

# Keto / Low Carb Food List



[moonsgrovefarms.com](https://moonsgrovefarms.com)

Best: eat liberally

OK: eat with caution

Good: Just watch serving size

Bad: best avoided

\*(cals and net carbs per 100g)

## General Guidelines

If you wish to be in ketosis, the recommended carb allowance is **20g net** (net carbs = total carbs - fibre - allulose). Some people can have more carbs and remain in ketosis (dependent mostly on activity levels), but if you are not testing, it's best to stay below 20g. If you do not wish to be in ketosis, generally anything under ~25% of calories from carbohydrate is considered low carb. In reality, keto is a metabolic state and not a list of foods, but for optimal health, we recommend a diet based on whole, unprocessed, nutrient-dense foods.

## Vegetables & Fruits

**Guiding principles:** leaves, stems, fungus or flowers are fine because plants don't store energy there. Immature fruits or young roots are usually fine because energy hasn't had time to build up. Fatty fruits are fine because their energy is not being stored as sugar or starch. Low-sugar fruits are only ok in limited quantity.

**Leaves:** lettuce (14 cals, 2g)\*, spinach (23 cals, 2g), green onion (25 cals, 2g), cabbage (25 cals, 3g), turnip greens (32 cals, 4g), fennel (31 cals, 4g), brussels sprouts (43 cals, 5g), kale (50 cals, 5g), seaweed (45 cals, 8g), leek (61 cals, 12g), bok choy (13 cals, 1g), swiss chard (19 cal, 2g), collards (32 cal, 1g)

**Stems:** asparagus (20 cals, 2g), celery (16 cals, 2g), kohlrabi (27 cals, 2g), heart of palm (28 cals, 2g), bamboo (27 cals, 3g), rhubarb (21 cals, 3g), sprouts (12 cals, 1g)

**Flowers:** cauliflower (25 cals, 3g), squash blossoms (15 cals, 3g), broccoli (34 cals, 4g), okra (31 cals, 4g), artichoke (47 cals, 5g)

**Fungus:** all mushrooms (22 cals, 2g)

**Fatty fruits:** olive (145 cals, 1g), avocado (160 cals, 2g), coconut meat (354 cals, 6g)

**Low-sugar fruits/roots:** radish (16 cals, 2g), zucchini (16 cals, 2g), summer squash (16 cals, 2g), cucumber (15 cals, 3g), green beans (31 cals, 4g), baby corn (22 cals, 4g), tomato (18 cals, 3g), peppers (20 cals, 3g), chayote squash (19 cals, 3g), tomatillo (32 cals, 4g), turnip (28 cals, 4g), blackberries (43 cals, 5g), raspberries (52 cals, 6g), strawberries (32 cals, 6g), kabocha pumpkin (36 cals, 7g), onion (40 cals, 8g), blueberries (57 cals, 12g), garlic (149 cals, 31g), ginger (80 cals, 16g), citrus peel (47 cals, 5g)

**Fibrous vegetables** (caution: excessive fibre can cause gas/bloating/GI distress): jicama (38 cals, 4g), konjac root (0 cals, 0g), rutabaga (38 cals, 6g), Eden black soy beans (92 cals, 1g), shirataki (0 cals, 0g)

**Avoid:** mature squash, mature tubers, sweet fruits, starchy fruits, beans, peas, grains, corn, potato, sweet potato, rice, cassava, chickpea

**Note about legumes:** You will sometimes hear people say legumes are "not keto". Legumes will not interfere with ketosis (as long as you stay within your carbs), however, due to individual sensitivities and potential to cause inflammation, some people may wish to avoid legumes (soy, beans, peanuts).

## Nuts & Seeds

**Rule:** Fine in limited quantities. Calorie-dense. Some are starchy and should be avoided.

**Bad:** chestnut (239 cal, 52g), cashew (574 cal, 30g), pistachio (571 cal, 17g)

**Decent:** peanuts (585 cal, 12g), sunflower seed (585 cal, 13g), psyllium husk (378 cal, 11g)

**Good:** coconut (354 cal, 6g), chia seed (490 cal, 6g), almonds (597 cal, 7g), walnuts (654 cal, 7g), pumpkin seed (without the shell) (522 cal, 9g),

**Best:** macadamia (718 cal, 5g), pecans (710 cal, 4g), flaxseed (534 cal, 2g), brazil nuts (659 cal, 4g)

## Meats and Seafood

**Rule:** Enjoy! All meats, poultry and seafood are low in carb. But watch for added sugar or starchy fillers

**Good:** chicken, beef, fish, venison, turkey, duck, lamb, pork, lobster (100 cal, 1g), crab, oysters (70 cal, 4g), clams (70 cal, 3g), mussels (86 cal, 4g), shrimp

## Dairy and Cheese

**Rule:** Milk has lots of lactose, a sugar. Fully fermented or strained dairy is usually low in carb.

**Good:** heavy cream (354 cal, 3g), half and half (130 cal, 4g), sour cream (193 cal, 3g), cream cheese (342 cal, 4g), hard cheeses (400 cal, 1g), brie (333 cal, 1g), unflavored greek yogurt (60 cal, 5g), butter (720 cal, 0g), ghee (720 cal, 0g)

## Oils and Fats

**Rule:** All are fine for keto. Calorie-dense. Olive oil, avocado oil, animal fats, coconut oil and other non-industrial oils are healthiest for regular use. Seed oils are pro-inflammatory and so not the best choice.

## Condiments and Spices

**Rule:** Good unless ketchup or there's added sugar

**Good:** salt, pepper, mustard, mayonnaise (without added sugar), hot sauce (without added sugar), vinegar, tabasco, wasabi, worcestershire sauce, sesame oil, ginger, pesto, chimichurri, all dry spices

**Bad:** ketchup, Miracle Whip, barbecue sauce, balsamic vinegar, sriracha, gochujang

## Sweeteners

**Rule:** All non-caloric sweeteners are acceptable for keto. Erythritol, monk fruit, allulose and stevia are healthiest for regular use. Some sugar alcohols are marketed as healthy but are worse than sugar.

**Avoid:** sugar, honey, agave, maple syrup, corn syrup, fructose, sorbitol, maltitol, mannitol, isomalto-oligosaccharides

**Not ideal:** aspartame, sucralose, acesulfame-K

**Acceptable:** xylitol (note: toxic to pets)

**Best:** allulose, monk fruit (lo han guo), erythritol, stevia

## Fiber

**Rule:** food labeling regulations allow some ingredients to be classified as fiber but they are functionally sugars. Unless you know it's ok, beware!

**Good fibers:** oat fiber, glucomannan, soluble corn fiber, pectin, cellulose, guar gum, xanthan gum

**Fibers to avoid:** inulin, isomalto-oligosaccharides, oligofructose, polydextrose

## Beverages

**Rule:** sugar is everywhere!

**Good:** water, unsweetened tea, coffee, other noncaloric beverages, unsweetened nut milk, broth

**Bad:** Fruit Juice, vegetable juice, milk, regular/sweetened nut/soy beverages

## Alcohol

**Rule:** alcohol in moderation is acceptable, but while your body is burning alcohol, it will not be burning fat. In addition, alcohol affects keto people more quickly than others, and overconsumption can be dangerous. Enjoy slowly and sparingly.

**Good:** spirits, champagne

**Acceptable:** dry wines, low carb beers (eg. Micholob Ultra, Budweiser select 55)

**Bad:** Sweet wines, liqueurs, most beer, coolers, sweet drinks

