













































Printable Keto Vegetables List

FOOD	SERVING	NET CARBS					
Kale	1 cup	0.05	LESS CARBS				
Bean Sprouts	1 cup	0.1		0.05g	0.1g	0.3g	0.4g
Broccoli Rabe	1 cup	0.2					
Watercress	1 cup	0.3		0.4g	0.45g	0.5g	0.5g
Ginger	1 tsp	0.4					
Arugula	1 cup	0.4		0.75g	0.8g	0.8g	0.8g
Spinach	1 cup	0.45					
Jalapeno	1 med	0.5		0.9g	1.36g	1.4g	1.8g
Lettuce	1 cup	0.5					
Swiss Chard	1 cup	0.75		2g	2g	2.2g	2.3g
Bok Choy	1 cup	0.8	ketodiet yum				
Mustard Greens	1 cup	0.8		2.3g	2.55g	2.6g	2.96g
Collard Greens	1 cup	0.8					
Garlic	1 clove	0.9		3.2g	3.3g	3.3g	3.5g
Shallots	1 tbsp	1.36					
Celery	1 cup	1.4		3.6g	4g	4g	4g
Pickles	1 cup	1.6					
Olives	10 large	1.8		4.3g	4.5g	4.6g	4.9g
Nopal	1 cup	1.9					
Radish Slices	1 cup	2		5g	5.3g	5.46g	5.8g
Mushrooms	1 cup	2					
Asparagus	1 cup	2.2	MORE CARBS	7.4g	7.5g	8.6g	11.4g
Cabbage (Green)	1 cup	2.3					
Eggplant	1 cup	2.3					
Avocado	1 med	2.55					
Yellow Squash	1 cup	2.6					
Cucumber	1 med	2.96					
Cauliflower	1 cup	3.2					
Chili Pepper	1 med	3.3					
Fennel	1 cup	3.3					
Cabbage (Red)	1 cup	3.5					
Kohlrabi	1 cup	3.5					
Green Beans	1 cup	3.6					
Okra	1 cup	3.8					
Rhubarb	1 cup	3.8					
Tomato	1 med	4					
Broccoli	1 cup	4					
Zucchini	1 med	4					
Carrots	1 med	4.3					
Green Onions	1 cup	4.4					
Bamboo Shoots	1 cup	4.5					
Brussels	1 cup	4.5					
Jicama	1 cup	4.6					
Snow Peas	1 cup	4.9					
Artichoke	1 med	5					
Poblano Pepper	1 med	5.3					
Spaghetti Squash	1 cup	5.46					
Turnip	1 med	5.8					
Pumpkin	1 cup	7.4					
Bell Pepper	1 cup	7.5					
Onion	1 med	8.6					
Rutabaga	1 cup	8.8					
Leek	1 cup	11.4					
Celeriac	1 cup	11.6					

On The Vegetable System Of Diet

M Walker



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