

# Keto Exchanges



**VERY LEAN MEAT: 1 OZ = 35 KCAL, 0G CARB, 7 G PRO, 0-1G FAT**

- POULTRY: WHITE MEAT, BONELESS, SKINLESS
- FISH: FLOUNDER, COD, TROUT, TUNA IN WATER, HALIBUT
- SHELLFISH: CLAMS, CRABS, LOBSTER, SHRIMP, SCALLOPS
- NONFAT CHEESE
- NONFAT COTTAGE CHEESE
- DELI MEAT (DOUBLE CHECK G OF FAT)
- 2 EGG WHITES OR 1/2 EGG SUBSTITUTE

**LEAN MEAT: 1 OZ = 55 KCAL, 0G CARB, 7 G PRO, 3G FAT**

- POULTRY: DARK MEAT, SKINLESS
- PORK: PORK TENDERLOIN, LEAN HAM, CANADIAN BACON
- VEAL: CHOP OR ROAST
- BEEF: ROUND, SIRLOIN, FLANK, TENDERLOIN, PORTERHOUSE, T BONE
- FISH: SALMON, SARDINES, HERRING, CATFISH, TUNA IN OIL
- RABBIT
- 4.5% COTTAGE CHEESE
- CHEESES WITH <3G FAT PER OZ
- DELI MEETS WITH <3G FAT PER OZ
- TOFU: 4 OZ OR 1/4 CUP

**MEDIUM FAT MEAT: 1 OZ = 75 KCAL, 0G CARB, 7G PROTEIN, 5G FAT**

- POULTRY: DARK MEAT, WITH SKIN
- GROUND TURKEY OR CHICKEN
- FRIED CHICKEN
- VEAL CUTLET
- LAMB: GROUND, ROAST
- PORK: TOP LOIN, CHOP, CUTLET
- BEEF: GROUND, SHORT RIBS, PRIME RIB, CORNED
- FISH: FRIED
- CHEESE: <5 G FAT PER OZ (FETA, MOZZAERELLA,

**HIGH FAT MEAT: 1 OZ = 100 KCAL, 0G CARB, 7G PROTEIN, 8G FAT**

- PORK: SPARERIBS, SAUSAGE
- MOST CHEESE: CHEDDAR, MEUNSTER, SWISS, ETC
- DELI MEAT: BOLOGNA, SALAMI, PIMENTO LOAF
- SAUSAGES: ITALIAN, BRAWTWURST
- HOT DOGS
- BACON: 3 SLICES