

# KETOVALE

---

*Represents*

## Simple and Printable Keto Food List

---

Version 1.0



For the most up-to-date food list with details of what to eat and avoid on keto, please visit: <https://www.ketovale.com/ketogenic-diet-food-list/>

For new and delicious keto recipes and tips, visit our website:

<https://www.ketovale.com/>

By [KetoVale.com](https://www.ketovale.com/)

**KETOVALE**

Dear KetoVale.com Readers,

Thank you so much for being a part of our Keto Diet community!

This PDF file contains a simple food list for you to use and print.

We try to provide the most accurate nutrition facts of all the foods presented in this pdf. However, the actual nutritional information of each food might vary based on the ingredients it's made of, the brands and other factors. Make sure you read the food labels, check the nutritional information and track your macros for the best results when following keto diet.

For the most accurate nutrition fact of foods, go to this USDA Food Composition Databases website and enter the food you want to check:

<https://ndb.nal.usda.gov/ndb/search>

For example: Enter “**cheddar cheese**” in the link above for the nutritional information of cheddar cheese.

Before you go, feel free to check these useful resources:

**The Complete Keto Diet Guide For Beginners:**

<https://www.ketovale.com/ketogenic-diet-guide/>

**Keto Diet Free Meal Plans:**

<https://www.ketovale.com/keto-diet-meal-plan/>

**Ketogenic Diet Success Stories:**

<https://www.ketovale.com/ketogenic-diet-success-stories/>

**Weekly Keto Meal Plans Subscription\*:**

<https://www.ketovale.com/weekly>

**Keto in Five eCookbook\* - 120 Recipes 5 Ingredients & 5 Carbs:**

<https://www.ketovale.com/cookbook>

Also, read our story on our website [KetoVale.com](https://www.ketovale.com) to learn more about us:

<https://www.ketovale.com/about/>

\*Offers by our partner [Tasteaholics](#)

By [KetoVale.com](https://www.ketovale.com)

**KETOVALE**

# Healthy Fats List

types of fat	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Extra Virgin Olive Oil	15 ml / 13.5 g (1 tbsp)	calories: 119; fat: 13.5 g; net carbs: 0 g; protein: 0 g	calories: 884; fat: 100 g; net carbs: 0 g; protein: 0 g
Avocado Oil	15 ml / 13.5 g (1 tbsp)	calories: 119; fat: 13.5 g; net carbs: 0 g; protein: 0 g	calories: 884; fat: 100 g; net carbs: 0 g; protein: 0 g
Coconut Oil	15 ml / 13.5 g (1 tbsp)	calories: 116; fat: 13.5 g; net carbs: 0 g; protein: 0 g	calories: 862; fat: 100 g; net carbs: 0 g; protein: 0 g
Ghee	15 ml / 13.5 g (1 tbsp)	calories: 119; fat: 13.5 g; net carbs: 0 g; protein: 0 g	calories: 884; fat: 100 g; net carbs: 0 g; protein: 0 g
Butter	15 ml / 14.2 g (1 tbsp)	calories: 102; fat: 11.52 g; net carbs: 0.01 g; protein: 0.12 g	calories: 717; fat: 81.11 g; net carbs: 0.06 g; protein: 0.85 g
Lard	15 ml / 12.8 g (1 tbsp)	calories: 115; fat: 13 g; net carbs: 0 g; protein: 0 g	calories: 902; fat: 100 g; net carbs: 0 g; protein: 0 g
foods high in fat	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Avocados	100 g / 3.5 oz / approx. 1/2 avocado	calories: 160; fat: 14.7 g; net carbs: 1.8 g; protein: 2 g	calories: 160; fat: 14.7 g; net carbs: 1.8 g; protein: 2 g
Eggs	1 medium egg	calories: 63; fat: 4.2 g; net carbs: 0.3 g; protein: 6 g	calories: 143; fat: 10 g; net carbs: 0.7 g; protein: 13 g
Ground beef, 20% fat, raw	100 g / 3.5 oz	calories: 254; fat: 20 g; net carbs: 0 g; protein: 17 g	calories: 254; fat: 20 g; net carbs: 0 g; protein: 17 g
Bacon, pork	28 g / 1 oz	calories: 128; fat: 12.6 g; net carbs: 0.2 g; protein: 3.2 g	calories: 458; fat: 45 g; net carbs: 0.7 g; protein: 11.6 g
Salmon, raw	1/2 filet / 198 g	calories: 412; fat: 27 g; net carbs: 0 g; protein: 40 g	calories: 208; fat: 13 g; net carbs: 0 g; protein: 20 g
Olives, pickled, green	28 g / 1 oz	calories: 41; fat: 4.3 g; net carbs: 0.2 g; protein: 0.3 g	calories: 145; fat: 15.3 g; net carbs: 0.5 g; protein: 1 g
Macadamia Nuts*	28.4 g / 1 oz / 10-12 kernels	calories: 204; fat: 21 g; net carbs: 1.5 g; protein: 2.2 g	calories: 718; fat: 76 g; net carbs: 5 g; protein: 8 g
Brazil Nuts*	28.4 g / 1 oz / 6 kernels	calories: 186; fat: 19 g; net carbs: 1.4 g; protein: 4.1 g	calories: 656; fat: 66 g; net carbs: 4 g; protein: 14 g
Almonds*	28.4 g / 1 oz / 23 kernels	calories: 163; fat: 14 g; net carbs: 2.5 g; protein: 6 g	calories: 576; fat: 49 g; net carbs: 10 g; protein: 21 g
Cheddar Cheese*	28.4 g / 1 oz	calories: 114; fat: 9 g; net carbs: 0.4 g; protein: 7 g	calories: 402; fat: 33 g; net carbs: 1.3 g; protein: 25 g
Heavy Cream*	15 g (1 tbsp)	calories: 51.8; fat: 5.6 g; net carbs: 0.4 g; protein: 0.3 g	calories: 345; fat: 37 g; net carbs: 2.8 g; protein: 2.1 g
Half-and-Half*	15 g (1 tbsp)	calories: 19.5; fat: 1.7 g; net carbs: 0.6 g; protein: 0.4 g	calories: 130; fat: 11.5 g; net carbs: 4.3 g; protein: 3 g
Full fat coconut oil*	15 g (1 tbsp)	calories: 30; fat: 3.2 g; net carbs: 0.42 g; protein: 0.3 g	calories: 197; fat: 21.3 g; net carbs: 2.8 g; protein: 2 g

# Protein List

foods high in protein	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Chicken Breast	1/2 medium breast	calories: 191; fat: 7.6 g; net carbs: 0 g; protein: 29 g	calories: 195; fat: 7.7 g; net carbs: 0 g; protein: 30 g
Chicken Thighs	1 medium	calories: 152; fat: 9.5 g; net carbs: 0 g; protein: 15.4 g	calories: 245; fat: 15.36 g; net carbs: 0 g; protein: 25 g
Turkey Meat	100 g / 3.5 oz	calories: 119; fat: 2.9 g; net carbs: 0 g; protein: 21.8 g	calories: 119; fat: 2.9 g; net carbs: 0 g; protein: 21.8 g
Duck Meat	100 g / 3.5 oz	calories: 132; fat: 6 g; net carbs: 0 g; protein: 18.3 g	calories: 132; fat: 6 g; net carbs: 0 g; protein: 18.3 g
Pork Meat	100 g / 3.5 oz	calories: 271; fat: 17 g; net carbs: 0 g; protein: 27 g	calories: 271; fat: 17 g; net carbs: 0 g; protein: 27 g
Beef Meat	100 g / 3.5 oz	calories: 288; fat: 20 g; net carbs: 0 g; protein: 26 g	calories: 288; fat: 20 g; net carbs: 0 g; protein: 26 g
Beef Liver	100 g / 3.5 oz	calories: 135; fat: 3.6 g; net carbs: 3.9 g; protein: 20.4 g	calories: 135; fat: 3.6 g; net carbs: 3.9 g; protein: 20.4 g
Beef Kidneys	100 g / 3.5 oz	calories: 103; fat: 3.1 g; net carbs: 0.3 g; protein: 17.4 g	calories: 103; fat: 3.1 g; net carbs: 0.3 g; protein: 17.4 g
Ground beef, 20% fat, raw	100 g / 3.5 oz	calories: 254; fat: 20 g; net carbs: 0 g; protein: 17 g	calories: 254; fat: 20 g; net carbs: 0 g; protein: 17 g
Bacon, Pork	28 g / 1 oz	calories: 128; fat: 12.6 g; net carbs: 0.2 g; protein: 3.2 g	calories: 458; fat: 45 g; net carbs: 0.7 g; protein: 11.6 g
Bone Broth, Beef	1 cup (245 g / 8.64 oz)	calories: 40; fat: 1 g; net carbs: 0 g; protein: 4 g	calories: 17; fat: 0 g; net carbs: 0 g; protein: 2 g
Eggs	1 medium egg	calories: 63; fat: 4.2 g; net carbs: 0.3 g; protein: 6 g	calories: 143; fat: 10 g; net carbs: 0.7 g; protein: 13 g
Salmon, raw	1/2 filet / 198 g	calories: 412; fat: 27 g; net carbs: 0 g; protein: 40 g	calories: 208; fat: 13 g; net carbs: 0 g; protein: 20 g
Tuna fish, light, canned	1 cup (solid or chunks, 154 g / 5.4 oz)	calories: 179; fat: 1.3 g; net carbs: 0 g; protein: 39.3 g	calories: 116; fat: 0.8 g; net carbs: 0 g; protein: 25.5 g
Mackerel, Atlantic, raw	1 fillet (112 g / 4 oz)	calories: 230; fat: 15.6 g; net carbs: 0 g; protein: 20.8 g	calories: 205; fat: 13.9 g; net carbs: 0 g; protein: 18.6 g
Shrimp, raw	1 serving (85 g / 3 oz)	calories: 90; fat: 1.5 g; net carbs: 0.8 g; protein: 17.3 g	calories: 106; fat: 1.7 g; net carbs: 0.9 g; protein: 20.3 g
Almonds*	28.4 g / 1 oz / 23 kernels	calories: 163; fat: 14 g; net carbs: 2.5 g; protein: 6 g	calories: 576; fat: 49 g; net carbs: 10 g; protein: 21 g
Cheddar Cheese*	28.4 g / 1 oz	calories: 114; fat: 9 g; net carbs: 0.4 g; protein: 7 g	calories: 402; fat: 33 g; net carbs: 1.3 g; protein: 25 g
Feta Cheese*	1/2 cup, crumbled (75 g / 2.6 oz)	calories: 198; fat: 15.8 g; net carbs: 3 g; protein: 10.6 g	calories: 264; fat: 21.3 g; net carbs: 4.1 g; protein: 14.2 g
Greek Yogurt	100 g / 3.5 oz	calories: 59; fat: 0.4 g; net carbs: 3.6 g; protein: 10 g	calories: 59; fat: 0.4 g; net carbs: 3.6 g; protein: 10 g

# Vegetables List (Common Veggies)

vegetables	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Spinach	1 cup (approx. 30 g / 1.05 oz)	calories: 7; fat: 0.12 g; net carbs: 0.39 g; protein: 0.86 g	calories: 23; fat: 0.39 g; net carbs: 1.41 g; protein: 2.86 g
Lettuce	1 cup shredded (approx. 36 g / 1.3 oz)	calories: 5.4; fat: 0.1 g; net carbs: 0.5 g; protein: 0.5 g	calories: 15; fat: 0.2 g; net carbs: 1.5 g; protein: 1.4 g
Arugula	1 cup (approx. 20 g / 0.7 oz)	calories: 5; fat: 0.2 g; net carbs: 0.4 g; protein: 0.6 g	calories: 25; fat: 0.7 g; net carbs: 2.1 g; protein: 2.6 g
Bok choy	1 cup shredded (approx. 70 g / 2.5 oz)	calories: 9; fat: 0.1 g; net carbs: 0.8 g; protein: 1.1 g	calories: 13; fat: 0.2 g; net carbs: 2.2 g; protein: 1.5 g
Asparagus, raw	1/2 cup (approx. 67 g / 2.36 oz)	calories: 13.8; fat: 0.1 g; net carbs: 1.25 g; protein: 1.45 g	calories: 20; fat: 0.1 g; net carbs: 1.9 g; protein: 2.2 g
Zucchini	1 medium, with skin on (approx. 196 g / 6.9 oz)	calories: 31.4; fat: 0.4 g; net carbs: 4.4 g; protein: 2.4 g	calories: 16; fat: 0.2 g; net carbs: 2.2 g; protein: 1.2 g
Cucumber	1/2 cup, peeled, chopped (approx. 66 g / 2.3 oz)	calories: 8; fat: 0.1 g; net carbs: 1 g; protein: 0.4 g	calories: 12; fat: 0.2 g; net carbs: 1.5 g; protein: 0.6 g
Tomatoes	1 medium whole (approx. 123 g / 4.3 oz)	calories: 22.1; fat: 0.2 g; net carbs: 3.3 g; protein: 1.1 g	calories: 18; fat: 0.2 g; net carbs: 2.7 g; protein: 0.9 g
Cherry Tomatoes	1/2 cup (approx. 75 g / 2.7 oz)	calories: 13.4; fat: 0.15 g; net carbs: 2 g; protein: 0.7 g	calories: 18; fat: 0.2 g; net carbs: 2.7 g; protein: 0.9 g
Kale, raw	1 cup, chopped (approx. 67 g / 2.36 oz)	calories: 33.5; fat: 0.5 g; net carbs: 5.4 g; protein: 2.2 g	calories: 50; fat: 0.7 g; net carbs: 8 g; protein: 3.3 g
Cabbage, raw	1 cup, chopped (approx. 85 g / 3 oz)	calories: 22; fat: 0.1 g; net carbs: 3 g; protein: 1.1 g	calories: 25; fat: 0.1 g; net carbs: 3.3 g; protein: 1.3 g
Celery	1 stalk, large (64 g / 2.3 oz)	calories: 10.2; fat: 0.1 g; net carbs: 1.2 g; protein: 0.4 g	calories: 16; fat: 0.2 g; net carbs: 1.8 g; protein: 0.7 g
Peppers (green, raw)	1 medium whole (approx. 119 g / 4.2 oz)	calories: 23.8; fat: 0.2 g; net carbs: 3.5 g; protein: 1 g	calories: 20; fat: 0.2 g; net carbs: 2.9 g; protein: 0.9 g
Peppers (red, raw)	1 medium whole (approx. 119 g / 4.2 oz)	calories: 36.9; fat: 0.4 g; net carbs: 5 g; protein: 1.2 g	calories: 31; fat: 0.3 g; net carbs: 4.2 g; protein: 1 g
Eggplant, raw	1 cup, cubes (82 g / 2.9 oz)	calories: 19.7; fat: 0.2 g; net carbs: 1.9 g; protein: 0.8 g	calories: 24; fat: 0.2 g; net carbs: 2.3 g; protein: 1 g
Broccoli, raw	1 cup, chopped (91 g / 3.2 oz)	calories: 30.9; fat: 0.3 g; net carbs: 3.6 g; protein: 2.6 g	calories: 34; fat: 0.4 g; net carbs: 4 g; protein: 2.8 g
Cauliflower, raw	1 cup (100 g / 3.5 oz)	calories: 25; fat: 0.1 g; net carbs: 2.8 g; protein: 2 g	calories: 25; fat: 0.1 g; net carbs: 2.8 g; protein: 2 g
Mushrooms, white, raw	1 cup, pieces or slices (70 g / 2.5 oz)	calories: 15.4; fat: 0.2 g; net carbs: 1.4 g; protein: 2.2 g	calories: 22; fat: 0.3 g; net carbs: 2.3 g; protein: 3.1 g
Onion, raw	1 slice, medium (14 g / 0.5 oz)	calories: 5.6; fat: 0 g; net carbs: 1.1 g; protein: 0.2 g	calories: 40; fat: 0.1 g; net carbs: 7.6 g; protein: 1.1 g
Garlic	1 clove (3 g / 0.1 oz)	calories: 4.5; fat: 0 g; net carbs: 0.9 g; protein: 0.2 g	calories: 149; fat: 0.5 g; net carbs: 31 g; protein: 6.4 g



# Fruits List

fruit	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Avocados	100 g / 3.5 oz / approx. 1/2 avocado	calories: 160; fat: 14.7 g; net carbs: 1.8 g; protein: 2 g	calories: 160; fat: 14.7 g; net carbs: 1.8 g; protein: 2 g
Raspberries	1/2 cup (approx. 62 g / 2.2 oz)	calories: 32; fat: 0.4 g; net carbs: 3.34 g; protein: 0.74 g	calories: 52; fat: 0.665 g; net carbs: 5.44 g; protein: 1.2 g
Strawberries	1/2 cup of whole (approx. 72 g / 2.5 oz)	calories: 23; fat: 0.22 g; net carbs: 4.13 g; protein: 0.48 g	calories: 32; fat: 0.3 g; net carbs: 5.68 g; protein: 0.67 g
Blackberries	1/2 cup (approx. 72 g / 2.5 oz)	calories: 31; fat: 0.35 g; net carbs: 3.12 g; protein: 1 g	calories: 43; fat: 0.49 g; net carbs: 4.31 g; protein: 1.39 g
Blueberries	1/2 cup (approx. 74 g / 2.6 oz)	calories: 41; fat: 0.24 g; net carbs: 8.81 g; protein: 0.54 g	calories: 57; fat: 0.33 g; net carbs: 12.1g; protein: 0.74 g

# Condiments, Sauces and Others

Condiments	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Lemon juice	1 tbsp (15 ml / 0.5 oz)	calories: 4; fat: 0 g; net carbs: 1 g; protein: 0.1 g	calories: 26; fat: 0 g; net carbs: 8.5 g; protein: 0.39 g
Mustard	1 tsp (5 g / 0.18 oz)	calories: 4; fat: 0.2 g; net carbs: 0.1 g; protein: 0.2 g	calories: 66; fat: 4 g; net carbs: 1.7 g; protein: 4.4 g
Mayonnaise	1 tbsp (13.8 g / 0.5 oz)	calories: 94; fat: 10 g; net carbs: 0.1 g; protein: 0.1 g	calories: 680; fat: 75 g; net carbs: 0.6 g; protein: 1 g
Apple cider vinegar	1 tbsp (15 ml / 0.5 oz)	calories: 3; fat: 0 g; net carbs: 0.1 g; protein: 0 g	calories: 22; fat: 0 g; net carbs: 0.9 g; protein: 0 g
Extra Virgin Olive Oil	15 ml / 13.5 g (1 tbsp)	calories: 119; fat: 13.5 g; net carbs: 0 g; protein: 0 g	calories: 884; fat: 100 g; net carbs: 0 g; protein: 0 g
Basil leaves, fresh	2 tbsp, chopped (5.3 g / 0.19 oz)	calories: 1; fat: 0 g; net carbs: 0.1 g; protein: 0.2 g	calories: 22; fat: 0.6 g; net carbs: 1.1 g; protein: 3.2 g
Basil leaves, dried	1 tbsp, ground (4.5 g / 0.16 oz)	calories: 11; fat: 0.2 g; net carbs: 0.4 g; protein: 1 g	calories: 233; fat: 4.1 g; net carbs: 10 g; protein: 23 g
Cayenne pepper	1 tsp (1.8 g / 0.06 oz)	calories: 6; fat: 0.3 g; net carbs: 0.5 g; protein: 0.2 g	calories: 318; fat: 17 g; net carbs: 30 g; protein: 12 g
Black pepper	1 tsp, ground (2.3 g / 0.08 oz)	calories: 6; fat: 0.1 g; net carbs: 0.9 g; protein: 0.2 g	calories: 251; fat: 3.3 g; net carbs: 39 g; protein: 10 g
Paprika	1 tsp (2.3 g / 0.08 oz)	calories: 6; fat: 0.3 g; net carbs: 0.4 g; protein: 0.3 g	calories: 282; fat: 13 g; net carbs: 19 g; protein: 14 g
Garlic powder	1 tsp (3.1 g / 0.11 oz)	calories: 10; fat: 0 g; net carbs: 2 g; protein: 0.5 g	calories: 331; fat: 0.7 g; net carbs: 64 g; protein: 17 g
Turmeric	1 tsp (2.2 g / 0.8 oz)	calories: 8; fat: 0.2 g; net carbs: 0.9 g; protein: 0.2 g	calories: 354; fat: 10 g; net carbs: 44 g; protein: 8 g

\* Onion, garlic, turmeric & ginger and their powders are ok in small amounts.

# Drinks List

Drinks	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Black coffee, no sweetener	1 cup (245 g / 8.64 oz)	calories: 2.4; fat: 0 g; net carbs: 0 g; protein: 0.3 g	calories: 0; fat: 0 g; net carbs: 0 g; protein: 0 g
Black coffee with 1 tbsp. of heavy cream added, no sweetener	1 cup (245 g / 8.64 oz)	calories: 51.8; fat: 5.6 g; net carbs: 0.4 g; protein: 0.6 g	-
Black, green or oolong tea	1 cup (245 g / 8.64 oz)	calories: 0; fat: 0 g; net carbs: 0 g; protein: 0 g	calories: 0; fat: 0 g; net carbs: 0 g; protein: 0 g
Herbal tea	1 cup (245 g / 8.64 oz)	calories: 0; fat: 0 g; net carbs: 0 g; protein: 0 g	calories: 0; fat: 0 g; net carbs: 0 g; protein: 0 g
Lemon water	1 cup of water with 1 tbsp. of lemon juice	calories: 4; fat: 0 g; net carbs: 1 g; protein: 0.1 g	-
Almond milk, unsweetened	1 cup (245 g / 8.64 oz)	calories: 40; fat: 3.6 g; net carbs: 1.4 g; protein: 1.5 g	calories: 17; fat: 1.5 g; net carbs: 0.6 g; protein: 0.6 g
Bone Broth	1 cup (245 g / 8.64 oz)	calories: 40; fat: 1 g; net carbs: 0 g; protein: 4 g	calories: 17; fat: 0 g; net carbs: 0 g; protein: 2 g

# Snacks List

Keto snacks	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Eggs	1 medium egg	calories: 63; fat: 4.2 g; net carbs: 0.3 g; protein: 6 g	calories: 143; fat: 10 g; net carbs: 0.7 g; protein: 13 g
Cucumber	1/2 cup, peeled, chopped (approx. 66 g / 2.3 oz)	calories: 8; fat: 0.1 g; net carbs: 1 g; protein: 0.4 g	calories: 12; fat: 0.2 g; net carbs: 1.5 g; protein: 0.6 g
Cherry Tomatoes	1/2 cup (approx. 75 g / 2.7 oz)	calories: 13.4; fat: 0.15 g; net carbs: 2 g; protein: 0.7 g	calories: 18; fat: 0.2 g; net carbs: 2.7 g; protein: 0.9 g
Pickles (pickled cucumbers)	1 cup (approx. 155 g / 5.47 oz)	calories: 16; fat: 0.3 g; net carbs: 1.6 g; protein: 0.5 g	calories: 11; fat: 0.2 g; net carbs: 1.1 g; protein: 0.3 g
Olives, pickled, green	28 g / 1 oz	calories: 41; fat: 4.3 g; net carbs: 0.2 g; protein: 0.3 g	calories: 145; fat: 15.3 g; net carbs: 0.5 g; protein: 1 g
Greek Yogurt, nonfat*	100 g / 3.5 oz	calories: 59; fat: 0.4 g; net carbs: 3.6 g; protein: 10 g	calories: 59; fat: 0.4 g; net carbs: 3.6 g; protein: 10 g
Macadamia Nuts*	28.4 g / 1 oz / 10-12 kernels	calories: 204; fat: 21 g; net carbs: 1.5 g; protein: 2.2 g	calories: 718; fat: 76 g; net carbs: 5 g; protein: 8 g
Brazil Nuts*	28.4 g / 1 oz / 6 kernels	calories: 186; fat: 19 g; net carbs: 1.4 g; protein: 4.1 g	calories: 656; fat: 66 g; net carbs: 4 g; protein: 14 g
Almonds*	28.4 g / 1 oz / 23 kernels	calories: 163; fat: 14 g; net carbs: 2.5 g; protein: 6 g	calories: 576; fat: 49 g; net carbs: 10 g; protein: 21 g
Cheddar Cheese*	28.4 g / 1 oz	calories: 114; fat: 9 g; net carbs: 0.4 g; protein: 7 g	calories: 402; fat: 33 g; net carbs: 1.3 g; protein: 25 g

Again, for the most accurate nutrition fact of foods, go to this USDA Food Composition Databases and enter the food you want to check:

<https://ndb.nal.usda.gov/ndb/search>

For example: Enter “**cheddar cheese**” in the link above for the nutritional information of cheddar cheese.

For the most up-to-date food list and what to eat and avoid on keto, please visit:

<https://www.ketovale.com/ketogenic-diet-food-list/>

For new keto recipes, tips and news, visit our website:

<https://www.ketovale.com/>

Before you go, feel free to check these useful resources:

**The Complete Keto Diet Guide For Beginners:**

<https://www.ketovale.com/ketogenic-diet-guide/>

**Keto Diet Free Meal Plans:**

<https://www.ketovale.com/keto-diet-meal-plan/>

**Ketogenic Diet Success Stories:**

<https://www.ketovale.com/ketogenic-diet-success-stories/>

**Weekly Keto Meal Plans Subscription\*:**

<https://www.ketovale.com/weekly>

**Keto in Five eCookbook\* - 120 Recipes 5 Ingredients & 5 Carbs:**

<https://www.ketovale.com/cookbook>

Also, read our story on our website [KetoVale.com](https://www.ketovale.com) to learn more about us:

<https://www.ketovale.com/about/>

\*Offers by our partner [Tasteaholics](#)

-----The end-----