Fridge sheet: What fits keto?

Amount = typical serving. The color depends on the net carbs per 100 g: green under 5 g, yellow 5 to 10 g, red over 10 g.

✓ green fits well

Almond drink, unsweetened	200 g
Almond flour	30 g
Arugula	50 g
Asparagus	250 g
Avocado	80 g
Bacon	30 g
Beer 0.33 l ≈ 7 g carbs	330 ml
Bok choy	150 g
Brazil nuts	20 g
Broccoli	200 g
Brussels sprouts	150 g
Butter	10 g
Buttermilk	150 g
Button mushrooms	150 g
Cauliflower	200 g
Celeriac	100 g
Celery stalks	100 g
Chia seeds	15 g
Chinese cabbage	150 g
Coconut	30 g
Coconut milk	50 g
Cola zero 0.33 l ≈ 0 g carbs	330 ml
Cottage cheese	100 g
Cow's milk, 3.5% fat	200 g
Cream cheese, full-fat	30 g
Cream, 30% fat	30 g
Crème fraîche	30 g
Cucumber	150 g
Dry wine	150 ml
Eggplant	200 g
Eggs	120 g
Fennel	150 g
Feta	50 g
Flaxseeds	15 g
Greek yogurt, 10% fat	150 g
Green beans	150 g
Halloumi	60 g
Hard cheese	30 g
Hazelnuts	30 g
Jerusalem artichoke	100 g
Kale	200 g
Kefir	150 g
Kohlrabi	150 g
Lamb's lettuce	50 g
Lemon / lime	30 g
Lettuce / iceberg lettuce	100 g
Low-fat quark	150 g
Mayonnaise	15 g
Meat / fish, plain	150 g
Mozzarella	60 g
Mustard	10 g
Olive oil / coconut oil / MCT oil	15 g
Olives	30 g
Pecans	30 g
Plain yogurt, 3.5% fat	150 g
Pumpkin seeds	30 g
Quark, full-fat	150 g
Radishes	80 g
Red cabbage	150 g
Redcurrants	80 g
Rhubarb	150 g
Salmon	150 g
Sausage / cold cuts	40 g
Seitan	80 g
Shirataki noodles	150 g
Shrimp	100 g
Skyr, plain	150 g
Sour cream 24%	30 g
Spinach	100 g
Sunflower seeds	20 g
Swiss chard	150 g
Tofu	100 g
Tomato	150 g
White cabbage / sauerkraut	150 g
Zucchini	200 g

⚠ yellow in moderation

Almond flour	30 g
Almonds	30 g
Beer, alcohol-free 0.33 l ≈ 12 to 27 g carbs	330 ml
Beetroot	60 g
Blackberries	80 g
Blackcurrants	80 g
Blueberries	60 g
Butternut squash	80 g
Carrot	80 g
Corn	150 g
Gooseberries	100 g
Grapefruit	150 g
Green bell pepper	150 g
Hokkaido squash	80 g
Hummus	50 g
Leek	100 g
Lupin flour	30 g
Macadamia nuts	30 g
Oat drink	200 g
Onion	50 g
Parsnip	150 g
Peanuts	30 g
Pine nuts	20 g
Pistachios	30 g
Raspberries	100 g
Red/yellow bell pepper	100 g
Strawberries	100 g
Walnuts	30 g
Watermelon	100 g

× red best avoided

Apple	150 g
Banana	120 g
Cashews	30 g
Cherries	100 g
Chickpeas	150 g
Coconut flour	20 g
Dark chocolate 85%+	15 g
Grapes	125 g
Ketchup	15 g
Ketchup, reduced sugar	15 g
Mango	150 g
Peas	150 g
Potato	200 g
Protein bread	50 g
Red lentils	150 g
Regular cola	330 ml
Sweet potato	200 g
Unsweetened cocoa powder, strongly de-oiled	10 g