



Keto Food Macros

Calories, Fat,
Net Carbs & Protein

Low
Carbe
Diem
seize the way

Low Carbe Diem

seize the way with keto



Thank You for Downloading
Keto Food Macros

Click the icon to visit



Low Carbe Diem
on Facebook

Keto Protein (Per ounce)

Keto Food	Calories	Fat	Net Carbs	Protein
Bacon, 1 slice (approx 8 g), baked	44	3.5	0	2.9
Beef, Sirloin Steak, 1 oz, broiled	69	4	0	7.7
Beef, Ground, 15% fat, 1 oz, broiled	70	4.3	0	7.2
Beef, Ground, 30% fat, 1 oz, broiled	77	5.1	0	7.1
Chicken, white meat, 1 oz	49	1.3	0	8.8
Chicken, dark meat, 1 oz	58	2.8	0	7.8
Egg, 1 large, 50 g	72	4.8	0.4	6.3
Fish, Raw, Cod, 1 oz	20	0.1	0	4.3
Fish, Raw, Flounder, 1 oz	20	0.6	0	3.5
Fish, Raw, Salmon, 1 oz	40	1.8	0	5.6
Ham, 1 oz, smoked	50	2.6	0	6.4
Hot dog, beef, 1 oz	92	8.5	0.5	3.1
Pork chop, bone-in, 1 oz, broiled	65	4.1	0	6.7
Pork ribs, ribs, 1 oz, roasted	102	8.3	0	6.2
Scallops, 1 oz, steamed	31	0.2	1.5	5.8
Shrimp, 1 oz, cooked	28	0.1	0	6.8
Tuna, 1 oz, cooked	52	1.8	0	8.5
Turkey Breast, 1 oz, roasted	39	0.6	0	8.4
Veal, 1 oz, roasted	42	1	0	8

Keto Sugar Substitutes (Per 100 grams)

Sweetener	Net Carbs	Calories
Sucralose	0	0
Stevia	5	20
Erythritol	5	20
Xylitol	60	240
Aspartame	85	352
Sugar (1 cup)	100	387

Keto Fats and Oils (Per 100 grams)

Keto Food	Calories	Fat	Net Carbs	Protein
Butter	102	12	0	0
Coconut Oil	117	13.6	0	0
Coconut Butter	90	8	0	0
Olive Oil	119	13.5	0	0

Keto Dairy (Per ounce)

Keto Food	Calories	Fat	Net Carbs	Protein
Cheese, Blue, 1 oz	100	8.2	0.7	6.1
Cheese, Brie, 1 oz	95	7.9	0.1	5.9
Cheese, Cheddar, 1 oz	114	9.4	0.4	7.1
Cheese, Colby, 1 oz	110	9	0.7	6.7
Cheese, Cottage, 2%, 1 oz	24	0.7	1	3.3
Cheese, Cream, block, 1 oz	97	9.7	1.1	1.7
Cheese, Feta, 1 oz	75	6	1.2	4
Cheese, Monterey Jack, 1 oz	106	8.6	0.2	7
Cheese, Mozzarella, 1 oz	85	6.3	0.6	6.3
Cheese, Parmesan, hard, 1 oz	111	7.3	0.9	10.1
Cheese, Swiss, 1 oz	108	7.9	1.5	7.6
Cream, half-and-half, 1 oz	39	3.5	1.3	0.9
Cream, heavy, 1 oz	103	11	0.8	0.6
Cream, Sour, full fat, 1 oz	55	5.6	0.8	0.6

Keto Seeds and Nuts (Per ounce)


Keto Food	Calories	Fat	Net Carbs	Protein
Almonds, raw, 1 oz	170	15	3	6
Brazil Nuts, raw, 1 oz	186	19	1	4
Cashews, raw, 1 oz	160	13	7	5
Chia Seeds, raw, 1 oz	131	10	0	7
Coconut, dried, unsweetened, 1 oz	65	6	2	1
Flax Seeds, raw, 1 oz	131	10	0	7
Hazelnuts, raw, 1 oz	176	17	2	4
Madadamia Nuts, raw, 1 oz	203	21	2	2
Peanuts, raw, 1 oz	157	13	3	7
Pecans, raw, 1 oz	190	20	1	3
Pine Nuts, raw, 1 oz	189	20	3	4
Pistachios, raw, 1 oz	158	13	5	6
Pumpkin Seeds, raw, 1 oz	159	14	1	8
Sesame Seeds, raw, 1 oz	160	14	4	5
Sunflower Seeds, raw, 1 oz	150	11	4	3
Walnuts, raw, 1 oz	185	18	2	4

Keto Veggies (Per ounce)

Keto Food	Calories	Fat	Net Carbs	Protein
Asparagus, cooked, 1 oz	6	0.1	0.6	0.7
Avocado, 1 oz	47	4.4	0.6	0.6
Broccoli, chopped, cooked, 1 oz	10	0.1	1.1	0.7
Carrots, baby, 1 oz, raw	10	0	1.5	0.01
Cauliflower, chopped, cooked, 1 oz	7	0.1	0.5	0.5
Celery, 1 oz, raw	5	0	0.3	0.7
Cucumber, 1 oz, raw	4	0	1	0.2
Garlic, 1 clove (3 grams)	4	0	1	0.2
Green beans, cooked, 1 oz	10	0.1	1.3	0.5
Mushrooms, button, 1 oz, raw	6	0.2	0.6	0.9
Onion, green, 1 oz, chopped, raw	9	0	1.3	0.5
Onion, white, 1 oz, chopped, raw	11	0	2.1	0.3
Bell Pepper, Green, 1 oz, raw	6	0	0.8	0.2
Pickles, dill, 1 oz	3	0	0.4	0.2
Romaine lettuce, 1 oz	5	0.1	0.3	0.4
Butterhead lettuce, 1 oz	4	0.06	0.3	0.4
Shallots, raw, 1 oz	20	0	3.9	0.7
Snow peas, 1 oz, cooked	24	0	2.8	1.5
Spinach, 1 oz, raw	7	0.1	0.4	0.8
Squash, Acorn, baked, 1 oz	16	0	2.9	0.3
Squash, Butternut, baked, 1 oz	11	0	2.1	0.3
Squash, Spaghetti, 1 oz, cooked	8	0.1	1.4	0.2
Tomato, raw, 1 oz	5	0	0.8	0.3



Want More?
Click to read the full article online:

	<p>Perfect Keto Ratio: Food Macros List Low Carbe Diem</p> <p>Printable list of 180 ketosis food macros: calories, fat, protein, net carbs. Find your perfect keto ratio. Keto macro tracking and wiggle room.</p> <p><small>LOWCARBEDIEM.COM</small></p>
---	--

Click the icon to visit



Low Carbe Diem
on Facebook

Visit our [Free eBook & Food Lists Page.](#)