Keto Chart for Carbs: 45 Foods, Simple Free Printable PDF

Free printable. Full guide and tips: https://betterlifecarez.com/keto-chart-for-carbs/

Keto Chart for Carbs: 45 Foods With Net Carbs

Legend: Net carbs = total carbs minus fiber. All values approx. rounded, per serving shown (USDA FoodData Central).

Non-Starchy Vegetables

Food	Serving	Net carbs (approx.)	Total carbs (approx.)
Spinach, raw	1 cup	Under 1 g	1 g
Romaine lettuce	1 cup shredded	Under 1 g	1.5 g
Celery	1 cup chopped	1.5 g	3 g
White mushrooms	1 cup sliced	1.5 g	2.5 g
Cucumber	1/2 cup sliced	1.5 g	2 g
Green bell pepper	1/2 cup chopped	2 g	3.5 g
Zucchini	1 cup chopped	2.5 g	4 g
Green cabbage	1 cup chopped	3 g	5 g
Cauliflower	1 cup chopped	3 g	5 g
Broccoli	1 cup chopped	3.5 g	6 g

Proteins

Food	Serving	Net carbs (approx.)	Total carbs (approx.)
Chicken breast, cooked	3 oz (85 g)	0 g	0 g
Ground beef, cooked	3 oz	0 g	0 g
Salmon, cooked	3 oz	0 g	0 g
Canned tuna	3 oz	0 g	0 g
Shrimp, cooked	3 oz	Under 1 g	Under 1 g
Egg	1 large	Under 1 g	Under 1 g
Firm tofu	1/2 cup	2.5 g	5.5 g

Dairy and Fats

Food	Serving	Net carbs (approx.)	Total carbs (approx.)
Butter	1 tbsp	0 g	0 g
Olive oil	1 tbsp	0 g	0 g
Heavy cream	1 tbsp	Under 1 g	Under 1 g
Cheddar cheese	1 oz	Under 1 g	Under 1 g
Mozzarella, whole milk	1 oz	Under 1 g	Under 1 g
Cream cheese	1 oz (2 tbsp)	1 g	1 g
Avocado	1/2 fruit	1.5 g	6 g
Greek yogurt, plain whole-milk	6 oz	7 g	7 g

Nuts and Seeds

Food	Serving	Net carbs (approx.)	Total carbs (approx.)
Ground flaxseed	2 tbsp	Under 1 g	4 g
Pecans	1 oz (about 19 halves)	1 g	4 g
Macadamia nuts	1 oz	1.5 g	4 g
Walnuts	1 oz	2 g	4 g
Chia seeds	1 oz	2 g	12 g
Almonds	1 oz (about 23)	2.5 g	6 g
Cashews	1 oz	8 g	9 g

Fruits

Food	Serving	Net carbs (approx.)	Total carbs (approx.)
Cherry tomatoes	1/2 cup	2 g	3 g
Blackberries	1/2 cup	3 g	7 g
Raspberries	1/2 cup	3 g	7 g
Strawberries	1/2 cup halves	4 g	6 g
Blueberries	1/2 cup	9 g	11 g

Higher-Carb Foods to Limit

One serving can use most of a strict daily keto budget.

Food	Serving	Net carbs (approx.)	Total carbs (approx.)
Whole milk	1 cup	12 g	12 g
Black beans, cooked	1/2 cup	12 g	20 g
White bread	1 slice	13 g	14 g
Apple	1 medium	21 g	25 g
Banana	1 medium	24 g	27 g
Baked potato with skin	1 medium	33 g	37 g
Pasta, cooked	1 cup	40 g	43 g
White rice, cooked	1 cup	44 g	45 g