

Keto Super-Foods



The Keto Diet Food Pyramid

KetoCrew.net

MEAT, FISH & EGGS

Per 100g of Food For Easy Reference | All Foods Linked to Their Respective Sources

Calcium percentage denotes percent of recommended daily intake in 100g of a specific food.

Food (per 100g)	Macro-Nutrients				Electrolyte Rich Content			
	Carbs (net)	Fat	Protein	Calories	Potassium	Magnesium	Calcium	Sodium
Chicken (no skin) (grilled, skinless, generic)	0	4	19	115				
Chicken (with skin) (grilled, with skin, generic)	0	11	24	195				
Turkey (baked, skinless, generic)	0	4	29	155	330mg			
Steak (generic)	0	19	25	271	295mg		15%	
Pork Loin Chop (lean, grilled, generic)	0	14	27	242	423mg	28mg		
Bacon (fried, with fat and rind)	0	25	16	294	565mg			1.4g
Lamb Shank (fried, with fat and rind)	0	4	20	125	290mg			
Tuna (canned, in brine, generic)	0	8	29	200		31mg		390mg
Eggs (boiled, 2 eggs = ~100g)	1	10	12	156				



HEALTHY FATS & OILS

Per 15mls of Oil For Easy Reference | Read The Package Label Carefully For Nutrition Details

All oils below contain ZERO grams of carbohydrates and ZERO grams of protein.

Food (per 15mls)	TOTAL Fat (grams)	Fat Types				Omega Fatty Acids		
		Saturated	Medium Chain Triglycerides	Mono- Unsaturated	Poly- Unsaturated	Omega-3	Omega-6	Omega-9
Coconut Oil [#]	14	14	8	0	0	0	0	0
Macadamia Oil	14	2	0	11	1	0	1	11
Peanut Oil	14	2	0	7	5	0	3	6
Olive Oil	14	2	0	11	1	0	1	11
Avocado Oil	14	2	0	11	1	0	1	11
Flaxseed Oil (Cold Pressed)	14	1	0	3	10	8	2	3
Commercial MCT Oil (generic)	14	13	13	0.5	0.5	0	0	0
Fish Oil Capsules* (1000mg/1g capsule)	1	0	0	0	1	0.3	0	0
Butter (unsalted)	11	7	1	3	1	0	0	3

*Depends on the type of fish used, values are approximate.

[#]Depends on the brand as some contain a higher or lower MCT amount. Always check the label.

Non-Starchy Vegetables

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Food (per 100g)	Macro-Nutrients				Electrolyte Rich Content			
	Carbs (net)	Fat	Protein	Calories	Potassium	Magnesium	Calcium	Sodium
Asparagus	2	0	2	20				
Broccoli	4	0	3	34	316mg			
Cabbage	3	0	1	25				
Cauliflower	5	0	2	25				
Celery	1	0	1	16				
Peppers (Chilli)	7	0	2	40	322mg			
Spinach	1	0	3	23	558mg	79mg	10%	
Lettuce	1	0	1	13				
Kale	4	0	2	28			7%	
Sprouts (Alfalfa)	<1	1	4	23		27mg		
Buk Choy	1	0	2	13			11%	

Low Carb Nightshade Vegetables

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Food (per 100g)	Macro-Nutrients				Electrolyte Rich Content			
	Carbs (net)	Fat	Protein	Calories	Potassium	Magnesium	Calcium	Sodium
Eggplant	3	0	1	25				
Bell Pepper / Capsicum	3	0	1	20				
Tomatoes	3	0	1	18				
Tomatillos	4	1	1	32	268mg			



Dairy & Mayonnaise

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Food (per 100g)	Macro-Nutrients				Electrolyte Rich Content			
	Carbs (net)	Fat	Protein	Calories	Potassium	Magnesium	Calcium	Sodium
Cheddar Cheese	1	33	25	388			72%	
Cream Cheese	4	34	6	342			10%	
Cottage Cheese	3	4	11	98			8%	
Greek Yogurt	4	0	10	59			11%	
Heavy Cream	3	35	2	345			7%	
Mayonnaise	<1	75	1	680				635mg



Herbs & Spices

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Food (per 100g)	Macro-Nutrients				Electrolyte Rich Content			
	Carbs (net)	Fat	Protein	Calories	Potassium	Magnesium	Calcium	Sodium
Cinnamon	28	<1	4	247	431mg	60mg	100%	
Cumin (seed)	34	22	18	375	1.8g	931mg	93%	
Chilli Powder	21	17	12	282	1.9g	130mg	28%	1.0g
Basil	1	<1	3	22		64mg	18%	
Cilantro / Coriander	1	<1	2	23	521mg	26mg	7%	
Parsley	3	<1	3	36	554mg	50mg	14%	
Garlic Powder	48	<1	17	332	1.1g	67mg	8%	
Rosemary (fresh)	7	6	3	131	668mg		32%	
Thyme (fresh)	11	2	6	101	609mg	140mg	41%	
Turmeric (ground)	44	10	8	354	2.5g	168mg	18%	

Caution; figures for 100g of each food is shown above, but typically you would use much less. Recalculate for as required and always check the labels of your specific product.

Nuts & Seeds

Per 100g of Food For Easy Reference | All Foods Linked to Their Respective Sources

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Food (per 100g)	Macro-Nutrients				Electrolyte Rich Content			
	Carbs (net)	Fat	Protein	Calories	Potassium	Magnesium	Calcium	Sodium
Almonds	9	49	21	576	705mg	268mg	26%	
Hazelnuts	7	61	15	628	680mg	163mg	11%	
Pecans	4	72	9	690	410mg	121mg	7%	
Brazil Nuts	5	66	14	656	659mg	376mg	16%	
Macadamia Nuts	5	76	8	740	368mg	130mg	9%	
Walnuts	7	65	15	654	441mg	158mg	10%	
Peanuts	7	49	26	567	705mg	147mg	9%	
Sunflower Seeds	11	51	21	584	645mg	325mg	8%	
Sesame Seeds	12	50	18	573	468mg	351mg	97%	
Chia Seeds	8	31	17	486	407mg	335mg	63%	

Caution; different brands of nuts will show slightly different macronutrients. Always check the label.

Berries (Fruits)

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Food (per 100g)	Macro-Nutrients				Electrolyte Rich Content			
	Carbs (net)	Fat	Protein	Calories	Potassium	Magnesium	Calcium	Sodium
Avocado	2	15	2	160	485mg	29mg		
Olives (Green)	<1	15	1	146				1.6g
Raspberries	5	1	1	53				
Strawberries	6	0	1	33				
Blackberries	4	0	1	43				
Gooseberries	6	1	1	44				
Blueberries	12	0	1	57				



Keto-Approved Drinks

Per 100mls of Food For Easy Reference | All Foods Linked to Their Respective Sources

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Food (per 100mls which is approximately 100g)	Macro-Nutrients				Electrolyte Rich Content			
	Carbs (net)	Fat	Protein	Calories	Potassium	Magnesium	Calcium	Sodium
Water	0	0	0	0				
Coffee (black)	0	0	0	0				
Coconut Milk (raw)	3	24	2	230		37mg		
Almond Milk	<1	1	<1	16			50%	
Tea (black)	<1	0	<1	1				
Diet soda	0	0	0	0				
Bone Broth	0	4	55	210	756mg		8%	378mg
Liquor [#] (straight) (whiskey, vodka, gin, etc)	0	0	0	250				

Caution; always check commercial packaging for differences to the above values.

[#]Relates to pure alcohol amount. Liquor is approximately 40% alcohol content.

