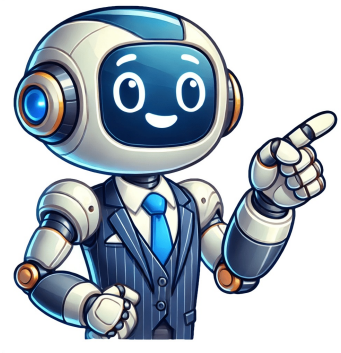


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Im so excited to be sharing this low carb foods list with you today! After following a low carb lifestyle for over a decade, I have a lot of experience with this and have compiled this list of foods with low carbs as a reference. I worked on it for months initially and have revised it several times over the years. There's even a keto food list PDF available! You can find my best low carb recipes here, but not everything you eat has to be a recipe. Whether you're following a keto diet or simply wanting to eat more healthy, high-protein low-carb foods, having a list of foods low in carbs is so convenient. The list is divided into categories for convenience, and you can see the serving size and grams of net carbs for each food (straight from the USDA Food Composition Database). The servings are listed by both weight and unit, so you can decide what's easier for you to use. However, keep in mind that volumes can vary, so go by weight if you want exact measurement. The best low-carb foods include leafy greens, low-carb vegetables and fruits, healthy fats, meat, poultry, seafood, eggs, full-fat dairy, nuts and seeds, and spices. All of these are low in carbohydrates and won't spike blood sugar levels. There are also low-carb ingredients you can use for baking, such as almond flour, coconut flour, and natural sugar substitutes. Avoid sugary and starchy foods, like grains (including bread and pasta), and if they're made with whole grains, beans, rice, and sugar. If you're just getting started, make sure to also check my full guide about how to start a low-carb or keto diet and calculate your macros using the macro calculator to determine your optimal carb intake. (Also, read up on keto flu symptoms and remedies so that you can avoid that hurdle.) And if you want everything done for you, check out the Wholesome Yum app; its free to try and includes custom meal plans, so you can eat exactly what you like and still have your meal planning and grocery list done for you. A lot of people have requested a low-carb food list printable, and I have you covered! I offer my keto food list PDF (all low-carb foods) for free to my email subscribers and I promise no spam or strings attached. If you want the keto food list PDF, just fill out the form below and I'll email it to you right away. Otherwise, you can come back to this page anytime to see the low-carb food chart collection for each category below. The nice thing about this website version is that it's searchable and sortable. If you want a shorter list of what to buy the first time you're at the store shopping for low-carb foods, check out this keto grocery list. Most vegetables make excellent high-fiber low-carb foods, with a few exceptions. The list below includes a range from moderate to very low-carb vegetables. These are a great source of vitamins and minerals. Learn more about low-carb vegetables here, including the best ones to eat, recipes, and which ones to avoid. Some examples to avoid include starchier veggies like carrots, white or sweet potatoes, and most types of beans. FoodServing sizeNet carbs (g)Artichokes1/2 cup (84g)5.2Asparagus1 cup (134g)2.4Bamboo shoots1 cup (151g)4.6Bell peppers1 cup (92g)3.6Broccoli1 cup (91g)3.6Brussels sprouts1 cup (88g)4.6Cauliflower (or cauliflower rice)1 cup (107g)3.2Celery1/2 cup (78g)5.8Celeriac1 cup (101g)1.4Chili peppers1 pepper (1.4g)1.1Cucumbers1/2 cup (52g)1.6Eggplant1 cup (82g)2.3Fennel1 cup (87g)3.7Garlic1 clove (3g)0.9Green beans1 cup (100g)4.9Pumpkins1 cup (116g)9.9Radishes1 cup (116g)2.2Rhubarb1 cup (122g)2.2Rutabaga1 cup (140g)8.9Scallions (green onions)1 cup (100g)4.7Shallots1 cup (101g)4.4Shirataki noodles1 cup (50g)0.5Peanut butter1 cup (89g)4.9Spaghetti squash1 cup (101g)5.5Turnips1 cup (130g)6.1Zucchini1 cup (113g)2.4Yellow squash1 cup (113g)2.6Leafy greens make excellent low-carb foods, because they're filling, packed with fiber and nutrients, and very low in both carbs and calories. FoodServing sizeNet carbs (g)Arugula1 cup (20g)0.4Beet greens1 cup (39g)0.82Bibb lettuce1 cup (55g)0.6Bok choy1 cup (70g)0.8Broccoli rabe1 cup (40g)0.8Butter lettuce1 cup (42g)0.5Cabbage1 cup (89g)3.0Chard1 cup (36g)0.8Collard greens1 cup (256g)0.5Endive1 cup (50g)0.1Iceberg lettuce1 cup (57g)1.2Kale1 cup (67g)3.4Mustard greens1 cup (56g)0.8Spinach1 cup (30g)0.4Sprouts1 cup (33g)2.3Romaine1 cup (47g)0.6Watercress1 cup (34g)0.2 You can enjoy fruit in moderation on a low-carb diet. The following low-carb fruits list includes the best ones to choose, which are primarily berries, avocados, and citrus that's still sweet. You can learn more about keto fruit here. Avoid high-sugar or tropical fruits, such as pineapple, bananas, apples, pears, and grapes. FoodServing sizeNet carbs (g)Avocados1/2 fruit (100g)1.8Raspberries1/2 cup (61.5g)3.3Blueberries1/2 cup (74g)8.9Blackberries1/2 cup (72g)3.1Coconuts, flesh1/2 cup (40g)2.5Cranberries1/2 cup (55g)4.6Currants1/2 cup (56g)5.3Strawberries1/2 cup (76g)4.3Lemons1 lemon (58g)3.8Limes1 lime (67g)5.2Olives1/2 cup (67g)2.2Tomatoes1 cup (180g)4.8Watermelon1/2 cup (76g)5.5 Healthy fats are crucial when cooking high-fat low-carb foods! They keep you full and satisfied. If you are keto, they also help you stay in ketosis. All pure fats/oils are zero carb, but it's recommended to avoid soy, corn, canola, vegetable, and cottonseed oils. These seed oils are usually GMO and highly processed. When choosing fats for cooking, consider the smoke point to avoid exposure to carcinogens. Avocado oil, olive oil, and refined coconut oil work best for high-heat cooking. Any extra virgin oil, like extra virgin olive oil, will have a lower smoke point than a regular version. FoodServing sizeNet carbs (g)Avocado oil1 tsp (14g)0.0Butter1 tsp (15g)0.0Cocoa butter1 tsp (13.6g)0.0Coconut oil1 tsp (13.6g)0.0Chee1 tsp (13g)0.0Lard, other animal fats1 tsp (12.8g)0.0MCT oil1 tsp (14.5g)0.0Olive oil1 tsp (14.5g)0.0Other nut & seed oils1 tsp (13.5g)0.0Other nut & seed oils1 tsp (13.5g)0.0 Meat and poultry options make great high-protein low-carb foods, because they have zero carbs (provided that there is no sugar added in the preparation). For keto, choose fattier cuts of meat when you can, or add fat when cooking. Grass-fed, pasture-raised meat and poultry is the healthiest choice if possible, but it's not absolutely necessary. FoodServing sizeNet carbs (g)Bacon & sausage4 oz (113g)0.0Beef ground, steak, roast, veal4 oz (113g)0.0Deli meats beef, chicken, turkey, ham, etc. (no sugar added)4 oz (113g)0.17Game meats bison, venison, etc.4 oz (113g)0.1Lamb ground, chops, etc.4 oz (113g)0.1Pork ground, chops, loin, ham, etc.4 oz (113g)0.1Poultry chicken, turkey, duck, quail, etc.4 oz (113g)0.1Fish and other seafood are great options for low-carb high-protein foods. Fish also provides an excellent source of healthy omega-3 fatty acids. Watch for carbs in shellfish, which can be a little higher than other protein types. FoodServing sizeNet carbs (g)Fish cod, flounder, halibut, mahi-mahi, salmon, sardines, sea bass, snapper, tilapia, tuna, baked trout, etc.4 oz (113g)0.0Shellfish crab, clams, lobster, mussels, oysters, scallops, squid, shrimp, etc.4 oz (113g)0.3 Milk is not keto (or low-carb), but many other types of dairy products are. For those that can tolerate dairy, it makes a great addition to a low-carb food list. Choose full-fat dairy over fat-free or low-fat, which is higher in carbs. For cheese in particular, check the keto cheese list. Coconut cream is not dairy, but makes a great substitute and is included here. Its thick and creamy, and often works instead of heavy cream, yogurt, or even sour cream in recipes. Eggs are also not dairy, but are listed in this section for convenience. They are found in the dairy section of the grocery store, but you can still enjoy them if you are dairy-free. FoodServing sizeNet carbs (g)Cheeses, all kinds blue, brie, cheddar, dubliner, feta, goat, gouda, gorgonzola, gruyere, jack, mozzarella, parmesan, swiss, etc.1 oz (28g)0.15Coconut cream1 tsp (15g)1.7Cream cheese1 tsp (14.5g)0.8Eggs1 egg (56g)0.0Half & half1 tsp (15g)0.7Heavy cream1 tsp (15g)0.4Mascarpone cheese2 tsp (28g)0.6Sour cream1 tsp (12g)0.6Whole milk Greek yogurt1 cup (100g)9.7Whole milk cottage cheese1/2 cup (62g)3.7 Nuts and seeds are low-carb foods to enjoy in moderation. They can be easy to overdo, so portion control is important. Still, they make great snacks or additions to keto recipes. FoodServing sizeNet carbs (g)Almond butter1 cup (33g)1.7Other nut butters hazelnut, macadamia, pecan, walnut, etc.2 tbsps (~32g)0.53Peanut butter2 tbsps (32g)4.2Peanuts1/4 cup (36g)4.7Pecans1/4 cup (36g)1.3Pine nuts1/4 cup (36g)3.2Pistachios1/4 cup (31g)5.3Pumpkin seeds1 tbsps (8.8g)0.8Pumpkin seeds1/4 cup (32g)3.5Sesame seeds1 tbsps (8.8g)0.8Pumpkin seeds1/4 cup (32g)3.5Sesame seeds1 tbsps (8.8g)0.8Sunflower seeds1/4 cup (32g)3.5Sunflower seeds1/4 cup (32g)3.5 Whenever possible, drink water! It is by far the best beverage. You can change it up by adding lemons or cucumber slices. That being said, there are other options that should be included in any complete low-carb food list. Almond and coconut milk make great low-carb alternatives to dairy milk that is high in carbs. Coffee and tea are perfectly fine, too. Drinking alcohol can stall weight loss, but it's okay to enjoy in moderation. Skip the fruity, sugar-laden drinks and beer; stick to either hard alcohol and dry wines. (Learn more about low-carb alcohol options here.) FoodServing sizeNet carbs (g)Almond milk, unsweetened1 cup (240ml)1.5Broth chicken, beef, bone1 cup (241g)0.9Broth vegetable1 cup (221g)2.0Coconut milk, canned, unsweetened1/2 cup (113g)3.2Coconut milk, carton, unsweetened1/2 cup (240ml)1.1Coffee1 cup (248g)0.5Hard liquor1 fl. oz (27.8g)0.0Tea1 cup (237g)0.0Water1 cup (235ml)0.0Wine, red or white, dry5 fl. oz (147g)3.1-3.7 Here at Wholesome Yum, we recommend only natural low-carb sweeteners. Artificial sweeteners are more likely to spike insulin and have less known long-term effects. For a more detailed look, read the keto sugar substitute guide here. All the sweeteners in this list have 0 net carbs, because they either do not get absorbed or do not metabolize well. Serving sizes can vary by brand, depending on blend/concentration, so check the sweetener conversion chart if substituting sweeteners. FoodServing sizeNet carbs (g)Allulose1 tsp (4g)0.0Chicory root1/2 cup (45g)0.0Erythritol1 tsp (4g)0.0Monk fruit1 tsp (4g)0.0Stevia1 tsp (4g)0.0Xylitol1 tsp (4g)0.0 Who says you can't enjoy baked goods on a low-carb diet? You can! Of course, they're still best in moderation, but it's definitely doable to make keto baking recipes and they can help you stay on track. Below is a list of common low-carb flours and baking staples, such as thickeners and extracts. Always check labels to make sure no sugar or artificial additives are included. Learning to bake with low-carb flour takes time, because they behave differently from traditional wheat flour. Get started by following tried and true almond flour recipes, simple coconut flour recipes, or browse all my low-carb dessert recipes! FoodServing sizeNet carbs (g)Almond flour1/4 cup (28g)2.2Cocoa/cacao powder1 tbsps (5.4g)1.1Coconut flour1/2 cup (14g)2.2Hazelnut flour1/4 cup (28g)2.2Macadamia nut flour1/4 cup (28g)2.9Peanut flour1/4 cup (15g)2.8Flax seed meal (plain or golden)2 tbsps (11g)0.1Ogelatin1 tbsps (7g)0.0Glucmannan1/2 tsp (2g)0.0Protein powder(whey,collagen, etc.), unsweetened1 scoop (~30g)0.0Pork rinds1/2 oz (14g)0.0Psyllium husk powder1 tsp (4g)0.0Pure extracts vanilla, fruit1 tsp (4g)0.0Pure extracts vanilla, fruit1 tsp (4g)0.0Sunflower seed meal1/4 cup (28g)4.2Chocolate, unsweetenedbakers or w/sweeteners above1 oz (29g)2.9-3.4Xanthan gum1/2 tsp (0.7g)0.0 Herbs make great additions to give your low-carb foods flavor, with very little carb impact. Carbs listed below are based on chopped fresh herbs. If using dried herbs, the conversion is 3:1. That is, 1 tablespoon fresh herbs = 1 teaspoon dried herbs. (This conversion applies for carb counts, as well as the recommended amount for recipes, because dried herbs are more concentrated in flavor.) FoodServing sizeNet carbs (g)Basil2 tbsps (5.3g)0.0Bay leaves1 tbsps (0.6g)0.3Chives1 tbsps (3g)0.1Cilantro1 tbsps (1g)0.1Dill1 tbsps (0.6g)0.1Marjoram1 tbsps (0.6g)0.2Mint1 tbsps (1.6g)0.1Oregano1 tbsps (3g)0.3Parsley1 tbsps (3.8g)0.1Rosemary1 tbsps (1.7g)0.2Sage1 tbsps (0.7g)0.1Savory1 tbsps (1.4g)0.4Tarragon1 tbsps (0.6g)2.1Thyme1 tbsps (2.4g)1.2 Including spices and seasonings in your food makes it a lot more interesting. Most spices and seasonings are suitable for low-carb diets, but watch for added ingredients. Some spices or mixes add cornstarch or sugar, so you will want to avoid those. Most seasoning mixes can be made at home without the weird ingredients try homemade Italian seasoning, simple taco seasoning, spicy Cajun seasoning, 5 minute pork chop seasoning, or aromatic pumpkin pie spice. 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