

# Keto Exchanges



EACH FAT EXCHANGE CONTAINS APPROX 5G OF FAT  
FOODS WITH \*\* ALSO CONTAIN 2G CARB.

Food	Serving Size	Exchanges
BUTTER/MARGARINE	1 TEASPOON	1
THAI KITCHEN COCONUT MILK (UNSWEETENED)	1 OZ	1
SO DELICIOUS COCONUT MILK (UNSWEETENED)	8 OZ	1
HEAVY WHIPPING CREAM	1 OZ	2
MAYONNAISE (HELLMANS/BEST FOODS)	1 TABLESPOON	2
COCONUT OIL	1 TABLESPOON	3
CANOLA OIL	1 TEASPOON	1
BACON, COOKED, CENTER CUT	2 SLICES	1
CREAM CHEESE	1 TABLESPOON	1
** SOUR CREAM	2 TABLESPOONS	1
SALAD DRESSING, CREAMY	1 TABLESPOON	2
** AVOCADO	1/2 MEDIUM (HAAS, CA, FL)	3
** MACADAMIA NUTS	8 NUTS	2
** PEANUT BUTTER	1 TABLESPOON	2
** WALNUTS	5 HALVES	2
** PEANUTS	1/2 OZ	1
** PECANS	14-16 LARGE	2
** PISTACHIOS	15-17 NUTS	1
** HUMMUS, PLAIN	1 OZ	1
** ALMONDS	10 NUTS	1
** ALMOND BUTTER	1 TABLESPOON	2
** BRAZIL NUTS	5-6 MEDIUM NUTS	2
** CASHEWS	8-9 MEDIUM NUTS	1
** KETOCUISINE	4 TEASPOONS	1
** KETOCAL POWDER 3:1	4 TEASPOONS	1