

Fruits	description	portion (g)	carbohydrate (g)	energy kcal
Raspberries	15-16 fruit	60	2.7	15
Kiwi fruit	1 medium	30	3.1	14
apricot, fresh	one	65	4.6	20
Plums, average	1 medium	55	4.8	19
Graperfruit, fresh	half	80	5.4	24
Melon, canteloupe	quarter	133	5.5	25
Satsuma/ clementine	1 medium	70	5.9	25
Strawberries	10 small	100	6.0	27
Melon, honeydew	1 large slice	200	6.6	28

Vegetables	description	portion (g)	carbohydrate (g)	energy kcal
Watercress, raw	Quarter bunch	20	0.0	4
Mushrooms, raw	5 medium	50	0.2	6
Spring onion	one	10	0.3	2
Celery	2 sticks	60	0.5	4
Beansprouts, raw	1 tbsp	20	0.8	6
Broccoli, boiled/ steamed	3 florets	75	0.8	18
Spinach, raw	large salad	50	0.8	12
Lettuce e.g little gem	Half	70	1.1	10
Turnip, boiled /steamed	Average serving	60	1.2	7
Swede, boiled	Average serving	60	1.3	6
Cucumber	Quarter	100	1.5	10
Asparagus, boiled/ steamed	5 spears	125	1.7	32
Cauliflower, boiled	Average serving	90	1.8	25
Cherry tomato	4 tomatoes	60	1.8	10
Cabbage, boiled	Average serving	95	2.0	15
Mangetout, boiled/ steamed	Average serving	70	2.3	18
Tomato,raw	1 medium	85	2.6	14
Leeks, boiled/ steamed	One medium	140	3.6	29
Onion, raw	1 small	60	4.7	21
Pepper, red, raw	Half pepper	80	5.1	25
Carrot, raw	1 medium	90	7.1	31

Dairy Foods & Cream	description	portion (g)	carbohydrate (g)	energy kcal
Cheese, cheddar type	small piece	30	0.0	124
Cheese, cheddar, reduced fat	small piece	30	0.0	91
Cheese, blue e.g stilton	small piece	30	0.0	143
Parmesan, grated	tbsp	10	0.0	41
Cheese, goats e.g chevre	small piece	35	0.1	102
Cheese, brie type	small piece	30	0.3	88
Cream, single	1 tbsp	15	0.3	28
Mozzarella, buffalo	half round	67	0.4	174

Cream, double	1 tbsp	30	0.5	148
Crème fraiche	1 rounded tbsp	35	0.8	132
Quark, low fat	1 rounded tbsp	30	1.0	21
Cheese, low fat soft	on bread	30	1.1	32
Cheese, cottage, reduced fat	hpd tbsp	40	1.3	31
Crème fraiche, half fat	1 rounded tbsp	35	1.5	56
Cream, whipping	1 tbsp	30	1.8	114
Sour cream, half fat	1 rounded tbsp	35	1.9	42
Fromage frais, plain 0.1% fat	1 heaped tbsp	50	2.1	50
Yogurt, greek, cows milk	medium pot	170	3.4	195
Probiotic drink, virtually fat free	one bottle	100	3.6	27
Soya yogurt, plain	small pot	125	3.7	67
Milk - skimmed	1/4 pint	142ml	6.2	45
Milk - whole	1/4 pint	142ml	6.3	93
Milk - 1% fat	1/4 pint	142ml	6.5	56
Milk - semi skimmed	1/4 pint	142ml	6.6	65

Spreads, Oils & Dressings	description	portion (g)	carbohydrate (g)	energy kcal
Any oil - olive, sunflower, rapeseed	1 tbsp	15ml	0.0	98
Any oil - olive, sunflower, rapeseed	1 tsp	5ml	0.0	26
Mayonnaise, full fat	1 rounded tbsp	45	0.5	241
French dressing, fat free	2 tbsp	30ml	2.9	11
Caesar dressing, low (<3%) fat	2 tbsp	30ml	3.7	24
Mayonnaise, reduced fat	1 rounded tbsp	45	4.5	82
Mayonnaise, less than 3% fat	1 rounded tbsp	45	5.3	33

Meat, Poultry & Alternatives	description	portion (g)	carbohydrate (g)	energy kcal
Beef, mince, lean <10% fat, raw	average	100	0.0	174
Beef, mince steak <5% fat, raw	average	100	0.0	124
Beef, rump steak, lean grilled,	average -6oz	144	0.0	254
Beef, fillet steak, lean, grilled	average -6oz	144	0.0	270
Chicken breast, no skin, grilled	one small	130	0.0	192
Lamb chop, loin, lean, grilled	1 small	70	0.0	155
Pork, diced, lean, raw	average	100	0.0	122
Pork chop, lean, grilled	small serving	120	0.0	271
Chicken thigh, no skin, raw	1 medium	130	0.1	175
Ham, extra lean, thinly sliced	2 slices	25	0.5	23
Quorn, mince/ pieces, raw	quarter pack	75	1.4	69
Burger, beef, grilled, Birds eye	one	-	1.5	110

Fish	description	portion (g)	carbohydrate (g)	energy kcal
Cod, fillets, *	one fillet	120	0.0	99
Haddock, smoked, *	one fillet	120	0.0	121
Prawns, shelled *	Average portions	100	0.0	99

Tuna, fillet, raw	one slice	120	0.0	163
Tuna, canned in water, drained	half can	65	0.0	74
Salmon fillet, *	one fillet	133	0.6	285
Sardines, canned in tomato	half can	50	1.4	162

* fish cooked without additional fat.

Eggs	description	portion (g)	carbohydrate (g)	energy kcal
Boiled / poached egg,	large	70	0.0	100
Boiled / poached egg,	medium	60	0.0	85
Scrambled egg, homemade	1 egg mix	80	0.8	136
Scrambled egg, homemade	2 egg mix	155	1.7	240



If you are following the Total or Working Solution and wish to remain in Ketosis it is usually advisable to keep your carbohydrate intake to a minimum. The foods listed above show the carbohydrate content and energy (calories) per portion. It is important to consider both carbs and calories, as eating foods which are low in carbohydrate may be high in fat (which provides a lot of calories.) Each person has their own tolerance of carbohydrate before they come out of ketosis and it varies from person to person. The foods listed here provide less than 8g of carbohydrate per portion.

The nutritional information provided here has been compiled using the UK food composition tables; (HMSO/OPSI Mccance and Widdowson's The Composition of foods. 6th edition; 5th edition plus supplements and manufacturer's data accessed on the internet in September 2011