


















Extensive Keto Food List for Beginners

Meat & Eggs

- Net carbs per 100g/3.5oz -

					
Beef	Chicken Breast	Game	Veal	Pork	Chicken Drumsticks
0g	0g	0g	0g	0g	0g
					
Lamb	Ground Meat	Bacon	Bologna	Vienna Sausages	Salami
0g	0g	0g	0.2g	0.3g	0.3g
					
Bratwurst	Eggs	Ham	Offal		
0.3g	0.7g	1.1g	0.5g		

Sauces & Dips

					
Vinegar	Aioli	Tabasco	Tartar Sauce	Mustard	Mayonnaise
0.6g	1.4g	1.6g	1.9g	2.0g	2.0g
					
Guacamole	Salsa	Light Ketchup	Green Pesto	Soy Sauce	
4.0g	4.5g	6.3g	6.5g	6.7g	

Beverages

					
Water	Tea	Coffee	Diet Soda	Dry White Wine	Dry Red Wine
0g	0g	0g	0g	2.6g	3.0g

Other Foods

					
Erythritol	Shirataki Noodles	Pork Rinds	Boullion	Baking Cacao	Dark Chocolate (85%+)
0g	0g	0g	0.6g	8.9g	9.1g

Fish & Seafood

					
Salmon	Sardines	Fish Fillet	Tuna	Herring	Shrimps
0g	0g	0g	0g	0g	0.9g
					
Fish Roe	Squid Rings	Mussels			
1.4g	2g	3.9g			

Dairy Products

					
Parmesan	Gouda	Edam	Cheddar	Feta Cheese	Camembert
0g	0g	0g	0g	0.3g	0.5g
					
Mozzarella	Creme Fraiche	Mascarpone	Cottage Cheese	Whipping Cream	Greek Yogurt
1.0g	2.4g	2.5g	2.6g	3.2g	4.0g

Nuts & Seeds

					
Chia Seeds	Pumpkin Seeds	Brazil Nuts	Macadamias	Pecans	Almonds
2.3g	2.7g	3.6g	4.0g	4.4g	4.5g
					
Walnuts	Hazelnuts	Pine Nuts	Peanuts	Pistachios	
5.3g	5.8g	7.3g	7.5g	11.6g	

Fats & Oils

				
Avocado Oil	Coconut Oil	Ghee	Olive Oil	Butter
0g	0g	0g	0.2g	0.6g