

# Keto Free Foods

Keto free foods are foods that are bulky and very low in carbs (and calories) so you can eat them without counting carbs or calories. These foods are not actually free of carbohydrates, but it is hard to eat enough of them to really matter.



Item	Amount	Fat	Carb	Fiber	Protein	Calories
Lettuces of all kinds	2 cups raw shredded (72 grams)	0.2	2	1	1	10
Greens of all kinds	2 cups raw shredded (60 grams) If desired, cook the greens, but measure the portion raw	0.2	2.2	1.4	1.8	14
Celery	1 large stalk, 11-12 inches long (64 grams)	0.1	2.2	1	0.4	10
Radish	½ cup slices (58 grams)	0.1	2	0.9	0.4	9
Cucumber	1/2 cup slices (52 grams)	0.1	1.9	0.3	0.3	7.8
Dill Pickle	1 medium, 3 ¾ inches long (65 grams)	0.1	1.5	0.8	0.2	7
Mushrooms	1 cup slices and pieces (70 grams)	0.2	2.3	0.7	2.2	16
Seed Sprouts i.e. alfalfa	1 cup (33 grams)	0.2	1	0.4	1.3	9
Bamboo Shoots	3/8 cup sliced (50 grams)	0.1	2.5	1.1	1.3	14
Broth	1 cup (237 ml)	0.6	0.7	0	0.7	11
Herbs and spices	Teaspoon or tablespoon full, chopped or ground	0	0	0	0	0

