

A watercolor illustration of various keto-friendly foods. The background is white with scattered, soft-edged drawings of ingredients: a whole fish, a salmon fillet, a piece of red meat, a fried egg, a piece of avocado, a head of broccoli, a piece of bacon, a walnut, a mushroom, and various green leafy vegetables. The central text is enclosed in a thin brown rectangular border.

Macros for Common Keto Foods

Primal Edge Health

Macro Chart

Use this quick reference guide to learn macros of common keto ingredients.

Animal Protein per 4 ounces/113 grams

Protein is measured by 4 ounces/113 grams which can easily scale up to 8-12 ounces/226-339 grams or down to 1-2 ounces/28-56 grams depending on your preference.

	Protein	Fat	Total Carb	Fiber	Net Carb
Anchovies (1 ounce/25 grams)	3	4	0	0	0
Beef, ground 85%	20	16	0	0	0
Beef, heart	20	4	0	0	0
Beef, liver	24	4	4	0	4
Beef, steak, top sirloin, ¼" fat	37	12	0	0	0
Beef, skirt steak	22	14	0	0	0
Bison, ground	24	12	0	0	0
Chicken, breast	20	3	0	0	0
Chicken, liver	20	4	0	0	0
Chicken, thigh	20	8	0	0	0
Clams	12	4	0	0	0
Duck, whole	20	7	0	0	0
Eggs, chicken, average (per egg)	6	5	0	0	0
Goat	24	4	0	0	0
Lamb	24	6	0	0	0

Mackerel	22	10	0	0	0
Oysters, raw	22	12	4	0	4
Pork, bacon (1 slice approx 8 g)	3	3	0	0	0
Pork, chops, bone-in	28	16	0	0	0
Pork, ribs	24	32	0	0	0
Roe (1 tbsp)	3	1	0	0	0
Salmon	24	12	0	0	0
Sardines	28	12	0	0	0
Scallops	28	1	0	0	0
Shrimp	28	4	0	0	0
Swordfish	22	6	0	0	0
Trout	24	8	0	0	0
Tuna	28	2	0	0	0
Turkey, breast	32	4	0	0	0
Venison	24	4	0	0	0



Fats & Oils per 1 tablespoon

Fats and oils tend to be measured in tablespoons, allowing you to easily adjust down to ½ tablespoon and 1 teaspoon (3 teaspoons = 1 tablespoon) or up to 2 tablespoons and ¼ cup (4 tablespoons = ¼ cup).

	Protein	Fat	Total Carb	Fiber	Net Carb
Avocado (½ cup/120 g)	1	9	5	4	1
Avocado oil	0	14	0	0	0
Butter	0	12	0	0	0
Cacao butter (1 tbsp)	0	14	0	0	0
Cacao paste (1 oz)	4	15	7	5	2
Coconut cream	1	10	3	0	3
Coconut milk, unsweetened (1 cup)	0	5	2	1	1
Coconut oil	0	14	0	0	0
Duck fat	0	12	0	0	0
Extra virgin olive oil	0	14	0	0	0
Ghee	0	12	0	0	0
Macadamia nut oil	0	14	0	0	0
Tallow	0	14	0	0	0



Vegetables per 1 cup, chopped, raw

	Protein	Fat	Total Carb	Fiber	Net Carb
Asparagus	3	0	5	3	2
Broccoli	3	0	6	2	4
Brussels sprouts	3	0	8	3	5
Cabbage, green	1	0	5	2	3
Cabbage, red	1	0	7	2	5
Cauliflower	2	0	5	3	2
Celery	1	0	4	4	0
Collard greens	1	0	3	2	1
Cucumber	0	0	4	1	3
Jicama	1	0	11	6	5
Kale	2	0	7	3	4
Kohlrabi	2	0	8	5	3
Lettuce, green	1	0	1	1	0
Mushrooms, average	2	0	4	1	3
Radish	1	0	4	1	3
Spinach	1	0	1	1	0
Squash, spaghetti	1	0	10	2	8
Swiss chard	1	0	1	1	0
Tomatoes	1	0	6	2	4
Zucchini	2	0	4	1	3

Nuts & Seeds per ¼ cup, whole nut or seed

	Protein	Fat	Total Carb	Fiber	Net Carb
Almonds	7	18	7	4	3
Brazil nuts	5	24	5	2	3
Chia seeds (1 tbsp)	3	5	5	5	0
Flax seeds (1 tbsp)	2	3	3	3	0
Hazelnuts	5	16	5	4	1
Macadamias	2	26	4	3	1
Pecans	2	20	3	1	2
Pine nuts	4	15	9	4	5
Pistachios	7	14	9	3	6
Pumpkin seeds	9	15	4	3	1
Sunflower seeds	6	14	5	1	3
Sesame seeds (1 tbsp)	2	5	2	1	1
Walnuts	5	20	3	3	0

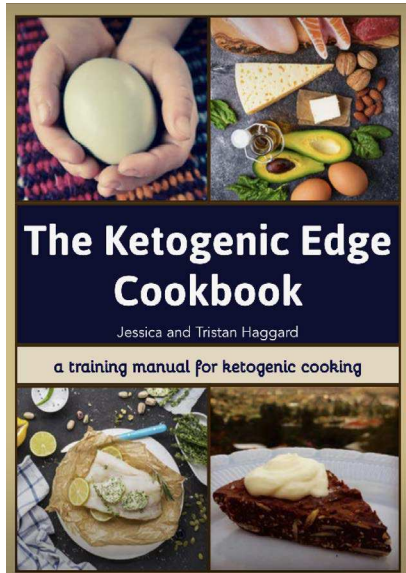


Dairy per 1 ounce/28 grams

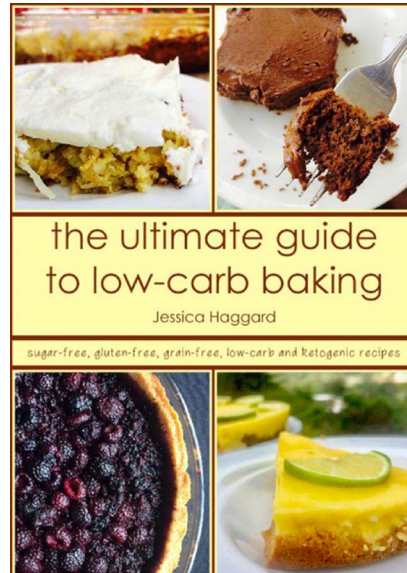
	Protein	Fat	Total Carb	Fiber	Net Carb
Blue cheese	6	8	1	0	1
Brie cheese	6	8	0	0	0
Cheddar cheese	7	9	0	0	0
Colby cheese	7	9	1	0	1
Cottage cheese 4%	4	1	1	0	1
Cream cheese	2	10	2	0	2
Cream, heavy (1 fl oz)	1	11	1	0	1
Feta	4	6	1	0	1
Monterey Jack cheese	7	9	1	0	1
Mozzarella cheese	6	6	0	0	0
Parmesan cheese	10	7	0	0	0
Sour cream	1	6	1	0	1
Swiss cheese	8	8	1	0	1



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