

FREE PRINTABLE

Keto Food List Cheat Sheet

Carbohydrate content varies by product and serving. Use this as a shopping prompt, then check labels and choose portions for your needs.

Usually easier to fit

Common lower-carbohydrate building blocks when prepared without sugary coatings or breading.

- Eggs
- Unbreaded meat, poultry, fish, tofu, and tempeh
- Leafy greens and cruciferous vegetables
- Other non-starchy vegetables
- Avocado
- Olive, canola, and other predominantly unsaturated oils
- Plain dairy or fortified unsweetened alternatives; compare carbohydrate and saturated fat
- Lower-carbohydrate nuts and seeds
- Water, plain sparkling water, black coffee, and unsweetened tea

Portion or label check

These can fit for some people, but portions, recipes, and brands can change the carbohydrate count.

- Berries
- Nuts and nut butter
- Yogurt and cottage cheese
- Onions, garlic, and winter squash
- Dark chocolate
- Alcohol
- Sweeteners, sauces, dressings, and marinades

KETO FOOD LIST CHEAT SHEET

Foods to limit & labels to compare

Usually carb-dense

These foods generally contribute carbohydrate quickly and may be difficult to fit into a ketogenic pattern.

- Sugary foods and drinks
- Bread, pasta, rice, and cereal
- Potatoes, corn, and peas
- Bananas, mangoes, grapes, and dried fruit
- Sweetened dairy and desserts

5 label fields to check

- | | |
|---|---|
| ☐ Serving size | ☐ Total carbohydrate |
| ☐ Dietary fiber | ☐ Added sugar |
| ☐ Sugar alcohol grams and type (ingredient list) | |

The site's net-carb calculator uses total carbohydrate and fiber, and handles erythritol and allulose differently from other sugar alcohols, to provide a planning estimate. Ingredient lists and individual responses still matter.

[Open the 247-Keto net-carb calculator](#)

Remember

Marketing labels such as “keto-friendly” do not replace the Nutrition Facts label. Recipes, brands, serving sizes, medications, and individual needs vary. A qualified professional can help with individualized decisions.