

## Keto Points

Keto Food List	Fats	Proteins	Carbs
<b>Vegetables</b>			
Alfalfa sprouts			
Artichoke hearts, canned - .5 cup			0.5
Artichoke, medium		0.5	0.5
Arugula			
Asparagus - 1 cup		0.25	0.25
Bamboo shoots		0.5	0.25
Beans, green, snap - 1 cup			0.25
Beet greens			
Beets, raw - 1 cup			0.5
Beets, cooked - .5 cup			0.25
Broccoli, cooked, chopped - 1 cup		0.25	0.25
Brussels sprouts - 1 cup			0.5
Cabbage, green OR red - 1 cup			0.25
Cabbage, napa			
Carrots - .5 cup			0.5
Cassava, raw - .5 cup			2
Cauliflower - 1 cup			0.25
Celeriac, cooked - 1 cup			0.5
Celery			0.5
Chard			
Chives			
Collards, cooked - 1 cup			0.5
Collards - raw			
Cilantro			
Cucumber			
Dandelion greens - .5 cup			0.25
Eggplant - .5 cup			0.25
Endive			
Fennel bulb - 1 cup sliced			0.25
Garlic			
Ginger			
Kale - 1 cup			0.25
Leeks - .5 cup			0.25
Lettuce, all varieties			
Mushrooms, shiitake - .5 cup			0.5
Mushrooms, white			
Okra, cooked - .5 cup slices			0.25
Onion - .25 cup, chopped			0.25
Parsnips cooked - .5 cup slices			0.5
Peas, green - .5 cup		0.5	0.5
Pepper - serrano, jalapeno, hot			
Pepper, green, red, yellow			

## Keto Points

Pickle, dill or kosher			
Potato, white, 1 medium		0.25	1.5
Potato, red skin, 1 medium		0.25	1.5
Pumpkin, canned - .5 cup			0.5
Radicchio			
Radishes			
Rhubarb - 1 cup			0.25
Spinach			
Squash, Acorn - .5 cup, baked			0.75
Squash, Butternut - .5 cup, baked			0.5
Squash, Delicata - .5 cup, cooked			0.5
Squash, Kabocha - .5 cup, cooked			0.5
Squash, Spaghetti - 1 cup cooked			0.5
Squash, Zucchini			
Sugar Snap Peas - 1 cup		0.25	0.5
Sweet potato, baked - .5 cup			1
Sweet potato, mashed - .5 cup			1.25
Taro, cooked - .5 cup sliced			1
Tomatoes crushed - 5 oz			0.5
Tomatoes, stewed - .5 cup			0.25
Tomato paste - .25 cup			0.5
Tomato sauce - 1 cup			0.25
Tomatoes, raw - 1 cup, chopped			0.25
Turnips, cooked cubes - .5 cup			0.25
Yam, baked - 1/2 cup			1
Yam bean (Jicama) - 1 cup, sliced			0.5
<b>Meats and Cuts</b>			
<b>Beef</b>			
Ground Beef - 3 oz	1	2	
Brisket - 3 oz	1	2.5	
Hotdog - 1 link	0.5	0.75	
Flank - 3 oz	0.75	2.5	
Roast beef lunchmeat - 2 oz		1	
Top Sirloin - 3 oz	0.5	2.5	
Bison - 3 oz	0.5	2	
Ground Lamb - 3 oz	1.25	2	
Lamb - 3 oz	4	1	
<b>Pork</b>			
Bacon, thin cut, cooked - 3 strips	2	2	
Bacon, thick cut, cooked - 2 strips	1	1	
Bratwurst - 1 link	2	1	
Chorizo - 1 link	2	1.5	
Ground Pork - 3 oz	1.25	2	
Ham - 3 oz	0.5	2	
Ham lunchmeat - 2 oz		1	
Prosciutto - 1 oz. (2 slices)	0.25	0.5	

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Ribs - 3 oz	1	2.5	
Sausage - 3 oz	0.75	2.5	
Shoulder - 3 oz	2	1.5	
Tenderloin - 3 oz	0.25	2	
Salami - 4 slices	1	1	
Venison - 3 oz	0.25	2.5	
<b>Poultry</b>			
Chicken breast w/ skin 3oz	0.5	2.5	
Chicken breast w/out skin 3oz	0.25	3	
Chicken Leg - 1 leg w/ skin	1	2	
Chicken thigh, w/ skin 3 oz	1	2	
Chicken thigh w/o skin 1 thigh	0.5	1	
Chicken, ground - 3 oz	0.75	2	
Chicken livers, pan-fried - 3 oz	0.5	2	
Chicken Wing - 1 full wing	0.5	0.75	
Chicken Apple Sausage - 1 link		1.5	
Duck, meat and skin - 3 oz	2	1.5	
Turkey bacon - 2 slices		1.25	
Turkey breast w/ skin - 3 oz	0.5	2.5	
Turkey breast w/o skin - 3 oz		2.5	
Turkey, ground - 3 oz	1	2	
Turkey breast, ground, lean - 3 oz		2.5	
Turkey leg 3 oz	0.75	2.5	
Turkey lunchmeat - 2 oz		1	
Turkey sausage - 2 links	1	1	
<b>Seafood</b>			
Clams - 10 small		2	
Cod - 3 oz		2	
Crab - 3 oz		2	
Lobster - 3 oz		2	
Mussels - 3 oz cooked	0.25	2	0.25
Oysters - 12 medium		1	0.25
Salmon - 3 oz	0.25	2	
Salmon, pink, canned - 1/2 can	0.25	2	
Sardines, canned in water - 1 can	0.5	2	
Scallops, cooked - 3 oz		2	
Shrimp - 8 large		1	
Trout - 3 oz	0.25	2	
Tuna, steak - 3 oz	0.25	2	
Tuna, canned, white - 1/2 can		2	
<b>Gluten-Free Grains and Flours</b>			
Almond Flour - .25 cup	1		0.25
Arrowroot Powder - .25 cup			1.25
Coconut Flour -.25 cup	0.25	0.25	0.75

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Corn, sweet, cooked - .5 cup			1
Oats - .25 cup	0.25	1.25	1
Oat Flour		0.5	1
Quinoa, cooked - .5 cup		0.5	0.5
Rice, brown, cooked - .5 cup			1
Rice, white, cooked - .5 cup			1
Rice Noodles - .5 cup			1
Tapioca Flour - .25 cup			1.25
White Rice Flour - 1 ounce			1
<b>Dairy and Eggs</b>			
Cheese, hard/crumble - 2 cubic in	0.5	0.5	
Cheese, soft - 2 cubic in	1	1	
Cream, half and half - 2 tbsp	0.25		
Cream, heavy - 2 tbsp	1		
Egg, Duck - 1 egg	0.75	1	
Egg - 1 egg	0.5	0.5	
Milk, whole - 1 cup	0.5	1	0.75
Sour Cream - 2 tbsp	1		
Yogurt, plain, whole milk - 1 cup	0.5	1	0.5
<b>Nuts/Seeds and Butters</b>			
Almonds - 20 nuts	1	0.5	
Almond Butter - 2 tbsp	1.5	0.5	0.25
Brazil Nuts - 5 nuts	1		
Cashews - 15 nuts	1	0.5	0.5
Cashew Butter - 2 tbsp	1	0.5	0.5
Chia Seeds - 1 tbsp	0.25	0.25	0.25
Coconut Butter - 2 tbsp	1.25		0.25
Coconut Cream - 3 tbsp	1		
Coconut, unsweetened - .25 cup	1		0.25
Coconut Milk, can, full-fat .25 cup	1		
Flaxseeds, whole - 3 tbsp	1	0.5	0.25
Flaxseeds, ground - 2 tbsp	0.5	0.25	0.25
Hemp seeds - 1 ounce	1	1	
Macadamia Nuts - 8 nuts	1		
Pecans - 15 halves	1		
Pepitas - 1 ounce	1	1	0.25
Pine Nuts - .75 ounce	1		
Pistachios - 50 kernels	1	0.5	0.5
Pumpkin Seeds, whole - .5 cup	0.5	0.5	0.75
Peanut Butter , no sugar - 2 tbsp	1	0.5	0.25
Sesame Seeds - 1 ounce	1	0.5	
Sunflower Seeds - 3 tbsp.	1	0.5	0.25
Sunflower Seed Butter - 2 tbsp	1	0.5	0.5
Tahini - 2 tbsp	1	0.5	0.25
Walnuts - 12 halves	1	0.25	

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<b>Beans and Legumes</b>			
Black Beans - 1/2 cup		0.75	
Chickpea - 1/4 cup	0.25	1.25	1.5
Edamame - 1 cup	0.5	1.5	0.75
Kidney Beans - .5		0.5	1
Lentils - .5 cup		1	1
Lima Beans - .5 cup		0.5	1
Peanuts, dry roasted - .25	1.5	1	
Pinto Beans		1	1.5
<b>Fruits</b>			
Apple, 1 small			1
Apricot - 1 piece			0.25
Avocado, 1/2 fruit	1		0.25
Banana - 1 medium			1.25
Blackberries - 1 cup			0.5
Blueberries - 1 cup			1
Cherries - 1 cup with pits			1
Clementines -1 fruit			0.5
Dates, medjool - 1 dat			0.75
Figs, raw - 1 medium			0.5
Figs, dried - 1			0.25
Grapefruit - 1/2 fruit			0.5
Grapes - 10 grapes			0.5
Kiwi - 1 fruit, no skin			0.5
Lemon squeeze			
Lime squeeze			
Mango - 1 fruit, no pit			1.5
Melon, cantaloupe - 1 cup			0.75
Melon, honeydew - 1 cup			0.75
Nectarine - 1 small			0.75
Olives - 5 large	1		
Orange - 1 small			0.5
Peach - 1 medium			0.75
Pear - 1 medium			0.5
Pineapple - 1 cup			1
Plantains, cooked - 1/2 cup			1
Plums - 1 fruit			0.5
Raspberries - 1 cup			0.75
Strawberries - 1 cup			0.5
Tangerine - 1 medium			0.5
Watermelon - 1 cup			0.5
<b>Sauces and Broths</b>			
Bone Broth - 1 cup		1	
Fish Sauce			

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Hot Sauce/Tabasco			
Marinara Sauce - 1/2 cup			1
Pizza Sauce - 1/2 cup			0.5
Salsa			
Teriyaki Sauce - 1/4 cup		0.5	0.5
<b>Oils</b>			
Avocado Oil - 1 tbsp	1		
Butter (pastured) - 1 tbsp	1		
Coconut Oil - 1 tbsp	1		
Ghee (pastured) - 1 tbsp	1		
Lard (pastured) - 1 tbsp	1		
Mayo - 1 tbsp	1		
Macadamia Nut Oil - 1 tbsp	1		
MCT Oil - 1 tbsp	1		
Olive Oil - 1 tbsp	1		
Tallow (pastured) - 1 tbsp	1		
<b>Snacks &amp; Misc.</b>			
Cacao Nibs - 1 tbsp	0.5		
Cocoa/Cacao Powder - 2 tbsp			1
Collagen Peptides - 1 scoop		1	
Chocolate, 85% dark - 1/4 bar	1		0.5
Epic Bar, meat only - 1 bar	0.25	1.5	
Epic Bar, meat and fruit - 1 bar	0.5	1	0.5
Honey - 1 tsp			0.25
Jerky, beef - 2 oz	1	2	
Lara Bar (all varieties) - 1 bar	0.75	0.5	1.25
Grade B Maple Syrup - 1 tsp			0.25
Plantain Chips 1 oz	0.5		1
Popcorn, air popped - 1.5 cups			0.5
Pork Rinds - 1 cup	1	2	
Potato Chips - 13 chips	0.75		0.75
RX Bar, all varieties	0.5	1.5	1.5
1 Fat Pt = 14 grams			
1 Protein Pt = 10 grams			
1 Carb Pt = 20 grams			