

# Complete Keto Food List

KETO'S BEST FOOD LIST

## Healthy Keto Foods

Meats, Fish, Oils, Nuts & Seeds,  
Dairy, Vegetables Raw &  
Cooked, Fruit, Drinks,  
Condiments & Dressings,  
Spices, Sweeteners, & Vegan  
Options



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When counting calories and macros, use this complete keto food list for accuracy. Some foods may be a little different in calories and macros depending where you live and the brand of the food. Most will be as close as possible so don't worry if some seem slightly off.

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When counting these foods, you can use MyFitness Pal, Carb Manager or any other app you use for tracking foods.

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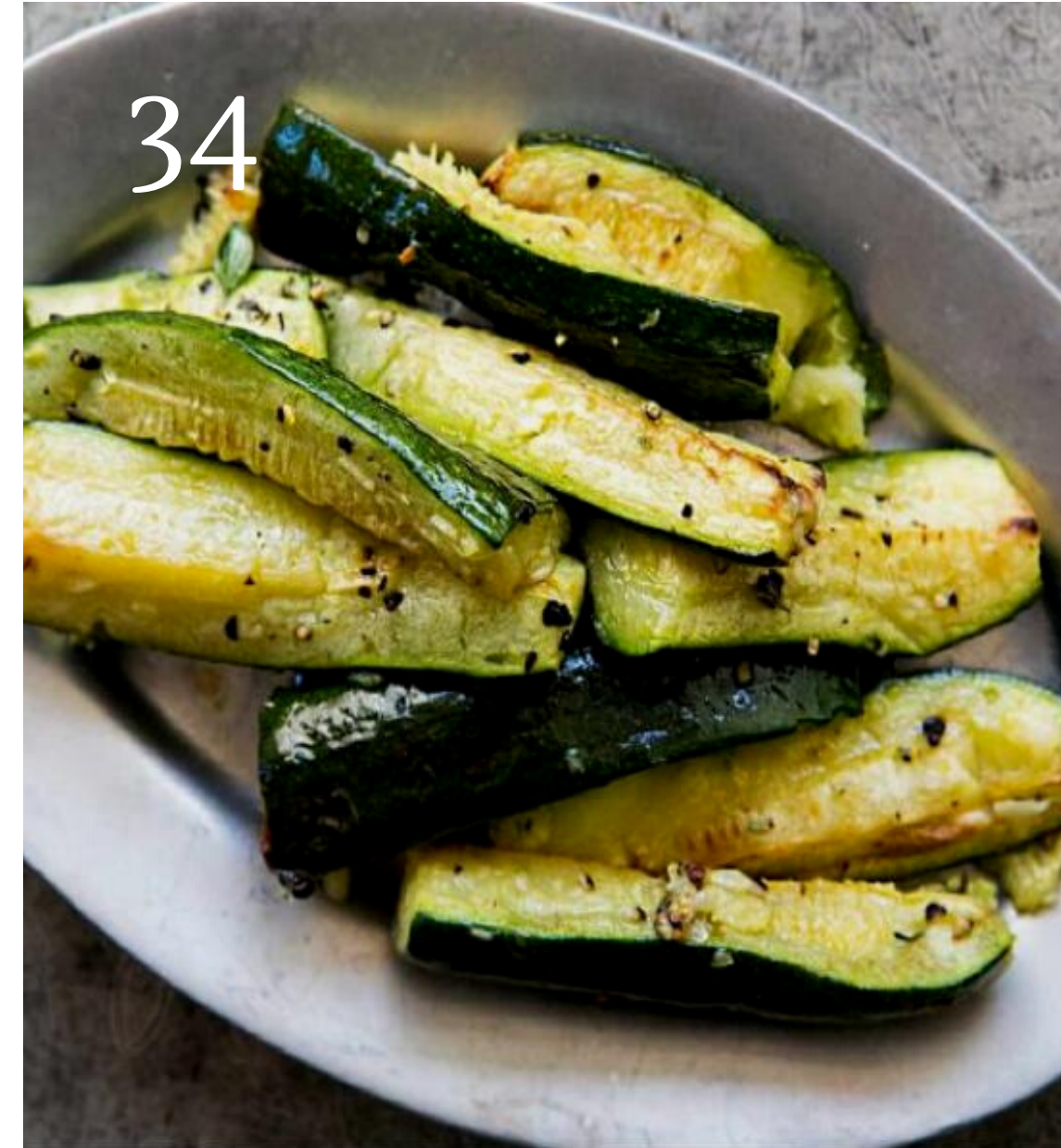
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# KETO MEAT & SEAFOOD

## MEAT AND SEAFOOD

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Bacon, cooked, 2 slices	2 slices	92	4g	9g	2g
Beef, Ground 80% Lean Cooked	1oz	74	7g	5g	0g
Duck Roasted, Skin	1oz	95	5g	8g	0g
Whole Egg, Large	1 egg	72	6g	5g	0g
Lamb, Boneless, Cooked	1oz	83	7g	6g	0g
Pork Breakfast Sausage	1.5oz	102	7g	9g	0g
Pork Ribs, Roasted, Plain	1oz	104	8g	8g	0g
Pork Shoulder, Roasted	1oz	82	7g	6g	0g
Beef, Ground 93% Lean Cooked	1oz	45	7g	2g	0g
Beef Steak Broiled or Baked	1oz	71	8g	4g	0g



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Bacon, cooked, 2 slices	2 slices	92	4g	9g	2g
Beef, Ground 80% Lean Cooked	1oz	74	7g	5g	0g
Duck Roasted, Skin	1oz	95	5g	8g	0g
Whole Egg, Large	1 egg	72	6g	5g	0g
Lamb, Boneless, Cooked	1oz	83	7g	6g	0g
Pork Breakfast Sausage	1.5oz	102	7g	9g	0g
Pork Ribs, Roasted, Plain	1oz	104	8g	8g	0g
Pork Shoulder, Roasted	1oz	82	7g	6g	0g
Beef, Ground 93% Lean Cooked	1oz	45	7g	2g	0g
Beef Steak Broiled or Baked	1oz	71	8g	4g	0g

# KETO MEAT & SEAFOOD

## MEAT AND SEAFOOD

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Beef, Chuck, Blade Roast Cooked	1oz	75	9g	4g	0g
Boneless, Skinless Chicken Breast	1oz	49	9g	1g	0g
Boneless, Skinless Chicken Thigh	1oz	55	7g	3g	0g
Clams, Fresh Baked	1oz	39	4g	2g	1g
Fresh Crab King	1.5oz	41	7.5g	0g	0g
Egg Whites Large Egg	2 Eggs	34	7g	.5g	0g
Elk Steak, Roasted	1oz	41	8.5g	.5g	0g
Flounder Fish (No Breading)	2oz	49	8.5g	1g	0g
Fish, Salmon Fresh Fillet	1oz	39	7g	1g	0g
Fish, Salmon Pink Canned	1oz	39	7g	1g	0g

# KETO MEAT & SEAFOOD

## MEAT AND SEAFOOD

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Deli Ham Lean	1oz	35	5g	1g	1g
Ham Smoked Spiral	1oz	53	5g	3g	1g
Lean Pork Chops	1oz	57	7g	3g	0g
Lean Pork Roast Loin	1oz	70	8g	4g	0g
Scallops (Baked or Broiled)	1oz	38	6g	1g	1g
Shrimp ( Steamed or Broiled)	1oz	39	8g	1g	0g
Tuna, Canned, Water Pack	1oz	33	7g	0g	0g
Skinless, Roasted Turkey Breast	1oz	38	9g	0g	0g
Skinless, Roasted Turkey Thigh	1oz	52	8g	0g	0g



# KETO FAT & OILS

## FAT AND OILS

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Butter or ghee	1 tablespoon (14.2g)	102	0.12g	11.5g	0g
Lard/Dripping	1 tablespoon (12.8g)	115	0g	12.8g	0g
Mayonnaise	1 tablespoon (13.8g)	94	0.13g	10.33g	0.08g
Coconut Oil	1 tablespoon (13.6g)	121	0g	13.47g	0g
Coconut butter	1 tablespoon (16g)	105	1g	10.5g	1.5g
Flaxseed oil	1 tablespoon (13.6g)	120	0.01g	13.6g	0g
Olive oil	1 tablespoon (13.5g)	119	0g	13.5g	0g
Sesame seed oil	1 tablespoon (13.6g)	120	0g	13.6g	0g
MCT oil	1 tablespoon/15 mL	130	0g	14g	0g
Walnut oil	1 tablespoon (13.6g)	120	0g	13.6	0g



# KETO NUT & SEEDS

## NUTS AND SEEDS

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Almonds	23 nuts (28g)	164	6g	14g	2.5g
Almond butter (w/o salt)	1 tablespoon (16g)	98	9g	12.8g	1.5g
Almond meal/flour	1/4 cup (25g)	150	6g	11g	3g
Brazil nuts	5 nuts (25g)	165	3.5g	17g	1g
Cashews	1/4 cup (28g)	150	4g	12g	9g
Cashew butter (w/o salt)	1 tablespoon (16g)	94	3g	8g	4g
Coconut (shredded unsweetened)	1/4 cup (20g)	71	1g	7g	1g
Macadamias	6 kernels (14g)	102	1g	11g	0.8g
Macadamia butter	1 tablespoon (14g)	97	2g	10g	1g
Hazelnuts	12 nuts (17g)	106	2.5g	10g	1g



# KETO NUT & SEEDS

## NUTS AND SEEDS

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Pecans	10 halves (14g)	98	1.3g	10g	0.5g
Pili nuts	1/4 cup (30g)	210	3g	24g	0g
Pine nuts	2 tablespoons (20g)	148	2.7g	14g	0.7g
Pistachios	25 nuts (17.5g)	98	3.5g	8g	3g
Pumpkin seeds (hulled)	1/4 cup (30g)	180	9g	14g	1g
Sesame seeds	2 tablespoons (18g)	103	3.2g	9g	2g
Sunflower seeds (hulled)	1/4 cup (30g)	160	6g	15g	3g
Sunflower seed butter	1 tablespoon (16g)	99	2.8g	4g	3g
Tahini (sesame paste)	1 tablespoon (15g)	89	2.6g	3g	2g
Walnuts	7 halves (14g)	93	2g	2g	1g



# KETO DAIRY

## DAIRY

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Blue cheese	1 oz. (28g)	100	6g	8g	0.7g
Brie	1 oz. (28g)	95	6g	8g	0.1g
Cheddar or colby	1 oz. (28g)	115	6.5g	9.5g	1g
Cream cheese	2 tablespoons (29g)	100	2g	10g	0.6g
Feta	1 oz. (28g)	75	4g	6g	1g
Goat cheese (soft)	1 oz. (28g)	75	5g	6g	0g
Gouda	1 oz. (28g)	100	7g	8g	0.6g
Mozzarella (whole milk)	1 oz. (28g)	85	6.3g	6.3g	0.6g
Parmesan	1 oz. (28g)	111	10g	7.3g	1g
Swiss	1 oz. (28g)	111	7.6g	9g	0.4g



# KETO DAIRY

## DAIRY

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Cottage cheese (2% fat)	1/2 cup (113g)	92	12g	2.5g	5g
Cottage cheese (creamed)	1/2 cup (105g)	103	11.7g	4.5g	3.5g
Ricotta (whole milk)	1/2 cup (124g)	216	14g	16g	4g
Sour cream	1 tablespoon (12g)	24	0.3g	2.3g	0.6g
Yogurt (plain unsweetened/whole milk)	4 oz. (113g)	69	4g	3.7g	5.3g
Heavy whipping cream or double cream (fluid)	1 tablespoon (15g)	51	0.4g	5.4g	0.4g
Heavy whipping cream or double cream (whipped)	1/2 cup (60g)	204	1.7g	22g	1.6g



# KETO RAW VEGETABLES

## RAW VEGETABLES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Alfalfa sprouts	1/2 cup (43g)	15	1.5g	0g	1g
Artichoke hearts, marinated	4 pieces (64g)	60	0g	6g	2g
Artichoke hearts, canned	4 pieces (64g)	15	0g	1.5g	0.5g
Arugula	1 cup (20g)	5	0.5g	0g	0.5g
Beans, green, snap, string, wax	1/2 cup (50g)	16	1g	0g	2g
Bok choy (pak choy)	1 cup (70g)	9	1g	0g	0.5g
Boston/bibb lettuce	1 cup (55g)	7	1g	0g	0g
Broccoli florets	1/2 cup (36g)	10	1g	0g	1g
Cabbage, green, red, savoy	1/2 cup (60g)	8	0.4g	0g	1.1g
Cauliflower florets	1/2 cup (54g)	13	1g	0g	2g



# KETO RAW VEGETABLES

## RAW VEGETABLES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Celery	1 stalk (40g)	6	0g	0g	0.5g
Chicory greens	1/2	3	0g	0g	0.5g
Chinese cabbage (pak-choi)	1/2 cup, shredded (35g)	5	0.5g	0g	0.5g
Chives	1 tablespoon (3g)	1	0.1g	0g	0g
Cucumber (with peel)	1/2 cup, sliced (52g)	8	0.3g	0g	1.7g
Daikon radish	1/2 cup (58g)	9	0.4g	0g	1g
Endive	1/2 cup (25g)	4	0.3g	0g	0g
Escarole	1/2 cup (75g)	14	1g	0g	0.3g
Fennel, bulb	1/2 cup (44g)	13	0.5g	0g	2g
Greens, mixed	1 cup (36g)	5	0.5g	0g	0.5g



# KETO RAW VEGETABLES

## RAW VEGETABLES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Iceberg lettuce	1 cup (72g)	10	0.7g	0g	1g
Jicama	1/2 cup (60g)	23	0.5g	0g	2g
Loose-leaf lettuce	1 cup (57g)	8	0.5g	0g	2g
Mung bean sprouts	1/2 cup (52g)	16	1.5g	0g	2g
Mushrooms, button, fresh	1/2 cup (35g)	8	1	0g	0.7g
Olives, black	5 (19g)	30	0g	3g	1g
Olives, green	5 (14g)	20	0g	2g	0.1g
Onion	2 tablespoons, chopped (20g)	8	0.2g	0g	1.5g
Parsley	1 tablespoon (4g)	1	0.1g	0g	0.1g
Peppers, green bell	1/2 cup (75g)	15	1g	0g	2g



# KETO RAW VEGETABLES

## RAW VEGETABLES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Peppers, red bell	1/2 cup (75g)	23	1g	0g	3g
Radicchio	1/2 cup (20g)	5	0.3g	0g	0.8g
Radishes	6 (12g)	2	0g	0g	0.2g
Romaine lettuce	1 cup (47g)	8	0.5g	0g	0.5g
Scallion/green onion	1/4 cup (25g)	8	0.5	0g	1g
Spinach	1 cup (30g)	7	1g	0g	0.3g
Tomato	1 small (90g)	16	1g	0g	2.5g
Tomato	1 medium (123g)	22	1g	0.25g	3.5g
Tomato, cherry	5 (85g)	15	1g	0.2g	2.3g
Watercress	1/2 cup (17g)	2	0.4g	0g	0.1g

# KETO COOKED VEGETABLES

## COOKED VEGETABLES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Artichoke	1/2 medium (60g)	32	1.7g	0g	3.5g
Asparagus	6 spears (90g)	20	2g	0g	2g
Bamboo shoots, canned, sliced	1/2 cup (66g)	12	1g	0g	1g
Beans, green, wax, string, snap	1/2 cup (63g)	22	1g	0g	3g
Beet greens	1/2 cup (72g)	19	2g	0g	2g
Bok choy (pak choy)	1/2 cup (85g)	10	1.3g	0g	0.5g
Broccoflower	1/2 cup (34g)	10	1g	0g	1g
Broccoli	1/2 cup (78g)	27	2g	0g	3g
Broccoli rabe	1/2 cup (85g)	28	3.3g	0.5g	0.3g
Brussels sprouts	1/4 cup (40g)	14	1g	0g	2g



# KETO COOKED VEGETABLES

## COOKED VEGETABLES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Cabbage, green	1/2 cup (75g)	17	1g	0g	2.5g
Cabbage, red	1/2 cup (75g)	22	1g	0g	3g
Cabbage, savoy	1/2 cup (73g)	17	1.3g	0g	2g
Cardoon	1/2 cup (80g)	18	0.5g	0g	2.5g
Cauliflower	1/2 cup (62g)	14	1g	0.3g	1g
Celery	1/2 cup (75g)	14	0.5g	0g	1.8g
Chard, swiss	1/2 cup (88g)	18	2g	0g	1.5g
Chayote	1/2 cup (80g)	19	0.5g	0.4g	2g
Collard greens	1/2 cup (95g)	31	2.5g	1g	1.5g
Dandelion greens	1/2 cup (53g)	17	1g	0.3g	2g

# KETO COOKED VEGETABLES

## COOKED VEGETABLES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Eggplant	1/2 cup (50g)	17	1g	0g	3g
Escarole	1/2 cup (75g)	14	1g	0g	0.1g
Fennel, bulb	1/2 cup (44g)	13	0.5g	0g	1.5g
Hearts of palm	1 heart (33g)	9	1g	0.2g	0.5g
Kale	1/2 cup (65g)	18	1g	0g	2.5g
Kohlrabi	1/4 cup (41g)	12	1g	0g	2.5g
Leeks	1/2 cup (52g)	16	0.5g	0g	3.5g
Mushrooms, button	1/4 cup (39g)	11	1g	0g	1g
Mushrooms, shiitake	1/4 cup (36g)	20	0.5g	0g	4g
Mustard green	1/2 cup (70g)	18	2g	0.3g	1.5g



# KETO COOKED VEGETABLES

## COOKED VEGETABLES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Nopales (cactus pads)	1/2 cup (75g)	11	1g	0g	1g
Okra	1/2 cup (80g)	18	1.5g	0g	1.5g
Onion, yellow; sauteed	1/4 cup (22g)	29	0g	2.5g	1.5g
Peppers, green bell; chopped	1/4 cup (29g)	37	0g	0.2g	0.5g
Peppers, red bell; chopped	1/4 cup (27g)	35	0.3g	0.2g	1.5g
Pumpkin	1/4 cup (61g)	12	0.5g	0g	2g
Sauerkraut	1/2 cup; drained (71g)	13	0.7g	0g	1g
Shallots	2 tablespoons (20g)	14	0.5g	0g	3g
Spaghetti squash	1/2 cup (78g)	21	0.5g	0g	4g
Spinach	1/2 cup (90g)	21	3g	0g	1g

# KETO COOKED VEGETABLES

## COOKED VEGETABLES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Summer squash	1/2 cup (90g)	21	1g	0.4g	2.5g
Tomato	1/4 cup (60g)	11	0.5g	0g	2g
Turnips (white), mashed	1/2 cup (115g)	25	1g	0g	3.3g
Zucchini	1/2 cup (90g)	14	1g	0.3g	1.5g



# KETO FRUITS

## FRUIT

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Avocado, Hass (Florida)	1/2 fruit (152g)	182	3.5g	15g	3.5g
Blackberries, fresh	1/4 cup (36g)	15	0.5g	0.2g	4g
Blackberries, frozen	1/4 cup (38g)	24	0.5g	0.2g	4g
Blueberries, frozen	1/4 cup (39g)	20	0.2g	0.3g	4g
Cherries, sour, fresh, w/o pit	1/4 cup (39g)	19	0.4g	0.1g	4g
Cherries, sweet, fresh, w/o pit	1/4 cup (39g)	24	0.4g	0.1g	5g
Cranberries, raw, chopped	1/4 cup (28g)	13	0.1g	0g	2g
Currants, fresh, red and white	1/4 cup (28g)	16	0.4g	0.1g	3g
Gooseberries, raw	1/4 cup (38g)	16	0.3g	0.2g	2.5g
Loganberries, frozen	1/4 cup (37g)	20 20	0.6g	0.1g	3g

# KETO FRUITS

## FRUIT

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Melon, cantaloupe, balls	1/4 cup (44g)	15	0.4g	0.1g	3g
Melon, honeydew, balls	1/4 cup (44g)	16	0.2g	0.1g	3.5g
Melon, balls, frozen	1/4 cup (43g)	14	0.4g	0.1g	3g
Raspberries, fresh	1/4 cup (31g)	16	0.4g	0.2g	3.5g
Raspberries, frozen	1/4 cup (35g)	18	0.4g	0.2g	2g
Strawberries, fresh, sliced	1/4 cup (42g)	13	0.3g	0.2g	2g
Strawberries, frozen	1/4 cup (37g)	13	0.2g	0g	2.5g
Strawberries, fresh	1 large (18g)	6	0.1g	0.1g	1g



# KETO DRINK LIST

## NON ALCOHOLIC DRINKS

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Broth/bouillon (not low sodium; no added sugar)	1 cup (235g)	27	6.25	0g	0.79
Club soda	1 can (474g)	0	0g	0g	0g
Caffeinated or decaffeinated coffee	1 cup (237g)	2	0.54g	0.05g	0g
Caffeinated or decaffeinated tea	1 cup (245g)	2	0.54g	0g	0g
Lemon juice (2.5g) and lime juice (2.9g)	1 lemon or lime (48g)	11	0.17g	0.12g	3.21g
Unsweetened almond milk	1 cup (262g)	39	1.55g	2.88g	0g
Unsweetened hemp milk	1 cup (236g)	50	2g	4g	1g
		20			

# KETO DRINK LIST

## ALCOHOLIC DRINKS

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Beer (light)	12 oz. (336g)	96	0g	0g	3g
Bourbon	1 oz. (28g)	70	0g	0g	0.03g
Champagne	3.5oz. (100g)	87	0.07g	0g	2.8g
Gin	1 oz. (28g)	73	0g	0g	0g
Rum	1 oz. (28g)	64	0g	0g	0g
Scotch	1 oz. (28g)	70	0g	0g	0g
Sherry (dry)	2 oz. (57g)	69	0g	0g	0g
Vodka	1 oz. (28g)	64	0g	0g	0g
Wine (red)	5 oz. (140g)	125	0.1g	0g	3.84g
Wine (white)	5 oz. (140g)	121	0.1g	0g	3.82g



# ALCOHOL TO AVOID

## COCKTAILS

MOJITOS RUM AND COKES SCREWDRIVERS  
MIMOSAS MOSCOW MULES GIN AND TONICS  
COSMOPOLITANS LONG ISLAND ICED TEA

## FROZEN DRINKS

PINA COLADAS MARGARITAS DAIQUIRIS

## BEERS

BEERS AND EVEN NON-ALCOHOLIC BEERS MAY  
HAVE AS MUCH AS 17-18G OF CARBS PER DRINK.

## SWEET WINES

RIESLING, MOSCATO, SHERRY, AND PORT CAN  
EACH HAVE AS MANY AS 20G OF CARBS PER GLASS.

# CONDIMENTS, SPICES, & DRESSINGS

## CONDIMENTS AND SAUCES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Ancho chili pepper	1 pepper (17g)	48	2g	1.4g	5g
Anchovy paste	1 tablespoon (15g)	25	3g	1.5g	0g
Capers	1 tablespoon (8.6g)	2	0.2g	0.07g	0.1g
Chipotle en adobo	2 peppers (30g)	20	0g	1g	2g
Clam juice	1 cup (237mL)	78	15.8g	0g	0g
Coconut aminos	1 teaspoon (5mL)	5	0g	0g	1g
Coconut milk (canned and unsweetened)	1/2 cup (113g)	212	2.3g	24g	3g
Cocoa powder, unsweetened	1 tablespoon (5.4g)	12	1g	0.74g	3g
Enchilada sauce	1/4 cup (60g)	24	1g	0g	4g
Fish sauce	1 teaspoon (5mL)	3	0.66g	0g	0g



# CONDIMENTS, SPICES, & DRESSINGS

## CONDIMENTS AND SAUCES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Horseradish sauce	1 teaspoon (5.6g)	28	0.6g	2.85g	0.4g
Jalapeno chili pepper	1/2 cup; sliced (75g)	30	1.4g	0.33g	5.5g
Miso paste	1 tablespoon(18g)	30	2g	1g	3g
Mustard (Dijon)	1 teaspoon (5g)	10	0g	0g	1g
Mustard (yellow)	1 teaspoon (5g)	3	0g	0g	0g
Pasilla chili pepper	1 pepper (7g)	24	0.86g	1.11g	1.68g
Pesto sauce	1 tablespoon (15g)	58	0.7g	5.8g	1g
Pickapeppa sauce	1 teaspoon (5mL)	5	0g	0g	1g
Pickle (dill or kosher)	1/2 pickle (32.5g)	4	0.11g	0.07g	0.3g
Pimento or roasted red pepper	1 oz. (28g)	6	0.3g	0.08g	0.9g

# CONDIMENTS, SPICES, & DRESSINGS

## CONDIMENTS AND SAUCES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Salsa, green (no added sugar)	1 tablespoon (10g)	0	0g	0g	0.6g
Salsa, red (no added sugar)	1 tablespoon (14g)	3	0g	0g	1g
Serrano chili pepper	1/2 cup (52.5g)	17	0.9g	0.23g	1.6g
Soy sauce	1 tablespoon (18g)	11	1.9g	0g	0.9g
Sriracha	1 teaspoon (6.5g)	6	1.13g	0.06g	1.15g
Tabasco or other hot sauce	1 teaspoon (4.7g)	1	0.06g	0.04g	0.04g
Taco sauce	1 tablespoon (16g)	8	0g	0g	2g
Tahini (sesame paste)	2 tablespoons (30g)	178	5.2g	16g	5g
Vinegar, balsamic	1 tablespoon (16g)	14	0.08g	0g	2.7g
Vinegar, cider	1 tablespoon (15g)	3	0g	0g	0.14g



# CONDIMENTS, SPICES, & DRESSINGS

## CONDIMENTS AND SAUCES

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Vinegar, red wine	1 tablespoon (15g)	3	0.01g	0g	0.04g
Vinegar, sherry	1 tablespoon (15g)	5	0g	0g	2g
Vinegar, white wine	1 tablespoon (15g)	4	0.01g	0g	0.12g
Wasabi paste	1 teaspoon (5g)	10	0g	0g	2g
Worcestershire sauce	1 tablespoon (17g)	13	0g	0g	3.3g

# CONDIMENTS, SPICES, & DRESSINGS

## DRESSINGS

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Blue cheese dressing	2 tablespoons (30g)	140	1g	14g	1g
Caesar salad dressing	2 tablespoons (30g)	140	1g	16g	0.5g
Italian dressing	2 tablespoons (30g)	71	0.12g	6.2g	3.6g
Lemon juice	2 tablespoons (30g)	7	0.11g	0.07g	2g
Lime juice	2 tablespoons (30g)	8	0.13g	0.02g	2.4g
Oil and vinegar	2 tablespoons (32g)	144	0g	16g	0.8g
Ranch dressing	2 tablespoons (30g)	129	0.4g	13.4g	1.7g

**NOTE:** Salad dressings and sauces can also have extra sugar you wouldn't expect. If you're out at a restaurant, avoid balsamics, vinaigrette, honey mustard, and French or Thousand Island dressings since they tend to have more sugar in them.

When shopping avoid the dressings that have soy bean or canola oils as these ingredients will keep you insulin resistant.



# KETO SWEETENERS

## SWEETENERS

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Stevia (liquid)	4 drops (0.13mL)	0	0g	0g	0g
Erythritol	1 teaspoon (4g)	0	0g	0g	1g
Monk fruit (Luo Han Guo)	1 teaspoon (0.5g)	0	0g	0g	1g
Monk fruit (Luo Han Guo)	1 teaspoon (4g)	10	0g	0g	1g

**NOTE:** Keep in mind, artificial sweeteners like Splenda, sucralose, and aspartame are also considered low calorie and low glycemic, but that doesn't make them a good option.

Some people experience blood sugar spikes and cravings when consuming these fake sweeteners. Plus they may have negative effects on your gut microbiome and can possibly cause inflammation and even weight gain over time.

# KETO VEGAN OPTIONS

## VEGAN OPTIONS

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Almond milk, unsweetened	1 cup (240 mL)	29	1g	3g	1g
Hemp milk, unsweetened	1 cup (236 mL)	50	2g	4g	1g
Natto	1/4 cup (44g)	92	8.5g	5g	3g
Shirataki noodles	4 oz. (113g)	20	1g	0.5g	0g
Soy milk, plain, unsweetened	1 cup (240 mL)	79	7g	4g	3g
Tempeh	1/2 cup (83g)	159	17g	9g	6g
Tofu, firm	4 oz. (113g)	70	8g	3g	3g
Tofu silken, soft	4 oz. (113g)	62	5.5g	3g	3.3g
Tofu bacon	2 strips (20g)	40	4g	2g	0.23g
Tofu Canadian bacon	3 slices (57g)	70	14g	0.5g	1.5g



# KETO VEGAN OPTIONS

## VEGAN OPTIONS

FOOD	SERVING SIZE	CALORIES	PROTEIN	FAT	NET CARBS
Tofu bulk sausage	2 oz. (57g)	60	7g	0g	4g
Tofu link sausage	2 links (64g)	130	9g	4g	12g
Vegan cheese (no casein)	1 slice (19g)	35	1g	7g	1g
Vegan cheese (no casein)	1 oz. (28g)	70	1.9g	0g	0.9g
Veggie burger	1 burger (70g)	124	11g	4.4g	6.5g
Veggie crumbles	3/4 cup (55g)	80	8g	1.5g	8g