

VEGAN KETO food list

[#] = net carbs per 100g

[#] = grams of protein per gram of net carbs

[#] = Brand or non-national net carb data (per 100g)

🔥 higher net carbs than other items in the section ❤️ good protein source 💛 good fat source 📖 see notes (last page)
🔍 check your labels (net carbs are often higher↑ or lower↓ than national data suggests) ⚠️ often non-vegan (check ingredients)

vegetables & mushrooms

EAT IN abundance

alfalfa sprouts [0.2] ❤️[20]
arugula [2.0] ❤️[1.3]
asparagus [1.7] ❤️[1.3]
bamboo shoots, canned [1.8]
basil [1.1] ❤️[3.0]
beet greens [0.6] ❤️[3.5]
Belgian endive [0.9]
bitter (gourd) melon [0.9]
bok choy [1.2] ❤️[1.3]
broccolini® [1.2] ❤️[3.0]
broccoli raab [0.1] ❤️[23]
celery [0.9]
chard [2.1]
chives [1.9] ❤️[1.8]
cilantro [0.9] ❤️[2.4]
collard greens [1.4] ❤️[2.2]
cucumber, with peel [2.4]
cucumber, without peel [1.4]
escarole [0.2] ❤️[6.2]
frisée [0.2] ❤️[6.2]
gai lan [1.4]
grape leaves, canned [1.8] ❤️[2.4] 🔍
heart of palm, canned [2.2]
kale [0.2] ❤️[13] 📖
lettuce, butter [1.1]
lettuce, green leaf [1.6]
lettuce, iceberg [1.8]
lettuce, mixed greens [1.2] ❤️[1.3]
lettuce, red leaf [1.3]
lettuce, Romaine [1.2]
mushrooms, morel [1.4] ❤️[2.2]
mushrooms, portabella [1.8]
mushrooms, straw, canned [1.8] ❤️[2.1]
mushrooms, white [1.5] ❤️[2.1]
mustard greens [1.5] ❤️[2.0]
napa cabbage [2.0]
nopales [1.1]
purslane [2.2]
radishes, daikon [2.5]
radishes, garden [1.7]
radishes, white icicle [1.2]
sorrel [0.3] ❤️[6.7]
spinach [1.4] ❤️[2.0]
summer squash [2.2]
watercress [0.8] ❤️[2.9]
winter melon [0.1] ❤️[4.0]
zucchini [2.1]

EAT IN moderation

artichoke hearts, marinated in oil [3.6] 🔍
(Sacla [1.1] ❤️[1.5])
banana blossoms, in brine (Biona [3.8]) 🔍
bean sprouts (mung bean) [4.1]
broccoflower [2.9]
broccoli [4.0]
broccoli, Tenderstem® [2.7] ❤️[1.4]
cabbage, green [3.6]
cabbage, savoy [2.9]
cauliflower [2.9]
calabash gourd [2.9]
chayote [2.8]
eggplant [2.8]
fennel [4.2]
fiddleheads [3.4] ❤️[1.3]
green beans [4.2]
green bell pepper [2.9]
green onions, tops & bulbs [4.6]
green onions, tops only [3.8]
Hubbard squash [4.8]
jackfruit, young green, canned in brine [≈2-3] 🔍
jalapeño peppers [3.7]
jicama [3.9]
kale [5.0] 📖
kohlrabi [2.6]
mushrooms, cremini [3.0]
mushrooms, enoki [4.3]
mushrooms, maitake [3.5]
mushrooms, oyster [3.5]
mushrooms, shiitake [4.3]
okra [4.2]
parsley [3.0]
radicchio [3.6]
red bell pepper [3.9]
rhubarb [2.7]
sesame/shiso leaves [4.0]
snow peas [5.0]
squash blossoms [3.3]
tomatoes, red [2.6]
tomatoes, canned [3-5] 🔍 📖
turnips [4.6]
turnip greens [3.9]
wax beans [3.6]

EAT sparingly

artichoke hearts, cooked and canned [6.1] 🔍
beets [6.7]
Brussels sprouts [5.1]
buttercup squash [6.1]
cabbage, red [5.3]
carrots [6.6]
celeriac [5.6]
chili peppers, green [7.9] or red [7.3]
dandelion greens [5.6]
fava beans, cooked from fresh [6.4]
garlic [31] 🔥
ginger root [16] 🔥
onions [7.7]
peas, green, canned [6.4] 📖
pumpkin [6.0]
rutabaga [6.3]
spaghetti squash, cooked [5.1]
winter squash [7.1]
yellow bell pepper [5.3]

LIMIT

acorn squash [8.6]
butternut squash [9.7]
corn, canned [12] 🔍 🔥 📖
leeks [12] 🔥
lotus root [12] 🔥
peas, green, fresh [8.6]
peas, green, frozen [9.1] 🔍 📖
soybean sprouts [8.3] ❤️[1.6]
tomatoes, sun-dried, in oil [17] 🔍 🔥

AVOID

cassava [36]
corn, fresh [16-19]
corn, frozen [17-21]
corn, popped [63] 🔥
Jerusalem artichoke [16]
parsnips [13]
potatoes, sweet [17]
potatoes, white [15]
shallots [14]
taro [22]
tiger nuts [50-70] 🔥
water chestnuts [21]
yams [24]

fruit (including avocados)

EAT IN abundance

açai, unsweetened [1.2] 🍷
avocados, black-skinned/Hass [1.8] ♠️
avocados, green-skinned [2.2] ♠️

EAT IN moderation

blackberries [4.2]
huckleberries [4.8]
starfruit [3.9]

EAT sparingly

acerola [6.6]
cantaloupe [6.9]
casaba melon [5.6]
gooseberries [5.9]
grapefruit, white [7.3]
horned/kiwano melon [6.4]
lemons [6.3], incl. juice [6.6]
limes [7.6], incl. juice [8.0]
peaches [7.8]
pear, Asian [7.1]
physalis (golden berries) [7.0]
prickly pear [6.0]
raspberries [5.4]
strawberries [5.5]
watermelon [7.1]

LIMIT

apples [11] ⚡️
apricots [8.8]
blueberries [12] ⚡️
cherries, sour [9.6]
cherries, sweet [12] ⚡️
cranberries [8.4]
currants, black [8.9]
currants, red and white [9.5]
dragon fruit [12] ⚡️
grapefruit, pink and red [8.9]
guava [8.9]
honeydew melon [8.2]
kiwis, green [12]
mulberries [8.1]
nectarines [8.1]
oranges [9.1]
papaya [9.1]
pears [9.8]
pineapple [12] ⚡️
plums [9.3]
pomelo [8.6]
salmonberries [8.2]
tangerines/
mandarin oranges [11] ⚡️

AVOID

bananas [20]	fruit juice	kiwis, sungold [14]	passionfruit [13]
dried fruit, esp. dates	grapes [17]	lychees [15]	plantain [30]
figs [16]	jackfruit, ripe [21]	mango [13]	pomegranate [14]

nuts & seeds (including coconut & peanuts)

For the most part, items in this category are good sources of both protein ♥ and fat ♠️. However, coconut, macadamia nuts, and pine nuts are not particularly high in protein, and cashews and pistachios have a low protein content relative to their net carb content.

EAT IN abundance

Brazil nuts [4.2] [3.4]
chia seeds [7.7] [2.1] 🍷
(Bob's Redmill [1.2] [19])
flax seeds [1.6] [12]
hemp hearts [4.7] [6.8] 🍷
(Manitoba Harvest [2.0] [18])
pecans [4.3] [2.2]
pili nuts [≈2.7] [4.3]
pumpkin seeds [8.2] [3.6] 🍷
(Bob's Redmill [4.9] [7.3])
sacha inchi seeds [≈0] [325]
sesame seeds, hulled (i.e. white) [0.1] [157]
sunflower seed butter [3+] 🍷 🍷
(Sunbutter [3.1] [8.0])

EAT IN moderation

almonds [8.8] [2.4]
almonds, blanched [8.5] [2.5]
almond butter [8.2] [2.5]
coconut, dried [7.3]
coconut, fresh [6.2]
coconut butter [≈6]
hazelnuts [7.0] [2.1]
macadamia nuts [5.2] [1.5]
peanuts, oil-roasted [5.7] [4.9] 🍷
(Planter's [11] [2.3])
pine nuts, pignolias [9.4] [1.5]
pine nuts, pinyon [8.6] [1.3]
poppy seeds [8.6] [2.1]
walnuts [6.8] [2.2]
watermelon seeds [9.7] [2.9]

EAT sparingly

peanuts, dry-roasted [13] [1.9]
peanut butter [13] [1.9]
sesame seeds, unhulled (i.e. brown and black) [12] [1.5]
sunflower seeds [11] [1.8]
tahini [12] [1.4] 🍷
(Pepperwood Organics [3.0] [7.3])

LIMIT

baru nuts, roasted [20-25]
pistachios [17]

AVOID

acorns [≈40] ⚡️
cashews [27]
chestnuts, roasted [48] ⚡️

legumes & other protein-rich foods

Many items in this category will have nutritional profiles that are brand specific, vary widely by brand, and differ substantially from national nutritional data. Therefore, it is prudent to check your labels 📖. Consumption suggestions are based on the use of lower-carb items.

EAT IN abundance

hemp seed tofu (hempfu) (Tempt [1.0]) 🟡
lupin, ground/flakes [2.5-6] 🟡
lupini beans, some brands 🟡
(Brami [0] & Unico [0.7])
nori, dried [0]
nutritional yeast flakes [7-15+] 🟡
pea milk, unsweetened [0+]
plant-based meats with 1-2g net carbs
per 10g protein
pumpkin seed tofu (pumfu) (Foodies [0.8]) 🟡
protein powder, very low-carb varieties [0+]
soybeans, cooked from dry [2.2] [8.5]
soy yogurt, unsweetened [0+]
textured vegetable protein (TVP), pea-based [0+]
tofu, especially extra and super firm varieties
[0.7 - 2.2] [3.0 - 15] 🟡
tortilla chips, pea protein-based
(BeyondChipz [6.7])
yuba/fresh bean curd sheets [0+]

EAT IN moderation

edamame, dry-roasted (Seapoint Farms [10])
edamame, shelled, frozen [2.8] [4.0]
Just® Egg, scramble [2.3]
plant-based meats with 1-2g net carbs per 5g protein
seitan, lower-carb recipes
soybeans, dry-roasted [11] [4.0]
soybeans, oil-roasted [12] [3.2]
soybean or edamame pastas [9-13+]
soymilk, unsweetened [0.8] [4.4]
tempeh [3.8] [5.4] 🟡
textured soy protein (TSP) (Now Foods [14])
textured vegetable protein (TVP),
soy-based [17] [3.0]
wraps/tortillas, low-carb high-protein varieties
(Mission Hill [7] & Bfree [9])

EAT sparingly

lupini beans, some brands (Cento [5.0]) 🟡
plant-based meats with 1-2g net carbs per 3g protein
soybeans, canned/jarred (Eden [3.8] & Biona [5.5])
soy wrappers/norigami (Yamamotoyama [25])

LIMIT

beans, cooked from dry or canned [0.4 - 0.6]
aduki beans [18]
black beans [15]
black eyed peas [14]
cannellini beans (small white beans) [15]
chickpeas [20]
chickpea pasta/rice, dry [45-55]
cranberry beans [16]
fava beans [14]
great northern beans [18]
kidney beans [16]
lima beans [14]
mung beans [12]
navy beans [16]
pinto beans [17]
lentils, cooked [14] [0.6]
plant-based meats with net carbs equal to
protein
split peas, dry [39] [1.1]; cooked [10]

Avoid

grains and pseudograins, [dry] [cooked] [0.1 - 0.2]

amaranth [59] [17]	kamut [60] [23]	rice, brown, long-grain [73] [26]	sorghum [65]
barley [62] [22]	kaniwa [60]	rice, white, jasmine [78] [28]	spelt [60] [22]
buckwheat [65] [17]	millet [64] [21]	rice, wild [69] [20]	teff [65] [18]
bulgar [63] [16]	oats, rolled [58] [10-13]	rye [61]	wheat [59]
couscous [72] [22]	quinoa [57] [19]	durum wheat (semolina) [71]	pasta (wheat based) [72] [29]

plant-based meats with more net carbs than protein

baking ingredients

FLOURS & MEALS

With the exception of coconut flour and oat fiber powder, items in this section are good sources of protein ❤️.

almond flour [8.4] 🟡
coconut flour [21] 🟡
flaxseed meal [1.6] 🟡
lupin flour (Lupina [3.3]) 🟡
oat fiber powder [0+]
peanut flour/peanut butter powder Protein Plus [11] 🟡
protein powder, plain and flavored [0+]
sacha inchi powder (MRM [5.5]) 🟡
sesame seed flour (Kevala [17]) 🟡
soybean flour [21] 🟡
vital wheat gluten [13]

MISCELLANEOUS

agar agar [73] (Now Foods [0])
aquafaba (i.e. chickpea water) [2.9]
baking chocolate, unsweetened [12] 🟡
baking powder [28]
baking soda [0]
cacao nibs [0+] 🟡
chocolate chips, dark, keto-friendly varieties
(Choc Zero [7.1]) 🟡 ⚠️
cocoa and cacao powder, unsweetened [21]
coconut milk, canned [3.6] (Aroy-D [2.0]) 🟡
coconut cream, canned [4.4] 🟡
cream of tartar [61]
extracts/flavors, sugar-free [0+]
gums (guar, xanthan, etc.) [0] 🟡
herbs [≈20-30] & spices [≈30-50]
oils and butters, all types [0] 🟡
pumpkin purée, canned, unsweetened [5.1]
psyllium husks, whole and powdered [0] 🟡
yeast, dry active [14]

LIMIT

apple sauce, unsweetened [9.5]
chickpea flour [47]
starches (starch-like flours):
arrowroot [85]
cassava [83]
corn [90]
potato [77]
tapioca [87]

Avoid

carob [49]
cornmeal/corn flour [70]
dried fruit, esp. dates
grain and pseudograin flours [≈60-80]
sugar [≈100]
syrup, maple [67]

SWEETENERS

allulose [0]	monk fruit [0]
Bocha Sweet [0]	stevia [0]
erythritol [0]	xylitol [0] 🟡

other items

Items in this category often contain added sugar and can be quite high in net carbs ⚠️. For some items, it's not uncommon for the net carbs to be significantly higher than national nutritional data suggests. Check your labels 🏷️ and choose your products wisely. Avoid high-sugar items and use items that contain lesser amounts of sugar sparingly.

PLANT-BASED "DAIRY"

Plant-based dairy alternatives tend to be low in protein and high in starch, and thus high in net carbs. Some low-carb options do exist. If an item is not low-carb, enjoy it sparingly.

PICKLED & FERMENTED FOODS

capers [1.5]
ginger, artificially sweetened [2.2]
jalapeños, jarred/canned in brine [2.1]
kimchi [2.1] ⚠️
olives, black [4.4]
olives, green [0.5]
pickles, cucumber, dill [1.3]
sauerkraut [0.5]

MISCELLANEOUS

algae powders, chlorella [≈10-15]
algae powders, spirulina [20] ♥️
chocolate, very dark varieties 🟡 ⚠️
(Lindt 90% [14])
kelp noodles [0]
MCT oil powder [0] 🟡 ⚠️
seaweed, certain varieties [nori - 0] ♥️
shirataki/konjac noodles and rice [0+]

COOKING COMPLEMENTS

bouillon cubes/powder, vegetable [24] ⚠️
(Edward & Sons [4.7])
broth, vegetable [0.9] ⚠️
coconut milk, canned [3.6] 🟡
(Aroy-D [2.0])
coconut cream, canned [4.4] 🟡
curry paste ⚠️
herbs [≈20-30] & spices [≈30-50]
liquid smoke [0+]
marinara and tomato-based pasta
sauces [3.5-9] (Rao's [4.0])
miso paste [20]
oils, all types [0] 🟡
pesto [3.3] 🟡 ⚠️
sambal oelek [0+] ⚠️
tomato paste [14]
Worcestershire sauce [19] ⚠️

CONDIMENTS

aminos, liquid [0+]
aminos, coconut
(Coconut Secret [22])
buttery spreads [0] 🟡
hot sauce, sriracha [14]
hot (pepper) sauce [0.2-1.4]
ketchup [27]
(Heinz No Added Sugar [≈6])
mayonnaise [0.6] 🟡 ⚠️
(Hellman's [3.9])
mustard [1.8]
mustard, Dijon [3.1]
salsa, jarred, tomato-based [4.6]
soy sauce [4.0] ♥️
tamari [4.6] ♥️
vinegars, most types (excl. balsamic) [0 - 0.6+]
wasabi paste [40]

BEVERAGES

coffee, black [0]
coffee, instant, unprepared/dry [55]
diet sodas and soda water [0] 🏷️
milks, plant-based (excl. oat) [0+]
tea, black and herbal [0]

See note about alcohol consumption. 🏷️

NOTES & TIPS 🏷️

Kale underwent a nutritional transformation (5.0g → 0.2g net carbs per 100g) in 2019 when the USDA made changes to its database.

Canned and frozen vegetables often contain added sugar. Corn, green peas, and tomatoes are frequent targets. Check your labels.

Chia seed, hemp heart, pumpkin seed, and sunflower seed butter consumption recommendations are based on label data, which is consistently much lower in net carbs than national data.

Lupini beans and lupin derivatives may cause digestive distress to those not well-adapted to frequent bean consumption.

There is a link between peanut allergies and lupin allergies. Thus, approach lupini beans with caution if you have a peanut allergy.

The nutritional data on lupini beans varies vastly by brand. Reasons for this are unclear. Check your labels.

Nutritional yeast flakes come in fortified and unfortified varieties. You may wish you blend these varieties to avoid excessive intake of the micronutrients that nutritional yeast is commonly fortified with.

The net carb content of nutritional yeast can vary substantially, likely due in part to the substrate used for growing it. Check your labels.

Tofu net carb and protein content varies a lot by type. Firmer and non-silken varieties tend to be lower in carbs and higher in protein,

while softer and silken varieties tend to be higher in carbs and lower in protein. However, this is not always the case, so check your labels.

Temppeh can sometimes be very low in net carbs, and if so, can be eaten in abundance. Lightlife makes some very low-carb options.

The health consequences of aspartame consumption, a common sweetener in **diet sodas**, has recently come under scrutiny. However, at the time of writing, these new insights have not necessitated or led to a change in previously established intake guidelines.

When choosing **plant-based milks** look for low-protein milks that do not exceed 1g net carbs per cup (240ml) and higher-protein milks (i.e. pea and soy) that do not exceed 2g net carbs per cup (240ml).

Alcohol is not entirely off limits on a keto diet. Pure alcohols such as rum, vodka, gin, tequila, and whiskey contain no carbs. Dry wines and light beers are not overly carb heavy (about 4g net carbs for a 5-ounce [150ml] glass of wine and 2.5 to 6g for a 12-ounce [350ml] beer). Be aware that some people report a much lower alcohol tolerance when in ketosis, especially in the initial stages.

Gums and psyllium husks may cause digestive upset or urgency in some people, especially if consumed in large quantities.

Xylitol is toxic to dogs. Pet owners should exercise caution.

These pages are a variation on the food list in my book, **KETO FOR vegans**. If you'd like to learn more about the book, or download some of my other free resources, visit my website keto4vegans.com.