

Keto Food List by Category

- **Protein:**

- **Beef:** Ribeye steak (7 oz: ~50 g protein, 40 g fat, 0 g carbs), ground beef 80/20 (7 oz: ~46 g protein, 34 g fat, 0 g carbs), brisket (7 oz: ~48 g protein, 30 g fat, 0 g carbs), sirloin (7 oz: ~54 g protein, 20 g fat, 0 g carbs).
- **Pork:** Pork belly (5.3 oz: ~30 g protein, 50 g fat, 0 g carbs), pork chops (5.3 oz: ~35 g protein, 20 g fat, 0 g carbs), bacon (3.5 oz: ~15 g protein, 40 g fat, 0 g carbs), sausage (no sugar/fillers, 3.5 oz: ~15 g protein, 30 g fat, 0 g carbs).
- **Poultry:** Chicken thighs (skin-on, 7 oz: ~40 g protein, 30 g fat, 0 g carbs), chicken wings (7 oz: ~36 g protein, 28 g fat, 0 g carbs), duck breast (5.3 oz: ~30 g protein, 35 g fat, 0 g carbs), turkey thigh (5.3 oz: ~32 g protein, 15 g fat, 0 g carbs).
- **Fish/Seafood:** Salmon (5.3 oz: ~30 g protein, 20 g fat, 0 g carbs), mackerel (5.3 oz: ~28 g protein, 25 g fat, 0 g carbs), sardines (3.5 oz: ~25 g protein, 11 g fat, 0 g carbs), tuna (canned in oil, 3.5 oz: ~25 g protein, 10 g fat, 0 g carbs), shrimp (3.5 oz: ~20 g protein, 1 g fat, 0 g carbs), scallops (3.5 oz: ~20 g protein, 1 g fat, 2 g carbs).
- **Eggs:** Chicken eggs (4 large: ~24 g protein, 20 g fat, <1 g carbs), duck eggs (2 large: ~18 g protein, 20 g fat, <1 g carbs).
- **Dairy:** Cheddar cheese (3.5 oz: ~25 g protein, 33 g fat, ~1 g carb), parmesan (3.5 oz: ~35 g protein, 25 g fat, ~1 g carb), cottage cheese (full-fat, 3.5 oz: ~11 g protein, 4 g fat, 3 g carbs), Greek yogurt (unsweetened, full-fat, 3.5 oz: ~9 g protein, 5 g fat, 4 g carbs).
- **Plant-Based:** Tofu (firm, 3.5 oz: ~15 g protein, 8 g fat, 2 g carbs), tempeh (3.5 oz: ~20 g protein, 11 g fat, 4 g carbs, limit due to carbs).
- **Other:** Pork rinds (1.8 oz: ~25 g protein, 15 g fat, 0 g carbs), beef jerky (no sugar, 1.8 oz: ~20 g protein, 5 g fat, 0 g carbs), protein powder (low-carb, whey/collagen, 1 oz: ~25 g protein, 2 g fat, 1-2 g carbs).
- **Tip:** Combine with low-carb veggies for balanced meals. Check labels for hidden carbs in processed items.

- **Fat:**

- **Oils:** Olive oil (1 tbsp/0.5 oz: ~14 g fat, 0 g carbs), coconut oil (1 tbsp/0.5 oz: ~14 g fat, 0 g carbs), avocado oil (1 tbsp/0.5 oz: ~14 g fat, 0 g carbs), MCT oil (1 tbsp/0.5 oz: ~14 g fat, 0 g carbs).
- **Dairy Fats:** Butter (1 tbsp/0.5 oz: ~12 g fat, 0 g carbs), ghee (1 tbsp/0.5 oz: ~14 g fat, 0 g carbs), heavy cream (2 tbsp/1.1 oz: ~10 g fat, <1 g carb), cream cheese (2 tbsp/1.1 oz: ~10 g fat, 1 g carb).
- **Nuts/Seeds:** Macadamia nuts (1 oz: ~20 g fat, 2 g net carbs), almonds (1 oz: ~14 g fat, 3 g net carbs), pecans (1 oz: ~20 g fat, 1 g net carbs), walnuts (1 oz: ~18 g fat, 2 g net carbs).
- **Other:** Avocado (1 medium/5.3 oz: ~22 g fat, 2 g net carbs), coconut (shredded, unsweetened, 1 oz: ~18 g fat, 2 g net carbs), olives (10 large/1.8 oz: ~5 g fat, 1 g net carbs), bacon fat (1 tbsp/0.5 oz: ~14 g fat, 0 g carbs).

- **Tip:** Use oils or dairy fats in cooking or dressings. Limit nuts to small portions due to carbs.

- **Veggies:**

- **Leafy Greens:**

- **Spinach:** 2 cups raw (2.1 oz: ~1 g protein, 0 g fat, 1 g net carbs, 2 g fiber, ~7 kcal).
- **Kale:** 1 cup raw (1.8 oz: ~2 g protein, 0.5 g fat, 1 g net carbs, 2 g fiber, ~15 kcal).
- **Arugula:** 1 cup raw (1.1 oz: ~0.5 g protein, 0 g fat, 0.5 g net carbs, 1 g fiber, ~5 kcal).
- **Swiss Chard:** 1 cup raw (1.4 oz: ~0.5 g protein, 0 g fat, 0.5 g net carbs, 1 g fiber, ~7 kcal).
- **Lettuce (Romaine):** 2 cups raw (2.1 oz: ~1 g protein, 0 g fat, 1 g net carbs, 1 g fiber, ~10 kcal).
- **Collard Greens:** 1 cup raw (1.8 oz: ~1 g protein, 0 g fat, 1 g net carbs, 2 g fiber, ~12 kcal).

- **Cruciferous Vegetables:**

- **Broccoli:** 1 cup cooked (3.2 oz: ~3 g protein, 0.5 g fat, 4 g net carbs, 5 g fiber, ~40 kcal).
- **Cauliflower:** 1 cup cooked (3.5 oz: ~2 g protein, 0 g fat, 3 g net carbs, 3 g fiber, ~25 kcal).
- **Brussels Sprouts:** 1 cup cooked (3.5 oz: ~3 g protein, 0 g fat, 4 g net carbs, 4 g fiber, ~40 kcal).
- **Cabbage:** 1 cup cooked (3.5 oz: ~1 g protein, 0 g fat, 3 g net carbs, 2 g fiber, ~20 kcal).
- **Bok Choy:** 1 cup cooked (3.5 oz: ~1 g protein, 0 g fat, 1 g net carbs, 1 g fiber, ~15 kcal).
- **Kohlrabi:** 1 cup raw (4.8 oz: ~2 g protein, 0 g fat, 4 g net carbs, 5 g fiber, ~30 kcal).

- **Other Low-Carb Veggies:**

- **Zucchini:** 1 cup raw (4.4 oz: ~1 g protein, 0 g fat, 2 g net carbs, 1 g fiber, ~15 kcal).
- **Asparagus:** 1 cup raw (3.5 oz: ~2 g protein, 0 g fat, 3 g net carbs, 2 g fiber, ~20 kcal).
- **Bell Peppers (Green/Red):** ½ cup raw (2.6 oz: ~1 g protein, 0 g fat, 3 g net carbs, 2 g fiber, ~25 kcal).
- **Mushrooms (White/Shiitake):** 1 cup raw (2.5 oz: ~2 g protein, 0 g fat, 2 g net carbs, 1 g fiber, ~15 kcal).
- **Eggplant:** 1 cup cooked (3.5 oz: ~1 g protein, 0 g fat, 4 g net carbs, 3 g fiber, ~25 kcal).
- **Green Beans:** 1 cup cooked (3.5 oz: ~2 g protein, 0 g fat, 4 g net carbs, 3 g fiber, ~30 kcal).
- **Cucumber:** 1 cup raw (3.5 oz: ~0.5 g protein, 0 g fat, 2 g net carbs, 1 g fiber, ~15 kcal).

- **Radishes:** 1 cup raw (4.1 oz: ~1 g protein, 0 g fat, 2 g net carbs, 2 g fiber, ~15 kcal).
- **Tip:** Mix leafy greens, cruciferous, and other veggies for variety. Use in salads, stir-fries, or as low-carb substitutes (e.g., cauliflower rice).
- **Fiber:**
 - **Chia Seeds:** 1 oz: ~10 g fiber, 2 g net carbs, 9 g fat, ~140 kcal.
 - **Flaxseeds:** 1 oz: ~8 g fiber, 0 g net carbs, 12 g fat, ~150 kcal.
 - **Psyllium Husk:** 1 tbsp (0.4 oz: ~5 g fiber, 0 g net carbs, 0 g fat, ~20 kcal).
 - **Hemp Seeds:** 1 oz: ~4 g fiber, 1 g net carbs, 15 g fat, ~160 kcal.
 - **Spinach:** 2 cups raw (2.1 oz: ~2 g fiber, 1 g net carbs, ~7 kcal).
 - **Kale:** 1 cup raw (1.8 oz: ~2 g fiber, 1 g net carbs, ~15 kcal).
 - **Broccoli:** 1 cup cooked (3.2 oz: ~5 g fiber, 4 g net carbs, ~40 kcal).
 - **Cauliflower:** 1 cup cooked (3.5 oz: ~3 g fiber, 3 g net carbs, ~25 kcal).
 - **Brussels Sprouts:** 1 cup cooked (3.5 oz: ~4 g fiber, 4 g net carbs, ~40 kcal).
 - **Cabbage:** 1 cup cooked (3.5 oz: ~2 g fiber, 3 g net carbs, ~20 kcal).
 - **Kohlrabi:** 1 cup raw (4.8 oz: ~5 g fiber, 4 g net carbs, ~30 kcal).
 - **Avocado:** 1 medium (5.3 oz: ~10 g fiber, 2 g net carbs, 22 g fat, ~240 kcal).
 - **Tip:** Include seeds and veggies in meals or snacks. Pair with ample water to support digestion.
- **Electrolytes/Micronutrients:**
 - **Sodium:**
 - **Salt:** 1 tsp (~2,300 mg sodium, 0 g carbs). Add to meals or water.
 - **Bone Broth:** 1 cup (~500 mg sodium, 0 g carbs). Sip or use in soups.
 - **Pickles:** 1 medium (~500 mg sodium, 0 g carbs). Snack or side.
 - **Olives:** 10 large (1.8 oz: ~200 mg sodium, 1 g net carbs). Add to salads.
 - **Soy Sauce (low-sodium):** 1 tbsp (~900 mg sodium, 1 g carbs). Use sparingly in cooking.
 - **Potassium:**
 - **Spinach:** 1 cup cooked (3.2 oz: ~800 mg, 1 g net carbs). Sauté with butter.
 - **Avocado:** 1 medium (5.3 oz: ~700 mg, 2 g net carbs). Side or smoothie.
 - **Mushrooms:** 1 cup cooked (3.5 oz: ~400 mg, 2 g net carbs). Add to omelets.
 - **Salmon:** 5.3 oz (~400 mg, 0 g carbs). Regular protein.
 - **Pork:** 5.3 oz (~400 mg, 0 g carbs). Protein source.
 - **Broccoli:** 1 cup cooked (3.2 oz: ~300 mg, 4 g net carbs). Daily veggie.
 - **Magnesium:**
 - **Spinach:** 1 cup cooked (3.2 oz: ~80 mg, 1 g net carbs). Side dish.
 - **Pumpkin Seeds:** 1 oz: ~150 mg, 2 g net carbs. Snack or topping.
 - **Almonds:** 1 oz: ~80 mg, 3 g net carbs. Small portions.
 - **Hemp Seeds:** 1 oz: ~50 mg, 1 g net carbs. Add to salads.
 - **Cocoa Powder (unsweetened):** 1 tbsp (0.2 oz: ~25 mg, 1 g net carb). Use in keto desserts.
 - **Supplement (Magnesium Citrate):** 200–400 mg if needed (consult doctor).
 - **Calcium:**
 - **Kale:** 1 cup raw (1.8 oz: ~100 mg, 1 g net carbs). Salad or smoothie.
 - **Sardines:** 3.5 oz (~300 mg, 0 g carbs). Canned, with bones.

- **Cheddar Cheese:** 3.5 oz (~300 mg, 1 g carb). Snack or topping.
- **Broccoli:** 1 cup cooked (3.2 oz: ~60 mg, 4 g net carbs). Regular veggie.
- **Almonds:** 1 oz (~80 mg, 3 g net carbs). Limit portions.
- **Vitamin D:**
 - **Salmon:** 5.3 oz (~600 IU, 0 g carbs). Regular protein.
 - **Sardines:** 3.5 oz (~200 IU, 0 g carbs). Canned option.
 - **Egg Yolks:** 4 eggs (~80 IU, <1 g carb). Daily breakfast.
 - **Mushrooms (exposed to sunlight):** 1 cup (3.5 oz: ~100 IU, 2 g net carbs). Sauté with butter.
- **B Vitamins (B1, B9, etc.):**
 - **Liver (Beef):** 3.5 oz (~high B1, B9, 0 g carbs). Weekly protein.
 - **Eggs:** 4 eggs (~B vitamins, <1 g carb). Regular protein.
 - **Spinach:** 1 cup cooked (3.2 oz: ~high B9, 1 g net carbs). Daily veggie.
 - **Pork:** 5.3 oz (~high B1, 0 g carbs). Protein source.
- **Vitamin C:**
 - **Bell Peppers (Red):** ½ cup raw (2.6 oz: ~95 mg, 3 g net carbs). Stuff or add to salads.
 - **Broccoli:** 1 cup cooked (3.2 oz: ~80 mg, 4 g net carbs). Daily side.
 - **Kale:** 1 cup raw (1.8 oz: ~40 mg, 1 g net carbs). Salad or smoothie.
 - **Brussels Sprouts:** 1 cup cooked (3.5 oz: ~75 mg, 4 g net carbs). Roasted side.
- **Tip:** Diversify with greens, fish, and organ meats. Consider a low-carb multivitamin if variety is limited.

Notes:

- **Tracking:** Use Cronometer or MyFitnessPal to log macros and nutrients.
- **Ketosis:** Monitor with ketone strips (0.5–3.0 mmol/L) to confirm carb/protein balance.
- **Warnings:** Ensure adequate electrolytes to avoid keto flu; consult a doctor for health conditions or deficiencies. Drink sufficient water to support fiber and electrolyte balance.

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