Keto Food List Printable: 48 Foods to Eat or Skip (Free PDF)

Free printable. Full guide and tips: https://betterlifecarez.com/keto-food-list-printable/

Keto Food List Printable: 48 Foods to Eat, Moderate or Avoid

Net carbs are total carbohydrates minus fiber. Many keto plans aim for roughly 20 to 50 grams of net carbs a day. All values are approximate and vary by brand and size.

- **Eat freely:** very low in carbs, though you still eat normal portions.
- **Moderate:** fits keto in measured servings.
- **Avoid:** one serving can use up most of a day's carbs.

Proteins

Food	Serving	Net carbs (approx.)	Status	Note
Eggs	1 large	Under 1 g	Eat freely	Cheap, versatile breakfast base
Chicken thighs	4 oz (113 g) cooked	0 g	Eat freely	Juicier and cheaper than breasts
Ground beef	4 oz (113 g) cooked	0 g	Eat freely	Leaner blends if cholesterol matters
Salmon	4 oz (113 g) cooked	0 g	Eat freely	Rich in omega-3 fats
Canned tuna	3 oz (85 g)	0 g	Eat freely	Pantry staple for quick lunches
Shrimp	4 oz (113 g) cooked	Under 1 g	Eat freely	Frozen bags cook in minutes
Firm tofu	1/2 cup (about 125 g)	About 2 g	Eat freely	Solid plant protein option
Bacon	2 slices	Under 1 g	Moderate	Processed and high in sodium

Low-Carb Vegetables

Food	Serving	Net carbs (approx.)	Status	Note
Spinach, raw	1 cup	Under 1 g	Eat freely	Shrinks a lot when cooked
Romaine lettuce	1 cup shredded	Under 1 g	Eat freely	Use as buns or wraps
Zucchini	1 cup chopped	About 2 g	Eat freely	Spiralize as a noodle swap
Asparagus	1 cup	About 2 g	Eat freely	Roast with olive oil
Mushrooms	1 cup raw	About 2 g	Eat freely	Adds savory depth to eggs
Cauliflower	1 cup chopped	About 3 g	Eat freely	Rice it, mash it, roast it
Broccoli	1 cup chopped	About 4 g	Eat freely	Plenty of fiber per bite
Bell pepper	1/2 cup chopped	About 2 to 3 g	Moderate	Green has fewer carbs than red
Tomato	1 medium	About 3 g	Moderate	Fine fresh; watch jarred sauces

Onion	1/4 cup chopped	About 3 g	Moderate	Use for flavor, not bulk

Healthy Fats and Oils

Food	Serving	Net carbs (approx.)	Status	Note
Olive oil	1 tbsp	0 g	Eat freely	Best everyday cooking oil
Avocado	1/2 medium	About 2 g	Eat freely	High fiber and filling
Olives	10 large	About 1 g	Eat freely	Salty, so count sodium
Butter	1 tbsp	0 g	Moderate	High in saturated fat
Coconut oil	1 tbsp	0 g	Moderate	Mostly saturated fat; use sparingly

Dairy

Food	Serving	Net carbs (approx.)	Status	Note
Cheddar cheese	1 oz (28 g)	Under 1 g	Moderate	Calorie-dense and easy to overeat
Mozzarella	1 oz (28 g)	Under 1 g	Moderate	Melts well for pizza swaps
Cream cheese	2 tbsp	About 1 g	Moderate	Thickens sauces and dips
Heavy cream	1 tbsp	Under 1 g	Moderate	Coffee splashes add up fast
Plain Greek yogurt, full-fat	1/2 cup	About 4 g	Moderate	Skip flavored cups

Nuts, Seeds and Berries

Food	Serving	Net carbs (approx.)	Status	Note
Chia seeds	2 tbsp	About 2 g	Eat freely	Mostly fiber; makes pudding
Pecans	1 oz (about 19 halves)	About 1 g	Moderate	One of the lowest-carb nuts
Walnuts	1 oz	About 2 g	Moderate	Source of plant omega-3s
Pumpkin seeds, shelled	1 oz	About 2 g	Moderate	Good source of magnesium
Almonds	1 oz (about 23)	About 3 g	Moderate	Pre-portion; handfuls disappear
Peanut butter, natural	2 tbsp	About 5 g	Moderate	Choose no-sugar-added jars
Raspberries	1/2 cup	About 3 g	Moderate	Lowest-carb berry pick
Strawberries	1/2 cup sliced	About 4 g	Moderate	Pair with cream, not sugar

Drinks

Food	Serving	Net carbs (approx.)	Status	Note

Water or sparkling water	Any amount	0 g	Eat freely	Unsweetened only
Black coffee	8 oz (240 ml)	0 g	Eat freely	Flavored creamers add sugar
Unsweetened tea	8 oz (240 ml)	0 g	Eat freely	Hot or iced both work
Broth	1 cup	About 1 g	Eat freely	Helps replace sodium early on

Foods to Avoid or Save for Rare Occasions

Food	Serving	Net carbs (approx.)	Status	Note
White bread	1 slice	About 12 g	Avoid	Try lettuce wraps instead
White rice	1 cup cooked	About 44 g	Avoid	Cauliflower rice is the swap
Pasta	1 cup cooked	About 40 g	Avoid	Zucchini noodles fill the gap
Baked potato	1 medium	About 33 g	Avoid	Mashed cauliflower works well
Banana	1 medium	About 24 g	Avoid	Berries are the lower-carb pick
Black beans	1/2 cup cooked	About 13 g	Avoid	Healthy, but carb-heavy for keto
Regular soda	12 oz (355 ml)	About 39 g	Avoid	All sugar, zero fiber
Orange juice	8 oz (240 ml)	About 26 g	Avoid	Try sparkling water with citrus

Food not listed? Check the Nutrition Facts label, subtract dietary fiber from total carbohydrates, and compare the result with your daily target.