

WHAT PROTEINS SHOULD I EAT ON A KETO DIET?

The Ketogenic Diet is a moderate protein diet. Recommendation is to eat 100g or less of protein / day.

SERVING SIZE: 100g

PROTEIN

FAT



Beef Ground
(85% lean, cooked)

25g 19g



Beef Steak
(tenderloin, broiled)

26g 18g



Chicken Breast
(skinless, broiled)

31g 4g



Chicken Thighs
(broiled)

24g 8g



Egg
(hardboiled)

6g 5g



Pork
(tenderloin, broiled)

30g 8g



Pork Bacon
(3 slices)

12g 12g



Salmon
(canned in water)

20g 5g



Salmon Fillet
(wild, broiled)

20g 6g



Shrimp
(steamed, boiled)

17g 1g



Tuna
(canned in oil)

29g 8g



Turkey Bacon
(3 slices)

5g 4g



Turkey Breast
(skinless, broiled)

30g 2g



Turkey Dark Meat
(skinless, broiled)

27g 6g



Turkey Ground
(cooked)

27g 10g