

# Keto Points

Keto Food List with Macros	Fats g	Proteins g	Carbs g
<b>Vegetables</b>			
Alfalfa sprouts			
Artichoke hearts, canned - .5 cup			10
Artichoke, medium		5	10
Arugula			
Asparagus - 1 cup		2.5	5
Bamboo shoots		5	5
Beans, green, snap - 1 cup			5
Beet greens			
Beets, raw - 1 cup		2.2	13
Beets, cooked - .5 cup		1.4	8.5
Broccoli, cooked, chopped - 1 cup		2.5	5
Brussels sprouts - 1 cup			10
Cabbage, green OR red - 1 cup			5
Cabbage, napa			
Carrots - .5 cup			10
Cassava, raw - .5 cup		1.4	39.2
Cauliflower - 1 cup		2	5.3
Celeriac, cooked - 1 cup			9.1
Celery, 1 cup		0.7	3
Chard			
Chives			
Collards, cooked with salt- 1 cup		5.1	10
Collards - raw 1cup		1.1	2
Cilantro			
Cucumber			
Dandelion greens - .5 cup			5
Eggplant - .5 cup			5
Endive			
Fennel bulb - 1 cup sliced			5
Garlic			
Ginger			
Kale - 1 cup			5
Leeks - .5 cup			5
Lettuce, all varieties			
Mushrooms, shiitake - .5 cup		1	10
Mushrooms, white			
Okra, cooked - .5 cup slices			5
Onion - .25 cup, chopped			5
Parsnips cooked - .5 cup slices		1	13.3
Peas, green - .5 cup		4	12.5
Pepper - serrano, jalapeno, hot			
Pepper, green, red, yellow			
Pickle, dill or kosher			
Potato, white, 1 medium		3	26

## Keto Points

Potato, red skin, 1/2 medium baked		0.5	44
Pumpkin, canned Libby's - .5 cup		1	10
Radicchio			
Radishes			
Rhubarb - 1 cup cooked		1	5
Spinach			
Squash, Acorn - .5 cup, baked			15
Squash, Butternut - .5 cup, baked			10
Squash, Delicata - .5 cup, cooked			10
Squash, Kabocha - .5 cup, cooked			10
Squash, Spaghetti - 1 cup cooked			10
Squash, Zucchini medium 4 oz		1	3
Sugar Snap Peas - 1 cup		2.5	10
Sweet potato, baked - small		2.5	28.5
Sweet potato, mashed - .5 cup		23	29
Taro, cooked - .5 cup sliced			22.5
Tomatoes crushed - 5 oz			10
Tomatoes, stewed - .5 cup			5
Tomato paste - .25 cup			10
Tomato sauce - 1 cup			4
Tomatoes, raw - 1 cup, chopped			5
Turnips, cooked cubes - .5 cup			5
Yam, baked - 1/2 cup		1	21
Yam bean (Jicama) - 1 cup, sliced			10.6
<b>Meats and Cuts</b>			
<b>Beef</b>			
Ground Beef - 3 oz	14	20	
Brisket - 3 oz	3.5	16	5
Hotdog Applegate - 1 link	9	7	
Flank broiled- 3 oz	8.8	23.6	
Roast beef lunchmeat - 2 oz	1	6	
Top Sirloin - 3 oz	12	23	
Bison - 4 oz	2.5	28	
Ground Lamb Burger- 4 oz	13	22	
Lamb Costco- 5 oz	13	22	
<b>Pork</b>			
Bacon, thin cut, cooked - 2 strips	6	5	
Bacon, thick cut, cooked - 2 strips	8	10	
Bratwurst Kroger - 1 link	15	14	
Chorizo - 1 link	23	14.5	
Ground Pork - 3 oz	17.7	21.8	
Ham Lean - 3 oz	4.7	18	
Ham lunchmeat - 3 slices	1.8	10	
Prosciutto - 1 oz. (2 slices)	4	6	
Ribs - 3 oz	14	25	
Sausage - 3 oz	10.5	25	
Shoulder - 3 oz	28	15	
Tenderloin - 3 oz	3.5	20	

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Salami - 4 slices	14	10	
Venison - 3 oz	3.5	25	
<b>Poultry</b>			
Chicken breast w/ skin 3oz	7	25	
Chicken breast w/out skin 3oz	3.5	30	
Chicken Leg - 1 leg w/ skin	14	20	
Chicken thigh, w/ skin 3 oz	14	20	
Chicken thigh w/o skin 1 thigh	7	10	
Chicken, ground - 3 oz	10.5	20	
Chicken livers, pan-fried - 3 oz	7	20	
Chicken Wing - 1 full wing	7	7.5	
Chicken Apple Sausage - 1 link		15	
Duck, meat and skin - 3 oz	28	15	
Turkey bacon - 2 slices		12.5	
Turkey breast w/ skin - 3 oz	7	25	
Turkey breast w/o skin - 3 oz		25	
Turkey, ground - 3 oz	4	20	
Turkey breast, ground, lean - 3 oz		25	
Turkey leg 3 oz	10.5	25	
Turkey lunchmeat - 2 oz		10	
Turkey sausage - 2 links	14	10	
<b>Seafood</b>			
Clams - 5 oz	3.5	9	2
Cod - 3 oz		20	
Crab - 3 oz		20	
Lobster - 3 oz		20	
Mussels - 3 oz cooked	35	20	5
Oysters - 12 medium		10	5
Salmon - 3 oz	9	22	
Salmon, pink, total - 3 ounces	4.2	16.7	
Sardines I olive oil (Glicks) - 1 can	33	18	
Scallops, cooked - 3 oz	1	19	
Shrimp - 9 large	2	26	2
Trout - 4 oz	7	21	1
Tuna, ahi steak - 3 oz	0.5	28	
Tuna, canned, white - 2 oz	0.5	11	
<b>Gluten-Free Grains and Flours</b>			
Almond Flour Bob's Red Mill - .25 cup	14	6	6
Arrowroot Powder Bob's Red Mill - .25 cup			28
Coconut Flour Trader Joe's - .25 cup	5	6	21
Corn, sweet, cooked - .5 cup	1		20
Oats - .25 cup	3.5	12.5	20
Oat Flour 1/2 cup	3.9	6.5	35
Quinoa, cooked - .5 cup	3.5	8	39
Rice, brown, cooked - .5 cup		4	15
Rice, white, cooked - .5 cup		2	23

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Rice Noodles - .5 cup		1.5	21
Tapioca Flour Anthony- .25 cup		0	27
White Rice Flour - 1/2 cup	1.1	4.7	63
<b>Dairy and Eggs</b>			
Cheese, grass fed raw 2ounces	16	14	2
Cheese, soft brie 2tbsp	7	4	1
Cream, half and half - 2 tbsp	3.5		1
Cream, heavy - 2 tbsp	5		0.4
Egg, Duck - 1 egg	10	9	0.5
Egg - 1 egg	4.5	6	1
Milk, whole - 1 cup	8	8	12
Sour Cream - 2 tbsp	8.7	0.5	0.9
Yogurt, plain,Chobani whole milk - 1 cup	9	5	7
<b>Nuts/Seeds and Butters</b>			
Almonds - 20 nuts	12.2	5.1	4.7
Almond Butter Raw Crunchy- 2 tbsp	8.5	3.5	3.5
Brazil Nuts - 5 nuts	10	2.1	1.8
Cashew, Raw - 15 nuts	6	2.3	2.3
Cashew Butter - 2 tbsp	8	2.6	5.6
Chia Seeds, Trader Joe's - 1 tbsp	5	3	7
Coconut Butter - 2 tbsp	21	2	8
Coconut Cream, Trader Joe's - 2 tbsp	9	1	1
Coconut flakes, unsweetened - .25 cup	19	2	7
Coconut Milk, Thai Kitchen, can, 13.66 oz	13	0	1
Flaxseeds, whole - 3 tbsp	11	6	11
Flaxseeds, ground - 2 tbsp	6	3	4
Hemp seeds - 3 tbsp	14	10	2
Macadamia Nuts, raw - 12 nuts	21	2.2	1.5
Pecans - 20 halves	20.2	2.6	4
Pepitas, raw - 1/4 cup	15	9	3
Pine Nuts - 1/4 cup	20	4	4
Pistachios - 50 kernels	15	5	10
Pumpkin Seeds, whole - 1/4 cup	18	8	28
Peanut Butter , no sugar - 2 tbsp	15	9	6
Sesame Seeds - 1 tbsp	4.5	1.6	2.1
Sunflower Seeds - 1/4 cup	15	6	7
Sunflower Seed butter Marantha - 2 tbsp	12	9	8
Tahini, Thrive Market - 2 tbsp	19	8	5
Walnuts, raw- 10 ounces/1/4 cup	18	4	4
<b>Beans and Legumes</b>			
Black Beans - 1/2 cup		8	24
Chickpea/Garbanzo Bush - 1/2 cup	2	6	20
Edamame - 1.13 cup	2	10	9
Kidney Beans - .5	0.5	7	17
Lentils - .5 cup	6.6	9	18.4
Lima Beans, Aladdin - .5 cup	0.4	7.3	19.6

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Peanuts, dry roasted - 40 pieces	13	6	6
Pinto Beans, Sun Vista, 1/2 cup	1	6	22
<b>Fruits</b>			
Apple, 1 small			15
Apricot - 1 piece		0.5	2.8
Avocado Haas, 1/2 medium	12	1.5	6.5
Banana - 1 medium			25
Blackberries - 1 cup			14
Blueberries - 1 cup		2	22
Cherries - 1 cup with pits			22.2
Clementines -1 medium		1.5	9
Dates, California medjool - 3 dates			31
Figs, raw - 1 medium			10
Figs, driedSunmaid - 4			26
Grapefruit, 4 inches large - 1/2 fruit			13
Grapes, green seedless - 10 grapes			9
Kiwi - 1 fruit, no skin			10
Lemon squeeze			
Lime squeeze			
Mango - 1 medium/1 cup diced			25
Melon, cantaloupe - 1 cup (diced)			12.7
Melon, honeydew - 1 cup (diced)			15
Nectarine - 1 small			14
Olives - 31g	2.5		1
Orange, Navel- 1 small			11
Peach - 1 medium			14
Pear - 1 medium (Anjou)			23
Pineapple - 1 cup (chunks)			22
Plantains, cooked - 1/2 cup			31
Plums - 1 fruit			8
Raspberries - 1 cup			15
Strawberries - 1 cup (halves)			11.7
Tangerine - 1 medium			15
Watermelon - 1 cup			11.6
<b>Sauces and Broths</b>			
Bone Broth - 1 cup		9	
Fish Sauce, Thai Kitchen 1 tbsp		2	
Hot Sauce/Tabasco			
Marinara Sauce - 1/2 cup			4
Pizza Sauce - 1/2 cup			12
Salsa, green 4 tbsp			2
Teriyaki Sauce - 1/4 cup		0.5	4
<b>Oils</b>			
Avocado Oil - 1 tbsp	14		
Butter (pastured) - 1 tbsp	12		
Coconut Oil - 1 tbsp	14		

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Ghee (pastured) - 1 tbsp	5		
Lard (pastured) - 1 tbsp	13		
Mayo - 1 tbsp	11		
Macadamia Nut Oil - 1 tbsp	14		
MCT Oil - 1 tbsp	14		
Olive Oil - 1 tbsp	14		
Tallow (pastured) - 1 tbsp	14		
<b>Snacks &amp; Misc.</b>			
Cacao Nibs - 1 tbsp	4	1	2
Cacao Powder - 1 tbsp	0.5	1	3
Collagen Peptides - 1 scoop		9	
Chocolate, Lindt 85% dark -4 pieces	18	5	15
Epic Bar, chicken sirachi - 1 bar	6	13	2
Epic Bar, meat and fruit - 1 bar	8	9	9
Honey, raw - 1 tbsp			17
Jerky, beef - 2 oz	1	2	
Lara Bar (all varieties) - 1 bar	9	4	26
Grade B Maple Syrup - 1 tsp			13
Plantain Chips 20	6		20
Popcorn, air popped - 1 cup			6.2
Pork Rinds - 1 ounce	9	17	0
Potato Chips - 13 chips	10		15
RX Bar, all varieties	7	12	24
1 Fat Gram = 9 calories			
1 Protein Gram = 4 calories			
1 Carb Gram = 4 Calories			