

FOOD TABLES FOR KETOGENIC DIET

Data from www.nutritiondata.com (uses USDA data)

VEGETABLES

Food	Serving Size	Calories	Carbs (g)	Proteins (g)	Fats (g)
Artichoke	1/ cup cooked hearts = 84g	45	10	2	0
Asparagus	1/2 cup cooked = 90g	20	4	2	0
Beets	1/2 cup cooked = 85g	37	8	1	0
Bok choy	1/2 cup cooked = 85g	10	1.5	1.5	0
Broccoli	1/2 cup cooked = 39g	78	6	2	0
Brussels sprouts	1/2 cup cooked = 78g	28	6	2	0
Cabbage	1/2 cup cooked = 38g	17	4	1	0
Cabbage	1/2 cup cooked = 75g	17	4	1	0
Carrots	1/2 cup cooked = 78g	27	6	1	0
Cauliflower	1/2 cup cooked = 62g	14	3	1	0
Celery	1/2 cup cooked = 75g	14	3	1	0
Celery root	1/2 cup cooked = 78g	22	4.5	0.5	0
Collard greens	1/2 cup cooked = 95g	25	4.5	2	0.5
Cucumber, peeled raw	4 sticks (4" long) = 36g	4	0	0	0
Eggplant	1/2 cup cooked = 50g	18	4.5	0.5	0
Fennel	1/2 cup sliced raw = 87g	27	6	1	0
Garlic	1 clove = 3g	4	1	0	0
Green beans	1/2 cup cooked = 63g	22	5	1	0
Kale	1/2 cup cooked = 65g	18	3.5	1	0.5
Kohlrabi	1/2 cup cooked = 88g	24	5.5	1.5	0
Leeks	1/2 cup cooked = 52g	16	4	0	0
Mushrooms, enoki	1/2 cup raw (but must then be cooked) = 32g	14	2.5	2	0
Mushrooms, maitake	1/2 cup raw (but must then be cooked) = 35g	13	2.5	0.5	0
Mushrooms, portabella	1/2 cup cooked = 61g	21	3	2.5	0.5
Mushrooms, shiitake	1/2 cup cooked = 73g	41	11	1	0
Okra	1/2 cup cooked = 80g	18	4	1	0
Onion	1 small = 60g	25	6	1	0

Food	Serving Size	Calories	Carbs (g)	Proteins (g)	Fats (g)
Pumpkin	1/2 cup mashed = 123g	26	6	1	0
Radish	1 oz = 28g	4	1	0	0
Red bell peppers	1/2 cup chopped = 68g	19	5	1	0
Rutabaga	1/2 cup cubes cooked = 85g	33	7.5	1	0
Scallions (green onions)	1 oz = 28g	9	2	1	0
Spinach	1/2 cup cooked = 90g	20	4	3	0
Swiss chard	1 cup cooked = 175g	35	7	3	0
Tomato	1 small = 91g	16	4	1	0
Watercress	1 cup chopped = 34g	4	0	1	0
Zucchini	1/2 cup cooked = 90g	15	3.5	0.5	0

FRUITS

Food	Serving Size	Calories	Carbs (g)	Proteins (g)	Fats (g)
Apricots	1 apricot = 35g	17	4	0	0
Blackberries	1 oz = 28g	12	3	0	0
Blueberries	1 oz = 28g	16	4	0	0
Cherries with pit	1 oz = 28g	18	4	0	0
Grapes	1 oz = 28g	19	5	0	0
Kiwi	1 oz = 28g	17	5	0	0
Lemon juice	1 oz = 28g	7	2	0	0
Lime	1 oz = 28g	7	2	0	0
Mango	1 oz = 28g	18	5	0	0
Pears, Asian	1/2 fruit = 61g	26	6.5	0.5	0
Pineapple	1/4 cup = 46g	21	5.5	0	0
Raspberries	1 oz = 28g	15	3	0	0
Strawberries	1/2 cup halves = 76g	25	6	0.5	0
Tangerine	1/2 small fruit = 38g	20	5	0.5	0
Watermelon	1/2 cup balls = 77g	23	6	0.5	0

NUTS

Food	Serving Size	Calories	Carbs (g)	Proteins (g)	Fats (g)
Almond butter	1 tbsp = 16g	101	3	2	9
Almonds	1/2 oz = 14g	82	3	3	7
Brazilnuts	1 kernel = 5g	33	1	1	3
Cashews	1/2 oz = 14g	77	4.5	2.5	6

Food	Serving Size	Calories	Carbs (g)	Proteins (g)	Fats (g)
Chia seeds	1/2 oz = 14g	68	6	2	4.5
Coconut (desiccated, unsweetened)	1/2 oz = 14g	92	3.5	1	9
Coconut (raw)	1/2 oz = 14g	49	2	0.5	4.5
Flaxseed	1 tsp, ground= 2g	13	1	0	1
Hazelnuts	10 nuts = 1/2 oz = 14g	88	2	2	9
Macadamia	1/2 oz = 14g	100	2	2	10.5
Peanut butter	1 tbsp = 16g	101	3	4	8
Pine nuts	1/2 oz = 14g	94	2	2	9.5
Pumpkin seeds	1/2 oz = 14g	76	2.5	3.5	6.5
Sesame seeds	1 tbsp = 8g	50	1	2	5
Sunflower seeds	1/2 oz = 14g	82	3	3	7
Tahini	1 tsp = 5g	29	1.5	1	2
Walnuts	1/2 oz = 14g	92	2	2	9

HERBS AND SPICES

Food	Serving Size	Calories	Carbs (g)	Proteins (g)	Fats (g)
Basil	2 tbsp, chopped = 5g	1	0	0	0
Bay leaf	1 tsp, crumbled = 0g	2	0	0	0
Black pepper	1 dash = 0g	0	0	0	0
Cardamom	1/2 tsp = 1g	3	0.5	0	0
Cayenne pepper	1/2 tsp = 0.5g	3	0.4	0	0
Chili powder	1/2 tsp = 1g	4	0.5	0	0
Chives	1 tbsp, chopped = 3g	1	0	0	0
Cocoa	1 tsp = 2g	4	1	0.5	0.5
Cilantro	1/8 cup = 2g	0.5	0	0	0
Coriander seed	1/2 tsp = 1g	2.5	0.5	0	0
Cinnamon	1/2 tsp = 1g	3	1	0	0
Cumin	1 tsp whole = 2g	7	1	0	0
Ginger	1 tsp = 2g	2	0	0	0
Lemongrass	1 tsp = 2g	2	0.5	0	0
Nutmeg	1/4 tsp = 0.5g	2.5	0.5	0	0.5
Oregano, dried	1/2 tsp leaves = 1g	1.5	0.5	0	0
Parsley, dried	1 tsp = 0g	1	0	0	0
Parsley, fresh	1 tbsp = 4g	1	0	0	0
Peppermint	1 tbsp = 1.5g	1	0	0	0
Rosemary, dried	1/2 tsp = 0.5g	1.5	0.5	0	0

Food	Serving Size	Calories	Carbs (g)	Proteins (g)	Fats (g)
Rosemary, fresh	1/2 tsp = 0g	0.5	0	0	0
Saffron	1/2 tsp = 0g	1	0	0	0
Sage	1/2 tsp = 0g	1	0	0	0
Thyme, dried	1/2 tsp = 0.5g	0.5	0	0	0
Thyme, fresh	1/2 tsp = 0g	0	0	0	0
Turmeric	1/2 tsp = 1g	3.5	0.5	0	0

MEATS AND POULTRY

Choose organic/grass-fed where appropriate.

Food	Serving Size	Calories	Carbs (g)	Proteins (g)	Fats (g)
Atlantic mackerel	1 oz = 28g	73	0	7	5
Beef, chuck roast	100g	348	0	27	26
Beef, grass fed	100g	192	0	19	13
Beef, ground 80% lean	100g	254	0	17	20
Beef, sirloin steak, fat trimmed	100g	177	0	31	5
Chicken breast	1/2 breast, cooked with skin = 98g	193	0	29	8
Chicken thigh	1 thigh, cooked with skin = 62g	153	0	16	10
Egg	1 large = 50g	71	0	6	5
Lamb, leg meat, fat trimmed	100g	215	0	28	11
Pork, shoulder	100g	256	0	26	17
Turkey breast	100g	189	0	29	7
Turkey thigh	100g	157	0	19	9
Wild salmon	1 oz = 28g	51	0	7	2

OILS AND DAIRY

For dairy, chose whole NOT low fat.

Food	Serving Size	Calories	Carbs (g)	Proteins (g)	Fats (g)
Avocado	1/2 avocado = 100g	161	9	2	15
Avocado oil	1 tbsp = 14g	124	0	0	14
Brie cheese	1 oz = 28g	94	0	6	8
Butter	1 tbsp = 14g	100	0	0	11
Cheddar cheese	1 oz = 28g	113	0	7	9
Coconut manna, Nutiva	1 tbsp = 14g	100	3	1	9
Coconut milk, full fat	1/2 cup = 130mL	240	4	1.5	24

Food	Serving Size	Calories	Carbs (g)	Proteins (g)	Fats (g)
Coconut oil	1 tbsp = 14g	116	0	0	14
Cream cheese	1 oz = 28g	96	1	2	10
Flaxseed oil	1 tbsp = 14g	119	0	0	14
Ghee, Purity Farm, organic	1 tbsp = 5g	45	0	0	5
Half & Half (cream)	1 oz = 28g	36	1	1	3
Mayonnaise, Wilderness Family Naturals, organic	1 tbsp = 15mL	100	0	0	11
Olive oil	1 tbsp = 14g	119	0	0	14
Olives, green	1 oz = 28g (about 14 olives)	41	1	0	4
Parmesan cheese	1 tbsp = 5g	22	0	2	1
Sesame oil	1 tbsp = 14g	119	0	0	14
Sour cream	1 oz = 28g	54	1	1	6
Walnut oil	1 tbsp = 14g	119	0	0	14

OTHER

Food	Serving Size	Calories	Carbs (g)	Proteins (g)	Fats (g)
Almond bread (Paleo Bread brand)	1 slice = 43g	60	6	7	3
Almond Thin Crackers (Paleo brand)	10 crackers	130	5	6	11
Angel Hair Pasta (Miracle Noodles brand)	3oz	0	<1	<1	0
Baking powder, aluminum free	1 tsp = 5g	5	2	0	0
Coffee, decaffeinated	1 cup = 8 fl oz	0	0	0	0
Dijon mustard, Annie's organic	1 tsp = 5g	5	1	0	0
Fettucini Pasta (Miracle Noodles brand)	3oz	0	<1	<1	0
Gelatin, Great Lakes, unflavored	1 tbsp = 7g	25	0	6	0
Green tea, Celebration Herbals	1 cup = 8 fl oz	0	0	0	0
Kelp Noodles (Sea Tangle brand)	4oz	6	1	0	0
Miso	1/2 oz = 14g	28	3.5	1.5	1

Food	Serving Size	Calories	Carbs (g)	Proteins (g)	Fats (g)
Nori seaweed, Emerald Cove, organic	1 sheet = 2.5g	10	1	1	0
Spaghetti Pasta (Miracle Noodles brand)	3oz	0	<1	<1	0
Stevia, Wholesome Sweeteners, Organic	1/2 tsp = 1g	0	<1	0	0
Tempeh	100g	196	9	18	11
Wakame seaweed, Emerald Cove, organic	3 tbsp = 5g	10	2	0	0
Wraps, plain (Paleo Wraps brand)	1 wrap = 14g	70	6	1	5
Wraps, turmeric (Paleo Wraps brand)	1 wrap = 14g	70	6	1	5
Yellow mustard, Annie's organic	1 tsp = 5g	5	1	0	0
Kombu	3g	5	1	0	0
Primal Kitchen Mayo (Avocado Oil)	1 tbsp	100	0	0	12

Paleo brand products and Miracle Noodles at: <http://www.julianbakery.com/> or www.amazon.com