

# KETO CARB COUNT GUIDE

## SALAD VEGETABLES

Vegetable	Serving Size	Grams of Net carbs
Alfalfa sprouts	½ cup	0.2
Artichoke hearts, marinated	4 pieces	2
Artichoke hearts, canned	1 heart	1
Arugula	1 cup	0.4
Avocado, Haas	½ fruit	1.8
Beans: green, snap, string, wax	½ cup, raw	2.1
Bok choy (pak choi)	1 cup, raw	0.4
Boston/Bibb lettuce	1 cup, raw	0.8
Broccoli florets	½ cup	0.8
Cabbage, green, red, savoy	½ cup, shredded	1.1
Cauliflower florets	½ cup	1.4
Celery	1 stalk	0.8
Celery root (celeriac)	½ cup, grated	3.5
Chicory greens	½ cup	0.1
Chinese cabbage	½ cup, shredded	0
Chives	1 tablespoon	0.1
Cucumber	½ cup, sliced	1
Daikon radish	½ cup	1
Endive	½ cup	0.4
Escarole	½ cup	0.1
Fennel	½ cup	1.8
Greens, mixed	1 cup	0.4
Iceberg lettuce	1 cup	0.2
Jicama	½ cup	2.5
Loose-leaf lettuce	1 cup	1
Mesclun	1 cup	0.5
Mung bean sprouts	½ cup	2.1
Mushrooms, button, fresh	½ cup	1.2
Olives, black	5	0.7
Olives, green	5	0
Onion	2 tablespoons, chopped	1.5

Parsley (and all fresh herbs)	1 tablespoon	0.1
Peppers, green bell	½ cup	2.1
Peppers, red bell	½ cup	2.9
Radicchio	½ cup	0.7
Radishes	6	0.5
Romaine lettuce	1 cup	0.4
Scallion/green onion	¼ cup	1.2
Spinach	1 cup	0.2
Tomato	1 small (3–113g / 4oz)	2.5
Tomato	1 medium	3.3
Tomato, cherry	5	2.2
Watercress	½ cup	0

# COOKED VEGETABLES

Vegetable	Serving Size	Grams of Net carbs
Artichoke	½ cup medium	3.5
Asparagus	6 spears	2.4
Bamboo shoots, canned, sliced	½ cup	1.2
Beans, green, wax, string, snap	½ cup	2.9
Beet greens	½ cup	3.7
Bok choy (pak choi)	½ cup	0.2
Broccoflower	½ cup	2.3
Broccoli	½ cup	1.7
Broccoli rabe	½ cup	2
Brussels sprouts	¼ cup	1.8
Cabbage, green	½ cup	1.6
Cabbage, red	½ cup	2
Cabbage, savoy	½ cup	1.9
Cardoon	½ cup	2.7
Cauliflower	½ cup	0.9
Celery	½ cup	1.2
Chard, swiss	½ cup	1.8
Chayote	½ cup	1.8
Collard greens	½ cup	2

Dandelion greens	½ cup	1.8
Eggplant	½ cup	2
Escarole	½ cup	0.1
Fennel	½ cup	1.5
Hearts of palm	1 heart	0.7
Kale	½ cup	2.4
Kohlrabi	¼ cup	2.3
Leeks	½ cup	3.4
Mushrooms, button	¼ cup	2.3
Mushrooms, shiitake	¼ cup	4.4
Mustard greens	½ cup	0.1
Nopales (cactus pads)	½ cup	1
Okra	½ cup	2.4
Onion	¼ cup	4.3
Peppers, green bell, chopped	¼ cup	1.9
Peppers, red bell, chopped	¼ cup	1.9
Pumpkin	¼ cup	2.4
Rhubarb, unsweetened	½ cup	1.7
Sauerkraut	½ cup, drained	1.2
Scallions	½ cup	2.4
Shallots	2 tablespoons	3.1
Snow peas/snap peas in the pod	½ cup	3.4
Sorrel	½ cup	0.2
Spaghetti squash	¼ cup	2
Spinach	½ cup	2.2
Summer squash	½ cup	2.6
Tomatillo	½ cup	2.6
Tomato	¼ cup	4.3
Turnips (white), mashed	½ cup	3.3
Water chestnuts	¼ cup (canned)	3.5
Zucchini	½ cup	1.5

## DAIRY

Cheese	Serving Size	Grams of net carbs
Blue cheese	2 tablespoons	0.4
Brie	28g / 1oz	0.1
Cheddar or Colby	28g / 1oz	0.4
Cream cheese	2 tablespoons	0.8
Feta	28g / 1oz	1.2
Goat cheese, soft	28g / 1oz	0.3
Gouda	28g / 1oz	0.6
Mozzarella, whole milk	28g / 1oz	0.6
Parmesan	28g / 1oz	0.9
Swiss	28g / 1oz	1
Cottage cheese, 2% fat	½ cup	4.1
Cottage cheese, creamed	½ cup	2.8
Milk, whole, evaporated	2 tablespoons	3
Quark	113g / 4oz	5
Ricotta, whole milk	½ cup	3.8
Sour cream	1 tablespoon	1
Yogurt, low carb	113g / 4oz	3
Yogurt, plain, unsweetened, whole milk	113g / 4oz	5.5
Yogurt, Greek, plain, unsweetened whole milk	113g / 4oz	3.5
Heavy whipping or “double” cream (fluid)	½ cup	7
Heavy whipping or “double” cream (whipped)	½ cup	3

## SOY/VEGETARIAN

Product	Serving size	Grams of Net Carbs
Almond milk, unsweetened	1 cup	1
Quorn burger	1	4
Quorn roast	113g / 4oz	4
Quorn unbreaded cutlet	1	3
Seitan	1 piece	2
Shirataki soy noodles	½ cup cooked	1
Soy “cheese”	1 slice	1
Soy “cheese”	28g / 1oz	2
Soy milk, plain, unsweetened	1 cup	1.2
Tempeh	½ cup	3.3
Tofu, firm	113g / 4oz	2.5
Tofu, silken, soft	113g / 4oz	3.1
Tofu “bacon”	2 strips	2
Tofu “Canadian bacon”	3 slices	1.5
Tofu “hot dogs”	1	2.0–5.0 (depending on brand)
Tofu bulk “sausage”	57g / 2oz	2
Tofu link “sausage”	2 links	4
Vegan “cheese,” no casein	1 slice	5
Vegan “cheese,” no casein	28g / 1oz	6
Veggie burger	1 burger	2
Veggie crumbles	¾ cup	2
Veggie “meatballs”	4–5 balls	4

# ACCEPTABLE FATS AND OILS

Butter

Lard/Dripping

Mayonnaise

Canola Oil

Coconut Oil

Safflower Oil

Flaxseed Oil

Olive Oil

Sesame Seed Oil

Grapeseed Oil

Walnut Oil

# SWEETENERS

- Splenda (sucralose)
- Truvia or SweetLeaf (natural products made from stevia)
- Sweet'N Low (saccharin)
- Xylitol (available in health food stores and some supermarkets)

For granulated sweeteners, count every 1tsp as 1g net carbs because these products can contain bulking agents which invoke an insulin response.

# DRINKS AND ALCOHOL

- Acceptable drinks
- Clear broth/bouillon (not low sodium, no added sugar).
- Club soda.
- Cream, heavy or light, or half-and-half (28g / 1oz to 140g / 5oz a day).
- Caffeinated or decaffeinated coffee.
- Caffeinated or decaffeinated tea.
- Diet soda sweetened with noncaloric sweeteners.
- Lemon juice (2.5g) and Lime juice (2.9g)
- Plain or essence-flavored seltzer (must say “no calories”).
- Herb tea (without added barley or fruit sugars).
- Unsweetened, unflavored soy or almond milk
- Water (tap, spring, filtered, or mineral).
- Spirits and dry wines

Beverage	Serving size	Grams of Net Carbs
Beer, light	336g / 12oz	7
Beer, low-carb	336g / 12oz	3
Bourbon	28g / 1oz	0
Champagne	113g / 4oz	4
Gin	28g / 1oz	0
Mixers, sugar free	1 serving	4
Rum	28g / 1oz	0
Scotch	28g / 1oz	0
Sherry, dry	57g / 2oz	2
Vodka	28g / 1oz	0
Wine, dry dessert	140g / 5oz	4
Wine, red	140g / 5oz	2
Wine, white	140g / 5oz	1

# FRUIT AND NUTS

Fruit	Serving Size	Grams of Net Carbs
Blackberries, fresh	¼ cup	2.7
Blackberries, frozen	¼ cup	4.1
Blueberries, fresh	¼ cup	4.1
Blueberries, frozen	¼ cup	3.7
Boysenberries, fresh	¼ cup	2.7
Boysenberries, frozen	¼ cup	2.8
Cherries, sour, fresh	¼ cup	2.8
Cherries, sweet, fresh	¼ cup	4.2
Cranberries, raw	¼ cup	2
Currants, fresh	¼ cup	2.5
Gooseberries, raw	½ cup	4.4
Loganberries, raw	¼ cup	2.7
Melon, cantaloupe balls	¼ cup	3.7
Melon, Crenshaw balls	¼ cup	2.3
Melon, honeydew balls	¼ cup	3.6
Raspberries, fresh	¼ cup	1.5
Raspberries, frozen	¼ cup	1.8
Strawberries, fresh, sliced	¼ cup	1.8
Strawberries, frozen	¼ cup	2.6
Strawberry, fresh	1 large	1

Nut or Seed	Serving Size	Grams of Net Carbs
Almonds	24 nuts	2.3
Almond butter	1 tablespoon	2.5
Almond meal/flour	¼ cup	3
Brazil nuts	5 nuts	2
Cashews	9 nuts	4.4
Cashew butter	1 tablespoon	4.1
Coconut, shredded unsweetened	¼ cup	1.3
Macadamias	6 nuts	2
Macadamia butter	1 tablespoon	2.5
Hazelnuts	12 nuts	0.5
Peanuts	22 nuts	1.5
Peanut butter, natural	1 tablespoon	2.4
Peanut butter, smooth	1 tablespoon	2.2
Pecans	10 halves	1.5
Pine nuts (piñons)	2 tablespoons	1.7
Pistachios	25 nuts	2.5
Pumpkin seeds, hulled	2 tablespoons	2
Sesame seeds	2 tablespoons	1.6
Soy “nuts”	2 tablespoons	2.7
Soy “nut” butter	1 tablespoon	3
Sunflower seeds, hulled	2 tablespoons	1.1
Sunflower seed butter	1 tablespoon	0.5
Tahini (sesame paste)	1 tablespoon	0.8
Walnuts	7 halves	1.5

# DRESSINGS AND CONDIMENTS

As with meats, beware of sauces and dressings that contain sugar or starchy thickening agents.

Condiment, Herb, or Spice	Serving Size	Grams of Net Carbs
Ancho chili pepper	1 pepper	5.1
Anchovy paste	1 tablespoon	0
Black bean sauce	1 teaspoon	3
Capers	1 tablespoon	0.1
Chipotle en adobe	2 peppers	2
Clam juice	1 cup	0
Coconut milk, unsweetened	½ cup	1.9
Cocoa powder, unsweetened	1 tablespoon	1.2
Enchilada sauce	¼ cup	2
Fish sauce	1 teaspoon	0.2
Garlic	1 large clove	0.9
Ginger	1 tablespoon grated root	0.8
Horseradish sauce	1 teaspoon	0.4
Jalapeño chili pepper	½ cup sliced	1.4
Miso paste	1 tablespoon	2.6
Mustard, Dijon	1 teaspoon	0.5
Mustard, yellow	1 teaspoon	0
Pasilla chili pepper	1 pepper	1.7
Pesto sauce	1 tablespoon	0.6
Pickapeppa sauce	1 teaspoon	1
Pickle, dill or kosher	½ pickle	1
Pimento/roasted red pepper	28g / 1oz	2
Salsa, green (no added sugar)	1 tablespoon	0.6
Salsa, red (no added sugar)	1 tablespoon	1
Serrano chili pepper	½ cup	1.6
Soy sauce	1 tablespoon	0.9
Sriracha	1 teaspoon	1
Tabasco or other hot sauce	1 teaspoon	0
Taco sauce	1 tablespoon	1
Tahini (sesame paste)	2 tablespoons	1
Vinegar, balsamic	1 tablespoon	2.3
Vinegar, cider	1 tablespoon	0.9
Vinegar, red wine	1 tablespoon	1.5
Vinegar, rice (unsweetened)	1 tablespoon	0
Vinegar, sherry	1 tablespoon	0.9
Vinegar, white wine	1 tablespoon	1.5
Wasabi paste	1 teaspoon	0

Dressing	Serving Size	Grams of Net Carbs
Blue cheese dressing	2 tablespoons	2.3
Caesar salad dressing	2 tablespoons	0.5
Italian dressing	2 tablespoons	3
Lemon juice	2 tablespoons	2.5
Lime juice	2 tablespoons	2.9
Oil and vinegar	2 tablespoons	1
Ranch dressing	2 tablespoons	1.4