9	0.2
spinach	3.6	2.2	1.4
mustard leaves	4.7	2.2	1.5
bitter melon	3.7	2.8	0.9
collard greens	5.4	4	1.4
avocado	9	7	2

fruit

PER 100 GRAM SERVING

FRUIT	TOTAL CARBS	FIBER	NET CARBS
blueberries	14	2.4	11.6
raspberries	12	7	5
blackberries	10	5	5
strawberries	8	2	6
coconut	15	9	6
lemon	9	2.8	6.2
lime	11	2.8	8.2
kiwi	15	3	12

nuts

PER 100 GRAM SERVING

NUT	TOTAL CARBS	FIBER	NET CARBS
pistachios	28	10	18
walnuts	14	7	7
cashews	30	3.3	26.7
brazil nuts	12	8	4
almonds	22	12	10
macadamia	14	9	5
pecans	14	10	4
hazelnuts	17	10	7

NO PEANUTS!

seeds

PER 100 GRAM SERVING

SEED	TOTAL CARBS	FIBER	NET CARBS
pine nut	13	3.7	9.3
pumpkin seeds	54	18	36
sesame seeds	23	12	11
flax seeds	29	27	2
sunflower seeds	20	9	11
chia seeds	42	34	8
tahini	21	9	12

flours

PER 100 GRAM SERVING

FLOUR	TOTAL CARBS	FIBER	NET CARBS
almond flour	21	11	10
coconut flour	59	38	21
hazelnut flour	17	10	7
cashew flour	29	4	25

meat

PER 100 GRAM SERVING

MEAT	TOTAL CARBS	FIBER	NET CARBS
bacon**	1.4	0	1.4
beef	0	0	0
chicken, white	0	0	0
chicken, dark	0	0	0
deer	0	0	0
duck	0	0	0
goat	0	0	0
lamb	0	0	0
pheasant	0	0	0
pork	0	0	0
rabbit	0	0	0
turkey	0	0	0
veal	0	0	0
liver	1	0	1
sausages	1	0	1
deli meat	2	0	2
hot dogs	4	0	4
pepperoni	0.5	0	0.5
prosciutto	0	0	0
salami	1	0	1

** Bacon must not contain sugar, sweeteners, or additives

** Deli meat, Sausage, and hot dogs must not contain sugar, sweeteners, or additives

seafood

PER 100 GRAM SERVING

SEAFOOD	TOTAL CARBS	FIBER	NET CARBS
anchovies	0	0	0
calamari	1.6	0	1.6
clams	5	0	5
crab	0	0	0
haddock	0	0	0
mackerel	0	0	0
lobster	0	0	0
mussels	3.7	0	3.7
oyster	5	0	5
salmon	0	0	0
sardines	0	0	0
shrimp	0.9	0	0.9
scallops	5.4	0	5.4
tuna	0	0	0

fats & oils

PER 100 GRAM SERVING

FULL-FAT DAIRY	TOTAL CARBS	FIBER	NET CARBS
ghee	0	0	0
olive oil	0	0	0
avocado oil	0	0	0
coconut oil	0	0	0
lard	0	0	0
tallow	0	0	0

drinks

PER 100 GRAM SERVING

DRINK	TOTAL CARBS	FIBER	NET CARBS
coconut milk	6	2.2	3.8
almond milk	1	0	1
cashew milk	0.5	0	0.5
broth	0.7	0	0.7
coffee	0	0	0
tea	0	0	0
water	0	0	0

NO ALCOHOL