KETO FOOD LIST

- Net carbs per 100g/3.5oz -

Meat & Eggs

Beef

0g

Chicken Breast

0g

Game

0g

Veal

0g

Pork

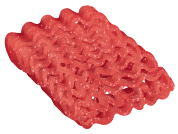
0g

Chicken Drumsticks

0g

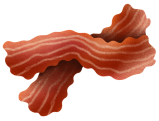
Lamb

0g



Ground Meat

0g



Bacon

0g

Bologna

0.2g

Vienna Sausages

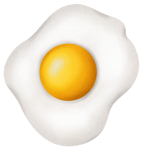
0.3g

Salami

0.3g

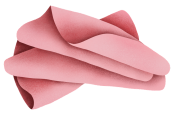
Bratwurst

0.3g



Eggs

0.7g



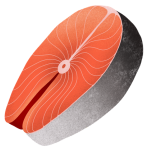
Ham

1.1g

Offal

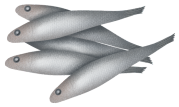
0-5g

Fish & Seafood



Salmon

0g

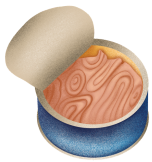


Sardines

0g

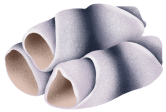
Fish Fillet

0g



Tuna

0g

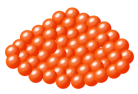


Herring

0g

Shrimps

0.9g



Fish Roe

1.4g

Squid Rings

2g

Mussels

3.9g

KOCH KETO

KETO FOOD LIST

Dairy Products

Parmesan	Gouda	Edam	Cheddar	Feta Cheese	Camembert
0g	0g	0g	0g	0.3g	0.5g

Mozzarella	Creme Fraiche	Mascarpone	Cottage Cheese	Whipping Cream	Greek Yogurt
1.0g	2.4g	2.5g	2.6g	3.2g	4.0g

Nuts & Seeds

Chia Seeds	Pumpkin Seeds	Brazil Nuts	Macadamias	Pecans	Almonds
2.3g	2.7g	3.6g	4.0g	4.4g	4.5g

Walnuts	Hazelnuts	Pine Nuts	Peanuts	Pistachios
5.3g	5.8g	7.3g	7.5g	11.6g

Fats & Oils

Avocado Oil	Coconut Oil	Ghee	Olive Oil	Butter
0g	0g	0g	0.2g	0.6g

KOCH KETO

KETO FOOD LIST

Sauces & Dips

Vinegar

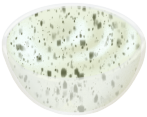
0.6g

Aioli

1.4g

Tabasco

1.6g



Tartar Sauce

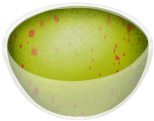
1.9g

Mustard

2.0g

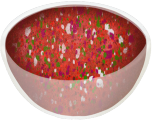
Mayonnaise

2.0g



Guacamole

4.0g

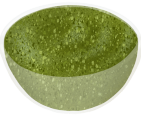


Salsa

4.5g

Light Ketchup

6.3g



Green Pesto

6,5g

Soy Sauce

6.7g

Beverages

Water

0g

Tea

0g

Coffee

0g

Diet Soda

0g

Dry White Wine

2.6g

Dry Red Wine

3.0g

Other Foods

Erythritol

0g

Shirataki Noodles

0g

Pork Rinds

0g

Boullion

0.6g

Baking Cacao

8.9g

Dark Chocolate (85%+)

9.1g

KOCH KETO