



CARB COUNTING KETO CHEAT SHEET

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Foods	Serving size	Net Carbs
Asparagus	1 cup (91g) Raw	6 grams
Alfalfa sprouts	1 cup (33g)	0.1 grams
Arugula	1 cup (100g)	2 grams
Broccoli	1 cup (50g)	4 grams
Broccoli Rabe	1 cup (50g) raw	1 gram
Cabbage	1 cup (89g)	5 grams
Collard greens	1 cup (100g) chopped	1.7 grams
Dandelion green	1 cup (55g) chopped	5 grams
Endive	100 gram chopped	0.3 grams
Iceberg lettuce	1 cup (50g)	2 grams
Kale	1cup (67g)	7 grams
Lettuce	1 cup (100g)	1.6 grams
Napa cabbage	1 cup (100 g)	2.2 grams
Bok Choy	100 grams	0.8 grams
Romaine lettuce	1 cup (50g) Raw	2 grams
Spinach	1 cup (180g)Raw	1 gram
Swiss chard	1 cup cooked	3 grams
Watercress	1 cup (34g)	0.3 grams

Vegetable	Serving size	Net carbs
Cucumbers	½ cup (52g)	1.5 grams
Artichokes	½ cup (84g)	10 grams
Bamboo shoots	½ cup	1.2 grams
Beets	1 cup (136g)	13 grams
Bell peppers	1 cup (149g) chopped	9 grams
Button mushroom	1 cup (70g)	2.3 grams
Cauliflower	1 cup (100g)	5 grams
Celery	40 grams	1.2 grams
Chili peppers	1 cup (139g)	4 grams
Eggplant	1 cup (62g)	4.8 grams
Garlic	4 grams raw	1 gram
Green Beans	1 cup (125g)	10 grams
Mushroom	1 cup (70g)	1.6 grams
Okra	½ cup	2 grams
Olives	1 cup (99g)	3 grams
Onions	½ (58g)	6 grams
Radishes	½ cup (57g)	1 gram
Rhubarb	1 cup (122g)	5.5 grams
Rutabagas	1 cup (140g)	12 grams
Sauerkraut	1 cup (142g)	7 grams
Shallot	¼ cup raw shallot	6.7 grams
Sugar snap peas	1 cup (85g)	4 grams
Yellow squash	1 cup (115g)	3.31 grams
Turnips	1 cup (120g)	6.1 grams
White mushroom	1 cup (70g)	2.3 grams
Yellow bell pepper	1 cup (149g)	9.6 grams
Zucchini	1 cup (124g)	4 grams

Fruits	Serving size	Net carbs
Avocado	1/3 medium-size fruit	1 gram
Blackberries	¼ cup	1.5 grams
Blueberries	½ cup(74g)	10.5 grams
Coconut	1/3 cup flakes	5 grams
Lemons	One whole lemon	5 grams
Limes	2 diameter lime	5 grams
Starfruit	1/2 cup	2.6 grams
Raspberries	100 grams	5.4 grams
Strawberries	100 grams	5.7 grams
Tomatoes	1 cup (149g)	6 grams
watermelon	1 cup	11 grams

Nuts/seeds	Serving portion	Net carbs
Almonds	¼ cup	3 grams
Brazilian nuts	30 grams	3.7 grams
Cashews	28 grams	8.6 grams
Chia seeds	28 grams	6 grams
Flaxseeds	28 grams	11 grams
Macadamia nuts	28 grams	3.9 grams
Pecan	28grams	4 grams
Pistachios	26 grams	7.7 grams
Pumpkin seeds	28 grams	5 grams
Sesame seeds	¼ cup	8 grams
Walnuts	28 grams	3.8 grams

Oils & fats	Serving size	Net carbs
Butter	14.2 grams	0 grams
MCT oils	14 grams	0 grams
Olive oils	15 grams	0 grams
Ghee	1 tsp 5 grams	0 grams
Coconut oil	13.6 grams (1 tbsp)	0 grams
Cocoa butter	14 grams	0 grams
Avocado oil	One tablespoon	0 grams

Proteins	Serving size	Net carbs
Charcuterie – salami, pepperoni	50 grams	1.12 grams
Beef	50 grams	0 grams
Chicken – any part	50 grams	0 grams
Bacon	50 grams	0 grams
Sausage	50 grams	0 grams
Ham	50 gram	1 gram
Pork belly	50 gram	1.8 grams
Offals	50 grams	< 0.5 grams
Other poultry	50 grams	0 grams

Seafood	Serving size	Net carbs
Fish – salmon, halibut, tuna, mahi-mahi, trout, etc	100g	0 grams
Seafood – crab, crawfish, lobster, and other crustaceans	100g	1 gram

Food	Serving size	Net carbs
All types of cheeses – hard. Soft or cottage	¼ cup (28 grams)	0 – 1.8 grams
Plain Cream cheese	2 oz (56g)	2 grams
Whole milk	50 grams	2.6 grams
Coconut Cream	1 tbsp (15g)	1 gram
Half & Half	50ml	2.2 grams
Heavy Whipping cream	15g 1 tbsp	0 grams
Sour cream	½ cup (115g)	3.3 grams
Yogurt	117g (1/2 cup)	5.7 grams
Greek yogurt	120grams (1/2 cup)	4.2 grams
Eggs	50 grams	0.6 grams
Heavy cream	30 grams	0.8 grams

Beverage/ Drink	Serving size	Net carbs
Water	1 cup	0 grams
Coffee – fresh grounds	8 ounce	0 grams
Tea	1 serving	0 grams
Low carb vegetable broth	100 grams	1 gram
Low carb beef broth	100 grams	1 gram
Vodka	50 gram	0 grams
Low carb beer	12 ounces	2.9 – 10 grams
Sparkling water	1 can	0 grams
Tequila	1 cup	0 grams
Unsweetened hemp milk	1 cup	1.3 grams
Unsweetened almond milk	1 cup (240ml)	1 grams
Unsweetened coconut milk	1 cup (225g)	7.1 grams

Baking Goods	Serving size	Net carbs
Almond flour	¼ cup (28g)	6 grams
Sunflower meal	¼ cup (33.5g)	7 grams
Erythritol	1 tsp	4 grams
Stevia	1 tsp	0.5 grams
Xanthan gum	1 tbsp	0 grams
Chia seed powder	1 tbsp (12g)	0.9 grams
Coconut flour	¼ cup	6 grams
Psyllium husk powder	1 tbsp (18g)	1.5 grams
Glucomannan powder	0.5 gram	0 grams
Heavy cream powder	1 tbsp (100g)	0 grams
Pork rinds	14 grams	0 grams
Pecan flour	¼ cup	1 gram
Ground flaxseed	30 grams	2 grams
Hazelnut flour	28.3 grams	2 grams
Gelatin	35 grams	4.6 grams
Vanilla extract	100 grams	0 grams
Cocoa powder (unsweetened)	1 tbsp (5g)	1 gram

Spice/seasoning	Serving size	Net Carbs
Paprika	1 tsp	0.9 grams
Fresh Rosemary	1 tsp	0.31 grams
Salt	1 tsp	0 grams
Lemon zest	1 tsp	0.26 grams
Cilantro fresh	1 tsp	0.04 grams
Cinnamon ground	1 tsp	1.3 grams
Bay leaf	1 tsp	2.29 grams
Black pepper	1 tsp	1.8 grams
Beef bouillon cube	1 tsp	0.82 grams
Cardamom	1 tsp	1.92 grams
Cayenne	1 tsp	1.39 grams
Celery seeds/dried	1 tsp	1.4/1.69 grams
Chili powder	1 tsp	0.7 grams
Chives, fresh	1 tsp	0.09 grams
Curry powder	1 tsp	0.12 grams
Dill, fresh	1 tsp	0.23 grams
Ginger, fresh	1 tsp	0.74 grams
Allspice, Ground	1 tsp	2.4 grams
Basil fresh/dried	1 tsp	0.04/2.21 grams
Wasabi root	1 tsp	0.75 grams
Spearmint, fresh	1 tsp	0.08 grams
Turmeric roots	1 tsp	0.13 grams
Thyme, fresh	1tsp	0.49 grams
White peppers	1 tsp	2.01 grams

Sauce/dips	Serving size	Net carbs
Guacamole	30 gram (2 tbsp)	2.6 grams
Balsamic vinegar	1 tbsp (16g)	2.7 grams
béarnaise	47 gram	1 gram
Black olive tapenade	1 Tbsp (17g)	0.8 grams
Blueberry sauce	One tbsp	3.7 grams
Chimichurri sauce	1 tbsp (15g)	0.7 grams
Cream cheese	1 tbsp (13 g)	0.7 grams
Dressing/vinaigrette (balsamic)	1 tbsp	1 gram
Heavy cream	1 tbsp (15g)	0.4 grams
Horseradish	1 tbsp	1.4 grams
Hummus	1 tbsp (15g)	3 grams
Lemon/Lime	1 tbsp	1 -1.5 grams
Marinara sauce	¼ cup (66g)	5 grams
Mayonnaise	1 tbsp (15g)	0 grams
Mustard (organic)	1 tsp	0.1 grams
Pesto	1 tbsp (15g)	1.2 grams
Salsa	18 grams	1.2 grams
Tabasco sauce (hot sauces)	1 tsp (5g)	0 grams