



```
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 revised it several times over the years. Theres 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 youre 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 is 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, herbs, and spices. All of these are low in carbohydrates and wont 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,
even if they are made with whole grains), beans, rice, and sugar. If your just getting started, make sure to also check my full guide about how to start a low carb or keto flu symptoms and remediesso 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! Ioffer 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 Ill 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 its
searchable and sortable. If you want a shorter list of what to buy the first time youre at the store shopping for 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 aboutlow carb vegetables here, including the best 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)3.2Celeriac1/2 cup (52g)1.6Eggplant1 cup (82g)2.3Fennel1 cup (87g)3.7Garlic1 clove (3g)0.9Green beans1 cup (100g)4.3Jalapeno
peppers1 pepper (14g)0.5Jicama1 cup (130g)5.1Kelp noodles4 oz. (113 g)0Leeks1/2 cup (45g)5.5Mushrooms1 cup (16g)2.2Okra1 cup (135g)1.9Pumpkins1 cup (116g)6.9Radishes1 cup (116g)2.Rutabagas1 cup (122g)2Rutabagas1 cup (140g)8.9Scallions (green onions)1 cup
(100g)4.7Shallots1 cup (10g)1.4Shirataki noodles1 cup(98g)4.9Spaghetti squash1 cup (113g)2.6 Leafy greens make excellent low carb foods, because they are 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 (38g)0.2Bibb lettuce1 cup (55g)0.6Bok choy1 cup (67g)3.4Mustard greens1 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 (37g)0.6Watercress1 cup (47g)0.6Watercress1 cup (47g)0.6Watercress1 cup (37g)0.6Watercress1 cup (47g)0.6Watercress1 cup (47g)0.6Watercress2 cup (47g)0.6Wate
tropical fruits, such as pineapple, bananas, apples, pears, and grapes. FoodServing sizeNet carbs (g)Avocados1/2 fruit (100g)1.8Raspberries1/2 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 its 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, will have a lower smoke point than a regular version.
FoodServing sizeNet carbs (g)Avocado oil1 tbsp (13.5g)0Cocoa butter1 tbsp (13.6g)0Cocoa butter1 tbsp (13.6g)0Cocoa butter1 tbsp (13.6g)0Cocoa butter1 tbsp (13.5g)0Other nut & seed oils1 tbsp (-13.5g)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 its not absolutely necessary. FoodServing sizeNet carbs (g)Bacon & sausage4 oz (113g)0Beef ground, steak, roast,
veal4 oz (113g)0Deli meats beef, chicken, turkey, ham, etc. (10 sugar added)4 oz (113g)0-1.7Game meats bison, venison, etc. 4 oz (113g)0Liver & other organ meats oz (113g)0Liver & other organ meats oz (113g)0Liver & other organ meats oz (113g)0Liver & oz (113g)0Li
options for low carb high protein foods. Fish also provides an excellent source of healthy omega-3 fatty acid. 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)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 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)0-1.5Coconut cream1 tbsp (15g)0.7Heavy cream1 tbsp (15g)0.7Heavy cream1 tbsp (15g)0.7Heavy cream1 tbsp (15g)0.4Mascarpone cheese2 tbsp
(28g)0.6Sour cream1 tbsp (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 overendulge on, so portion control is important. Still, they make great snacks or additions to keto recipes.
 FoodServing sizeNet carbs (g)Almond butter2 tbsp (32g)2.7Almonds1/4 cup (28g)3Brazil nuts1/4 cup (33g)1.4Chia seeds1 oz (28.35g)2.1Coconut flakes3 tbsp (20.5g)3Flax seeds2 tbsp (30g)1.4Macadamia nuts1/4 cup (33g)1.7Other nut butters hazelnuts 1/4 cup (34g)2.3Hemp seeds3 tbsp (30g)1.4Macadamia nuts1/4 cup (33g)1.7Other nut butters hazelnuts 1/4 cup (34g)2.3Hemp seeds3 tbsp (30g)1.4Macadamia nuts1/4 cup (34g)2.3Hemp seeds3 tbsp (30g)2.3Hemp seeds3 t
 (~32g)0.5-3Peanut butter2 tbsp (32g) 4Peanuts1/4 cup (36g) 4.7Pecans1/4 cup (36g) 4.7Pecans1/4 cup (36g) 3.2Pistachios1/4 cup (31g)5Poppy seeds1 tbsp (9g)1Sunflower seeds1/4 cup (32g)5.7Sunflower seeds1/4 cup (31g)5Poppy seeds1 tbsp (9g)1Sunflower seeds1/4 cup (31g)5Poppy seeds1 tbsp (9g)1Sunflower seeds1/4 cup (31g)5Poppy seeds1 tbsp (9g)1Sunflower seeds1/4 cup (31g)5Poppy seeds1 tbsp (32g)5.7Sunflower seeds1 tbsp (32g)5.
 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 is okay to enjoy in moderation. Skip the fruity, sugar-laden drinks and beer; stick to either hard alcohol options here.) FoodServing sizeNet carbs (g)Almond milk, unsweetened1 cup (240ml) 1.5Broth chicken, beef, bone1 cup (241g) 0-0.9Broth vegetable1 cup (221g)2Coconut milk, canned,
unsweetened1/2 cup (113g)3.2Coconut milk, carton, unsweetened1 cup (248g)0.5Hard liquor1 fl. oz (27.8g)0Water1 cup (235ml)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)0Chicory root1/2 cup (45g)0Erythritol1 tsp (4g)0Monk fruit1 tsp (4g
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 flours 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 mylow carb dessert recipes! FoodServing sizeNet carbs (g)Almond flour1/4 cup (28g) 2.9Peanut flour1/4 cup (15g) 2.8Flax seed meal (plain or golden) 2 tbsp (11g) 0Gelatin1 tbsp
(7g) OGlucomannan 1/2 tsp (2g) OProtein powder(whey,collagen, etc.), unsweetened1 scoop (~30g) OPork rinds 1/2 oz (14g) OPsyllium husk powder 1 tsp (4.2g) 0.1Sunflower seed meal 1/4 cup (28g) 4Chocolate, unsweetened2 scoop (~30g) 0Pork rinds 1/2 oz (14g) 0Pork rinds 1/2 
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 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 tbsp (0.6g) 0.1Cilantro1 tbsp (0.6g) 0.1Cilantro1 tbsp (3g) 0.1Poregano1 tbsp (3.8g) 0.1Rosemary1 tbsp (1.7g) 0.2Sage1 tbsp (0.7g) 0.1Savory1 tbsp (1.4g) 0.4Tarragon1 tbsp
(0.6g) 2.1Thyme1 tbsp (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 diet foods, 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. FoodServing sizeNet carbs (g)Allspice, ground1 tsp (1.9g)1Black pepper1 tsp (2.3g)0.9Cardamom1 tsp (2g)0.8Cayenne pepper1/4 tsp (0.5g)0.2Celery seed1 tsp (2g)0.6Chili powder1 tbsp
(8g)1.2Cinnamon, ground1 tsp (2.6g)0.7Cloves, ground1 tsp (2.1g)0.7Cream of tartar1 tsp (2g)0.4Curry powder1 tsp (2.1g)0.7Cream of tartar1 tsp (2,1g)0.7Cream of tartar1 tsp (2,1g)0.7Crea
smoked) 1 tsp (2.3g)0.4Red pepper, crushed1 tsp (2g) 0Salt (sea salt, Himalayan, etc.)1 tsp (6g) 0Turmeric1 tsp (3g) 1.3 There are plenty of condiments that you can enjoy in foods with low carbs. Just watch for added sugar where you might not expect it, and skip high-sugar ones like pre-made ketchup or sweet dressings. For any store bought items
 below, the numbers are based on those without added sugar. If possible, its better to make your own, using low carb ingredients and I dont recommend it for clean keto, but coconut aminos makes a great substitute for cooking low carb foods. If youre okay with dirty
keto (processed or inflammatory foods) or not concerned about soy, carbs in soy sauce are still very low. FoodServing sizeNet carbs (g)Chimichurri sauce1 tbsp1Coconut aminos1 tbsp (~30g) 0-2Horseradish1 tsp (5.6g)0.5Hot sauce
(sriracha, buffalo, red pepper sauce, etc.) 1 tsp (6.5g)0.1Lemon juice, lime juice2 tbsp (31g) 0.7/2.5Marinara sauce1/2 cup (61g) 2.8Salsa2 tbsp (36g)1.7Vinegar white, apple cider1 tbsp (15ml)0Vinegar balsamic1 tbsp (16g) 2.7 Do you think the hardest part about cutting
carbs is figuring out which foods you can actually eat? Struggle no more because, in todays guide, youll find a low carb food list printable with options from every keto-safe food group. Stick to foods from this easy reference and youll be able to build meals using keto-approved staples and dine out at your favorite restaurants without falling off the
wagon. Thats just one way to use this printable and its not the only one. How to Use the Low Carb Food List Printable and its not the only one. How to use this printable to: #1. Remind yourself of what you can/cannot eat. Print this list out and add it to your fridge, office, purse, gym bag or anywhere else you need a quick reminder about net
carbs in foods. #2. Use it as a go-to shopping list. Bring a copy of this list along to the grocery store or farmers market to see exactly how many carbs are in the foods youre eyeing before you buy them. This also works well as a list to give others who may be doing the shopping for you. Or when others want to cook for you and dont know what to
make.#3. Help you keto menu plan. With a list of the best keto-friendly foods to eat, youll have the building blocks of keto breakfasts, lunches, dinners, snacks and desserts. Use your creativity or search keto recipes to explore these ingredients.#4. Educate others about your new diet. Friends, SOs, family members, coworkers and neighbors will all be
 weight.Who knows? You may even inspire someone to follow in your keto footsteps when they see how easy it is to find low carb foods youll get to try on your keto journey.So even though we cant list them all here, youll find the net carbs per
 serving size for over 100 foods organized by food group on this low carb food list printable. Lets begin with the biggest macro on keto: fat. Healthy FatsAs the basis of any ketogenic diet, healthy fats will make up 7080% of your daily calories. While you don't need to necessarily meet your fat macro, fats will help you go low carb with ease because
theyll:Keep you feeling full and satiatedWard off cravings and hungerGive you a steady source of sustained energyMonounsaturated fats also protect you from heart disease, improve your cholesterol and may even prevent cancer too. #NBDStay away from trans fats and less healthy oils like soybean, canola and veggie. Youll also want to rule out
 margarine too. These keto approved fats have zero carbs: Avocado oilAnimal fats (such as duck fat or saved bacon drippings) Coconut oilGrass-fed butter Ghee Macadamia oilMayonnaise MCT oilOlive oilToasted sesame oilThe next food group should also be your second largest keto macro. High-Quality Protein As the next chunk of your daily macros,
2025% of your calories should come from high-quality protein sources. Do your best to aim for organic meats, grass-fed beef, and hormone- and antibiotic-free poultry if you can. As a general rule of thumb, the fattier the cut, the better for your keto diet. However, you can always add more fat by cooking your protein in oil or butter (or smothering it in
 cheese). These animal protein sources usually contain between 13g of net carbs per 3 oz. serving: Grass-fed beef such as steak, roast, ground and stew meatPoultry including chicken, quail, duck and turkeyPork cuts like pork loin, tenderloin, chops, and groundLamb and goatGame meats like venison, rabbit, bison and elkOrgan meats such as brain
heart, kidney, liver, bone marrow and tongueWhey proteinCollagen proteinProcessed Meats and Deli Cold CutsWhen it comes to processed meats, youll need to check the carb and sugar count as they can contain both sweeteners and carby fillers. Be extra careful when sourcing these and try to only use sugar- and nitrite-free: Bacon and sausageDel
 meats such as ham, turkey, chicken, and bolognaItalian meats such as prosciutto, salami, pepperoni, capicola and mortadellaSeafoodYou can buy fresh or frozen fish (and bonus points if you score locally caught and sustainably farmed fish too!) depending on your preference. These healthy fish have zero carbs per
serving:AnchoviesBassCatfishCodCrabCrawfishEelFlounderGrouperHaddockHalibutHerringLobsterMackerelMahiPerchRed SnapperRockfishSalmon (including smoked and canned)SardinesShrimpSoleTilapiaTroutTuna (canned youll have extra fat from tuna packed in oil than in water!)Tuna (fresh)TurbotHeres something most new low-carbers dont
know: theres seafood with naturally-occurring carbs, such as:Net Carbs Serving SizeCaviar 0.5g 3 oz. Clams 4.5g 3 oz. Clams 4.5g 3 oz. Oysters 10g 6 medium-sizedNext, the final protein source on this list may also be the smallest. Eggs Eggs are super versatile and have an amazing protein-to-carb ratio at
around 6g of protein per whole egg for less than 2g net carbs. Always use the whole egg for all its glorious fat and protein. You can also find fat and protein for very few carbs in certain dairy products. DairyStick to full-fat dairy when youre going low carb. Low-fat and skim-milk varieties remove the natural fat from milk and then replace it with
sugar.CreamsNet Carbs Serving SizeSour cream 0.5g 1 oz. Fontina 0.5g 1 oz. Feta 1g 1 oz. Fontina 0.5g 1 oz. Fontina 0.5g 1 oz. Feta 1g 1 oz.
 oz.Monterrey Jack 1g 1 cupSwiss 1.5g 1 oz.Blue cheese 1.5g cupMozzarella 2g 1 cupCottage cheese 3.5g cupRicotta 4g cupMoving on to your final macro, youll eat most of your carbs from low-starch veggies and a handful of specific high-fiber fruits, as youll see next. Vegetables Veggies provide the necessary fiber, vitamins, minerals and variety your
diet needs to stay healthy. But they can also add too many carbs if youre not careful. So youll want to stick to low glycemic, non-starchy, high fiber veggies like these: Green, Leafy VeggiesNet Carbs Serving SizeArugula 0.5g 1 cupWatercress 0.5g 1 cupWatercres
 sprouts 1g 1 cupRadicchio 1.5g 1 cupSpinach 2g 2 cupsLettuce 2g 2 cupsRomaine 2g 2 cupsRomaine 2g 2 cupsKale 5g 1 cupLow Carb VeggiesNet Carbs Serving SizeCelery 1g 1 large stalkMushrooms 1.5g 1 cupShallots 1.5g 1 tablespoonRadishes 2g 1 cup
(sliced)Cucumber 2g cup (sliced)Asparagus 2.5g 1 cup (sliced)Eggplant 2.5g 1 cup (sliced)Eggplant 2.5g 1 cup (sliced)Bell peppers 3g 1 cup (sliced)Broccoli 3.5g 1 cup (sliced)Broccoli 3.5g 1 cup (sliced)Bell peppers 3g 1 cup (sliced)Bell peppers 3g 1 cup (sliced)Broccoli 3.5g 1 cup (sliced)Broccoli 3.5g 1 cup (sliced)Bell peppers 3g 1 cup (sliced)Bell peppers 3g 1 cup (sliced)Broccoli 3.5g 1 cup (sliced)Broccoli 3.5g 1 cup (sliced)Bell peppers 3g 1 cup (sliced)Broccoli 3.5g 1 cup (sliced)Broccoli 3.5g 1 cup (sliced)Bell peppers 3g 1 cup (sliced)Broccoli 3.5g 1 cup (sliced)Broccoli 3.
 squash 5.5g 1 cup (cubes)Artichoke hearts 6g 1 mediumYou can usually have more veggies than fruit when you go low carb. Lets talk about the best fruits to choose on keto. FruitFruit delivers healthy antioxidants, vitamins and fiber to your ketogenic diet. But since they can be such sugar bombs, youll need to eat them in small quantities and not very
often.It doesnt matter if you choose fresh or frozen, but you should try to buy organic. You may also want to try pairing your fruit with a fat (like peanut butter, whipped cream or cheese) to slow down the release of all that sugar. The best low carb fruits on keto include: Net Carbs Serving SizeRhubarb 2g cupAvocado 3g 1 medium hassBlackberries 3g 1 medium has
cupRaspberries 3.5g cupCranberries 4g cupStrawberries 4g 4
doesnt matter if you opt for raw or roasted, just stay away from anything with too much sugar even if its natural. Bonus: Salted nuts will help you replenish your electrolytes as you drink lots of water in ketosis. Check these out: Net Carbs Serving SizePecans 1g 1 oz. Macadamia 1.5g 1 oz. Macadamia 1.
3g 1 oz.Pistachio 5g 1 oz.Cashews 8g 1 oz.Cashews 8g 1 oz.Dont forget about nut butters a keto blessing and a curse. Since the serving SizeMixed nut butters with MCT oil 2g 2 tablespoonsCoconut butter 2g 2 tablespoonsAlmond butter 3g 2 tablespoonsPeanut 4g 2
tablespoonsCashew 8g 2 tablespoonsSeeds can also be ground up to create sunflower seed butter, for example, if you just prefer the taste). You can also be ground up to create sunflower seed butter, for example, if you just prefer the taste). You can also be ground or tablespoons (ground or tablespoons (ground or tablespoons). You can also use seeds to top salads, add texture to fat bombs or make pudding or keto oatmeal. Reach for these low carb seeds: Net Carbs Serving SizeFlax 0g 2 tablespoons (ground or tablespoons).
 whole)Hemp 1.5g 2 tablespoonsChia 2g 2 tablespoonsSesame 2g 2 tablespoonsSesame 2g 2 tablespoonsSunflower 3.5g 2 tablespoonsNext its time to add flavor to your fat, protein and carbs the low-sugar way. Herbs and Spices to season your food instead. As
long as you stay under the two tablespoon mark, these herbs and spices should add zero carbs to your dishes: Allspice Basil Cardamom Cayenne pepper Chili powder Cilantro Cinnamon Cloves Cumin Curry powder Dill Fresh ground pepper Garlic Ginger Nutmeg Oregano Paprika Parsley Rosemary Sage Smoked paprika Tarragon Thyme Turmeric Salts Youll also
 want to diversify your salt selection and stock up on: Sea saltHimalayan Pink SaltLite-salt (50% sodium/50% potassium) Another way you may be used to adding flavor to your foods is by topping them with dressings or dunking them in condiments. Condiments and Salad Dressings Whether used in a pinch or to add a dollop of much-needed fat to your
bed of lettuce, condiments and salad dressings can be safe on a low carb diet as long as you scan the ingredient labels and know what to watch out for vinaigrettes as
 they typically begin with a base of honey or sugar instead of fat.Low Carb CondimentsMayonnaiseYellow mustardHot sauceFartar sauceHorseradishSoy sauceSauerkrautSalad DressingsRanchBlue CheeseCaesarAvocado and olive oilVinegar (white or red wine)Balsamic vinegarApple cider vinegarApple cider vinegarApple cider vinegarApple condiments are
 always best. You may want to give these easy recipes a try before you buy another store-bought version again: Keto MayoCreamy Lemon Keto VinaigretteMCT Powder Garlic DressingYoull also want to keep these keto cooking and baking staples on hand. Cooking and Baking Ingredients Stocking your low-carb pantry with keto staples and low carb
replacements means youll be ready to whip up an easy keto recipe in a lot less time.Low Carb Cooking and Baking StaplesChicken and beef broth or stock or bouillonXanthan gumPork rinds (crushed for breadcrumbs)Shirataki noodlesCoconut flakesAlmond flourCoconut flourFlaxseed mealUnsweetened cocoa powderGelatin (plain)Extracts (i.e.,
 vanilla, lemon, hazelnut, almond, etc. as long as they dont have sugar) And since sugar is a no-go on a low carb diet, youll also want to make the switch to these keto-safe sweeteners, which wont affect your blood sugar levels or contribute to
your carb intake. Avoid sugar alcohol-based sweeteners like maltitol, dextrose, sorbitol, xylitol and maltodextrin. These can cause gas, bloating and diarrhea and may contribute hidden carbs. The safest, low-glycemic sweeteners on keto include: Stevia (preferably in liquid form as the powder can sometimes have carby binding agents) Monk fruit Up next
youll find out the best low carb beverages. Drinks and Libations Its essential to replace the water your body will be shedding during your first few weeks of starting a low carb diet. But since you wont have any carbs to hold on to water when youre in ketosis, youll also need to keep replenishing your stores to ward off dehydration. When water gets
 boring, try these low carb alternatives:Net Carbs Serving SizeSparkling mineral water 0gSeltzer water/club soda 0gTea, with caffeine 0gUnsweetened cashew milk 1g 8 fl oz. Unsweetened almond milk 1g 8 fl oz. Unsweetened cashew milk 1g 8 fl oz. Unsweetened almond milk 1g 8 fl oz. Unsweetened cashew milk 1g 8 fl oz. Unsweetened almond milk 1g 8 fl oz. Unsweetened cashew milk 1g 8 fl oz. Uns
on a ketogenic diet?Though alcohol messes with ketone production and you may experience a stall in weight loss, you can enjoy zero-carb alcohols such as:VodkaWhiskeyGinTequilaRumStay away from mixed drinks, beers and wine as these will have way too many carbs. Finally, no diet is complete without a few snacks to help you lose weight without
starving yourself. Keto Snacks Youll have urges to snack on keto just like you did before you began your low-carb diet. The trick is keeping a stocked keto pantry so you always have keto-approved snacks on hand and avoid the urge to cheat with potato chips and candy bars. Try noshing on: Pork rinds. Watch flavored varieties for added sugar; Epic is a
great low carb, low sugar choice. Jerky. Again, watch the sugars and stick to keto-approved brands like Peoples Choice, Keto Carne and Biltong. Pepperoni slices. This choice from Organic Valley is free of hormones, toxic pesticides, sugar and carbs. Pickles, olives and cherry tomatoes Homemade cheese chipsLow carb protein bars Homemade kale chips
 or this premade keto-friendly option. Seaweed snacks. Oceans Halo and Annie Chun are two popular choices here. Wild-caught sardines like this sustainably sourced option from Wild Planet. Keep a few of these snacks at home, in your desk at work or in your gym bag and youll never be tempted by carby, sugary cheats again. Time to Use Your Low Carb
 Food List PrintableAre there more low carb food options on this list than you originally thought possible? When most people begin a ketogenic diet, they focus on all the carby standards they cant have. But when you see all the tasty keto safe foods on this low carb food list printable, sticking to your new diet and losing weight will be so easy it will only
 feel like cheating. To find out how to combine these foods to create keto recipes you and your family will love, check out this page next! Im so excited to be sharing this low carb foods list with you today! After following a low carb sas a
 reference. I worked on it for months initially and have revised it several times over the years. Theres 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 youre following a keto diet or simply wanting to eat more healthy high protein low carb foods, having a list of foods have revised it several times over the years.
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 is 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, herbs, and spices. All of these are low in carbohydrates and wont 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, even if they are made with whole grains), beans, rice, and sugary and starchy foods, like grains (including bread and pasta, even if they are made with whole grains), beans, rice, and sugary and starchy foods, like grains (including bread and pasta, even if they are made with whole grains), beans, rice, and sugary and starchy foods, like grains (including bread and pasta, even if they are made with whole grains), beans, rice, and sugary and starchy foods, like grains (including bread and pasta, even if they are made with whole grains), beans, rice, and sugary and starchy foods, like grains (including bread and pasta, even if they are made with whole grains).
calculator to determine your optimal carb intake. (Also, read up on keto flu symptoms and remediesso 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 PDF, just fill out the form below and Ill email it to you right away: Otherwise, you can come back to this
page anytime to see the 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 aboutlow carb vegetables here, including the best ones to eat, recipes, and which ones to avoid include starchier veggies like carrots, white or sweet potatoes, and which ones to eat, recipes, and which ones to avoid include starchier veggies like carrots, white or sweet potatoes, and which ones to eat, recipes, and which ones to avoid include starchier veggies like carrots.
 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 (107g)3.2Celeriac1/2 cup (78g)5.8Celery1 cup (101g)1.4Chili peppers1 peppers1 peppers1 peppers1 cup (101g)4.6Bell pepp
(1.4g)1Cucumbers 1/2 cup (52g)1.6Eggplant 1 cup (82g)2.3Fennel 1 cup (82g)2.3Fennel 1 cup (83g)2.3Fennel 2 cup (83g)2.3Fennel 2 cup (83g)2.3Fennel 2 cup (83g)2.3Fennel 2 cup (83g)2.3Fennel 3 cup (83g)2.3Fenne
(135g)1.9Pumpkins1 cup (116g)6.9Radishes1 cup (110g)6.9Radishes1 cup (120g)2.4Yellow squash1 cup (100g)4.7Shallots1 cup (100g)4.7Shallots1 cup (100g)4.7Shallots1 cup (100g)4.7Shallots1 cup (110g)5.5Turnips1 cup (100g)4.7Shallots1 cup (100g)4.7Shallots1
 excellent low carb foods, because they are filling, packed with fiber and nutrients, and very low in both carbs and calories. FoodServing sizeNet carbs (g)0.8Broccoli rabe1 cup (40g)0.0Butter lettuce1 cup (42g)0.5Cabbage1 cup (89g)3.0Chard1 cup
(36g)0.8Collard greens1 cup (256g)0.5Endive1 cup (50g)0.1Iceberg lettuce1 cup (50g)0.1Iceberg lettuce1 cup (50g)0.8Spinach1 cu
 choose, which are primarily berries, avocados, and citrus that isnt 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 (55g)4.6Currants1/2 cup (76g)5.3Strawberries1/2 cup (76g)5.3Strawberries1/2 cup (76g)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 its 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 oil, like extra virgin oil, like extra virgin oil, like extra virgin oil, will have a lower smoke point than a regular version. FoodServing sizeNet carbs (g)Avocado oil1 tbsp (12.8g)0Cocoa butter1 tbsp (13.6g)0Cocoa butter1 tbsp (13.6g)0Cocoa butter1 tbsp (14.5g)0Cocoa butter1 tbsp (14.5g)0Cocoa butter1 tbsp (14.5g)0Cocoa butter1 tbsp (15.6g)0Cocoa butter1
(13.5g)0Other nut & seed oils1 tbsp (~13.5g)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 its not absolutely necessary. FoodServing sizeNet carbs (g)Bacon & sausage4 oz (113g)0Beef ground, steak, roast, veal4 oz (113g)0Lamb ground, chops, etc. 4 oz (113g)0Liver & other organ meats4 oz (113g)0-4.4Pork
 ground, chops, loin, ham, etc.4 oz (113g)0Poultry chicken, turkey, duck, quail, etc.4 oz (113g)0 Fish and other seafood are great options for low 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)0-3 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, 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)0-1.5Coconut cream1 tbsp
(15g)1.7Cream cheese1 tbsp (14.5g)0.8Eggs1 egg (56g)0Half & half1 tbsp (15g)0.7Whole milk cream1 tbsp (15g)0.7Whole milk cream1 tbsp (12g)0.6Whole milk ricotta cheese1/2 cup (62g)3.7 Nuts and seeds are low carb foods to enjoy in
 moderation. They can be easy to overendulge on, so portion control is important. Still, they make great snacks or additions to keto recipes. FoodServing sizeNet carbs (g)Almond butter2 tbsp (22.5g)3Flax seeds2 tbsp (22.5g)3Flax seeds2 tbsp (20.6g)0.4Hazelnuts1/4 cup (38g)1.4Chia seeds1 oz (28.35g)2.1Coconut flakes3 tbsp (22.5g)3Flax seeds2 tbsp (20.6g)0.4Hazelnuts1/4 cup (38g)1.4Chia seeds1 oz (28.35g)2.1Coconut flakes3 tbsp (20.5g)3Flax seeds2 tbsp (20.6g)0.4Hazelnuts1/4 cup (38g)1.4Chia seeds1 oz (28.35g)2.1Coconut flakes3 tbsp (20.5g)3Flax seeds2 tbsp (20.6g)0.4Hazelnuts1/4 cup (38g)1.4Chia seeds1 oz (28.35g)2.1Coconut flakes3 tbsp (20.5g)3Flax seeds2 tbsp (20.6g)0.4Hazelnuts1/4 cup (38g)1.4Chia seeds1 oz (28.35g)2.1Coconut flakes3 tbsp (20.5g)3Flax seeds2 tbsp (20.6g)0.4Hazelnuts1/4 cup (38g)1.4Chia seeds1 oz (28.35g)2.1Coconut flakes3 tbsp (20.5g)3Flax seeds2 tbsp (20.6g)0.4Hazelnuts1/4 cup (38g)1.4Chia seeds1 oz (28.35g)2.1Coconut flakes3 tbsp (20.5g)3Flax seeds2 tbsp (20.6g)0.4Hazelnuts1/4 cup (38g)1.4Chia seeds1 oz (28.35g)2.1Coconut flakes3 tbsp (38g)2.1Coconut fl
 (34q)2.3Hemp seeds3 tbsp (30q)1.4Macadamia nuts1/4 cup (33q)1.7Other nut butters hazelnut, macadamia, pecan, walnut, etc. 2 tbsp (~32q)3.5Peanut butters hazelnut, butters hazelnut, macadamia nuts1/4 cup (36q) 4.7Pecans1/4 cup (36
(9g)1Sunflower seed butter2 tbsp (32g)5.7Sunflower seeds1/4 cup (30g)2 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 is okay to enjoy in moderation. Skip the fruity, sugar-laden drinks and beer; stick to either hard alcohol can stall weight loss, but is okay to enjoy in moderation. Skip the fruity, sugar-laden drinks and beer; stick to either hard alcohol can stall weight loss, but is okay to enjoy in moderation. Skip the fruity, sugar-laden drinks and beer; stick to either hard alcohol can stall weight loss, but is okay to enjoy in moderation.
(g)Almond milk, unsweetened1 cup (240ml) 1.5Broth chicken, beef, bone1 cup (241g) 0-0.9Broth vegetable1 cup (240ml)1Coffee1 cu
(147g)3.1-3.7 Here at Wholesome Yum, we recommend only natural low carb 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)0Xylitol1 tsp (4g)0Xylitol1 tsp (4g)0Xylitol1 tsp (4g)0 Who says you cant enjoy baked goods on a
 low carb diet? You can! Of course, they are still best in moderation, but its 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 flours takes time, because they behave differently from traditional wheat flour. Get started by following tried and true almond flour recipes, simple coconut flour recipes, simple coconut flour recipes, simple coconut flour recipes, or browse all mylow carb dessert recipes! FoodServing sizeNet carbs (g)Almond flour1/4 cup (28g) 2Cocoa/cacao powder1 tbsp (5.4g) 1.1Coconut flour2 tbsp (14g)
2Hazelnut flour1/4 cup (28g) 2Macadamia nut flour 1/4 cup (28g) 2.9Peanut flour1/4 cup (15g) 0Protein powder (whey,collagen, etc.), unsweetened1 scoop (~30g) 0Pork rinds 1/2 oz (14g) 0Psyllium husk powder 1 tsp (4g) 0Pure extracts vanilla, fruit1 tsp
 (4.2g) 0.1Sunflower seed meal 1/4 cup (28g) 4Chocolate, unsweetenedbakers or w/sweeteners above 1 oz (29g) 2.9-3.4Xanthan gum 1/2 tsp (0.7g) 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 tbsp (0.6g) 0.3Chives1 tbsp (0.6g) 0.1Cilantro1 tbsp (1g) 0.1Dill1 tbsp (0.6g) 0.1Marjoram1 tbsp
 (0.6q) 0.2Mint1 tbsp (1.6q) 0.1Oregano1 tbsp (0.6q) 0.1Oregano1 tbsp (0.6q) 0.1Rosemary1 tbsp (0.7q) 0.1Savory1 tbsp (0.7q) 0.4Tarragon1 tbsp (0.6q) 2.1Thyme1 tbsp (0.6q) 2.1Thyme1 tbsp (0.6q) 0.4Tarragon1 tbsp (0.6q) 0.4Tarragon1 tbsp (0.6q) 0.1Oregano1 tbsp (0.6q) 0.1
 added ingredients. Some spices or mixes add cornstarch or sugar, so you will want to avoid those. Most seasoning, spicy Cajun seasoning, 5 minute pork chop seasoning, or aromatic pumpkin pie spice. FoodServing sizeNet carbs
(g)Allspice, ground1 tsp (1.9g)1Black pepper1 tsp (2.3g)0.9Cardamom1 tsp (2.3g)0.9Cardamom1 tsp (2.3g)0.8Cayenne pepper1/4 tsp (2.5g)0.7Cream of tartar1 tsp (3g)1.8Cumin, ground1 tsp (2.3g)0.4Curry powder1 tsp (2g)0.8Cayenne pepper1/4 tsp (5.8g)0.7Cloves, ground1 tsp (2.1g)0.7Cream of tartar1 tsp (3g)1.8Cumin, ground1 tsp (2.3g)0.4Curry powder1 tsp (2g)0.8Cayenne pepper1/4 tsp (5.8g)0.7Cloves, ground1 tsp (5.8g)0.7Clov
powder1 tsp (3.1g)2Ginger, ground1 tsp (2.3g)0.4Red pepper, crushed1 tsp (2.2g)0.6Onion powder1 tsp (2.2g)0.6Onion powder1 tsp (2.3g)0.4Red pepper, crushed1 tsp (2.3g)0.4Red pepper, crushed1 tsp (2.3g)0.4Red pepper, crushed1 tsp (2.3g)0.6Onion powder1 tsp (2.3g)0.
 carbs. Just watch for added sugar where you might not expect it, and skip high-sugar ones like pre-made ketchup or sweet dressings. For any store bought items below, the numbers are based on those without added sugar. If possible, its better to make your own, using low carb ingredients and sugar-free or no sweetener. Soy sauce is not on this list
 because its estrogenic and I dont recommend it for clean keto, but coconut aminos makes a great substitute for cooking low carb foods. If youre okay with dirty keto (processed or inflammatory foods) or not concerned about soy, carbs in soy sauce are still very low. FoodServing sizeNet carbs (g)Chimichurri sauce1 tbsp1Coconut aminos1 tbsp
 (15\text{m})6Dressings, oil or vinaigrette2 tbsp (\sim 30\text{g})2-3Dressings, creamy (ranch, blue cheese, Caesar, etc.) 2 tbsp (\sim 30\text{g}) 0-2Horseradish1 tsp (5.6\text{g})0.1Lemon juice, lime juice2 tbsp (31\text{g}) 0.7/2.5Marinara sauce1/2 cup (31\text{
 sauce1/4 cup (61g) 2.8Salsa2 tbsp (36g)1.7Vinegar white, apple cider1 tbsp (15ml)0Vinegar balsamic1 tbsp (16g) 2.7 Im so excited to be sharing this low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After following a low carb foods list with you today! After foods list with you 
it for months initially and have revised it several times over the years. Theres 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 youre 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 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, herbs, and spices. All of these are low in carbohydrates and wont 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, even if they are made with whole grains), beans, rice, and sugar. If your macros using the macro calculator to
determine your optimal carb intake. (Also, read up on keto flu symptoms and remediesso 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! Ioffer my keto food list PDF, just fill out the form below and Ill 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 its searchable and sortable. If you want a shorter list of what to buy the first time youre at the store shopping for 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 aboutlow 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 (107g)3.6Brussels sprouts1 cup (107g)3.6B
cup (52g)1.6Eggplant1 cup (82g)2.3Fennel1 cup (87g)3.7Garlic1 clove (3g)0.9Green beans1 cup (100g)4.3Jalapeno peppers1 pepper (14g)0.5Jicama1 cup (100g)4.3Onions1/2 cup (58g)4.3Poblano peppers1 pepper (14g)0.5Jicama1 cup (100g)4.3Jalapeno peppers1 pepper (14g)0.5Jicama1 cup (100g)4.3Onions1/2 cup (58g)4.3Poblano peppers1 pepper (14g)0.5Jicama1 cup (100g)4.3Jalapeno peppers1 pepper (14g)0.5Jicama1 cup (100g)4.3Onions1/2 cup (58g)4.3Poblano peppers1 pepper (14g)0.5Jicama1 cup (100g)4.3Jalapeno pepper (14g)0.5Jicama1 cup (14g)
(116g) 6.9Radishes1 cup (116g) 2Rhubarb1 cup (12g)2Rutabagas1 cup (140g)8.9Scallions (green onions)1 cup (100g)4.7Shallots1 cup (101g)5.5Turnips1 cup (101g)5.5Turnips1 cup (113g)2.4Yellow squash1 cup (113g)2.6 Leafy greens make excellent low carb foods,
because they are filling, packed with fiber and nutrients, and very low in both carbs and calories. FoodServing sizeNet carbs (g)0.8Broccoli rabe1 cup (40g)0.8Broccoli rabe1 cup (40g)0.8Broccoli rabe1 cup (89g)3.0Chard1 cup (36g)0.8Collard greens1 cup (36g)0.8Collard greens1 cup (30g)0.8Broccoli rabe1 cup (30g)0.8Bro
(256g)0.5Endive1 cup (50g)0.1Iceberg lettuce1 cup (57g)1.2Kale1 cup (57g)0.6Watercress1 cup (57g)0.8Spinach1 cup (30g)0.4Sprouts1 cup (
avocados, and citrus that isnt 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 (55g)4.6Currants1/2 cup (76g)5.3Strawberries1/2 cup (76g)5.2Olives1/2 cup (67g)5.2Olives1/2 cup (67g)5.2Olives1/2 cup (76g)5.3Strawberries1/2 cup (76g)5.3Strawberries1/2 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 its recommended to avoid soy, corn, canola, vegetable, and cottonseed 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 oil, like extra virgin olive oil, will have a lower smoke point than a regular version. FoodServing sizeNet carbs (g)Avocado oil1 tbsp (13.6g)0Coconut oil1 tbsp (13
tbsp (~13.5g)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 its not absolutely
necessary. FoodServing sizeNet carbs (q)Bacon & sausage4 oz (113q)0Liver & other organ meats 4 oz (113q)0Liv
etc. 4 oz (113g)0Poultry chicken, turkey, duck, quail, etc. 4 oz (113g)0 Fish and other seafood are great options for low carb high protein foods. Fish also provides an excellent source of healthy omega-3 fatty acid. 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)0-3 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)0-1.5Coconut cream1 tbsp (15g)1.7Cream cheese1 tbsp
(14.5g)0.8Eggs1 egg (56g)0Half & half1 tbsp (15g)0.7Heavy cream1 tbsp (15g)0.4Mascarpone cheese1/2 cup (62g)3.7 Nuts and seeds are low carb foods to enjoy in moderation. They can be easy to
overendulge on, so portion control is important. Still, they make great snacks or additions to keto recipes. FoodServing sizeNet carbs (q)Almond butter2 tbsp (22.5q)3Flax seeds2 tbsp (20.6q)0.4Hazelnuts1/4 cup (34q)2.3Hemp seeds3 tbsp
(30g)1.4Macadamia nuts1/4 cup (33g)1.7Other nut butters hazelnut, macadamia, pecan, walnut, etc. 2 tbsp (~32g)0.5-3Peanut butter2 tbsp (32g) 4.7Pecans1/4 cup (33g)1.7Other nut butters hazelnut, macadamia, pecan, walnut, etc. 2 tbsp (~32g)0.5-3Peanut butter2 tbsp (8.8g)0.8Pumpkin seeds1/4 cup (32g)3Sesame seeds1 tbsp (9g)1Sunflower seed
butter2 tbsp (32g)5.7Sunflower seeds1/4 cup (11.5g)1.3Walnuts1/4 cup (30g)2 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 is 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) 0-0.9Broth vegetable1 cup (241g) 0-0.9Broth vegetable1 cup (240ml)1Coffee1 cup (
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 (4g)0Xylitol1 tsp (4g)0Xylitol1 tsp (4g)0 Who says you cant enjoy baked goods on a low carb diet? You can! Of
course, they are still best in moderation, but its definitely doable to make keto baking recipes and they can help you stay on track. Below is a list of common low carb flours 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 mylow carb dessert recipes, simple coconut flour recipes, simple coconut flour flour
(28g)2Macadamia nut flour 1/4 cup (28g) 2.9Peanut flour 1/4 cup (15g) 2.8Flax seed meal (plain or golden) 2 tbsp (11g) 0Gelatin1 tbsp (7g) 0Glucomannan 1/2 tsp (4g) 0Protein powder 1 tsp (4g) 0Pure extracts vanilla, fruit1 tsp (4.2g) 0.1Sunflower seed
meal 1/4 cup (28g) 4Chocolate, unsweetenedbakers or w/sweeteners above 1 oz (29g) 2.9-3.4Xanthan gum 1/2 tsp (0.7g) 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 (9.6g) 0.1 Cilantro 1 tbsp (0.6g) 0.1 Cilantro 1 tbsp (0.6g) 0.2 Mint 1 tbsp (1.6g) 0.3 Cilantro 1 tbsp (1.6g) 0.4 Cilantro 1 tbsp (1.6g) 0.4 Cilantro 1 tbsp (1.6g) 0.5 Cilantro 1 tbsp (1.6g) 0
0.1Oregano1 tbsp (3,9)0.3Parsley1 tbsp (3,2)0.1Rosemary1 tbsp (0.7g) 0.2Sage1 tbsp (0.7g) 0.1Savory1 tbsp (0.7g) 0
spices or mixes add cornstarch or sugar, so you will want to avoid those. Most seasoning, spicy Cajun seasoning, s
(1.9q)1Black pepper1 tsp (2.3q)0.9Cardamom1 tsp (2.9q)0.8Cayenne pepper1/4 tsp (2.5q)0.7Cloves, ground1 tsp (2.6q)0.7Cloves, ground1
ground1 tsp (1.8g)1Mustard, ground1 tsp (2.2g)0.6Onion powder1 tsp (2.2g)0.
sugar where you might not expect it, and skip high-sugar ones like pre-made ketchup or sweet dressings. For any store bought items below, the numbers are based on those without added sugar. If possible, its better to make your own, using low carb ingredients and sugar-free or no sweetener. Soy sauce is not on this list because its estrogenic and I
dont recommend it for clean keto, but coconut aminos makes a great substitute for cooking low carb foods. If youre okay with dirty keto (processed or inflammatory foods) or not concerned about soy, carbs in soy sauce are still very low. FoodServing sizeNet carbs (g)Chimichurri sauce1 the theorem to the concerned about soy, carbs in soy sauce are still very low. FoodServing sizeNet carbs (g)Chimichurri sauce1 the processed or inflammatory foods) or not concerned about soy, carbs in soy sauce are still very low.
tbsp (\sim30g)2-3Dressings, creamy (ranch, blue cheese, Caesar, etc.) 2 tbsp (\sim30g) 0.2Horseradish1 tsp (5.6g)0.1Lemon juice, lime juice2 tbsp (31g) 0.7/2.5Marinara sauce1/2 cup (132g) 7.4Mayonnaise1 tbsp (13.8g)0.1Mustard1 tsp (5.9g)0.1Pesto sauce1/4 cup (61g) 2.8Salsa2 tbsp
(36g)1.7Vinegar white, apple cider1 tbsp (15ml)0Vinegar balsamic1 tbsp (16g) 2.7
```

Low carb vegetarian food list pdf. Low carb shopping list pdf vegan food list pdf. Printable low carb mediterranean diet	. Free printable low carb food list pdf. List of h food list pdf. Low carb food list pdf. Low carb indian food list pdf. Low carb snack list pdf.	igh protein low carb foods pdf. Low carb food list f food list uk pdf. 50 low carb snacks list pdf. Low ca Low carb mediterranean diet food list pdf.	for diabetics pdf. Low carb vegetables list pdf. Low carb arb fruits and vegetables printable list pdf. Low carb