



# Deeply Colored Produce



Try to eat a variety of colors every day. Choose organic when possible, and check local farmers market for fresh, seasonal produce that supports your community. Nightshade vegetables (problematic for some) are underlined and italicized.

Promote ketogenic metabolism by reducing net carbohydrate consumption to 20-40 g/day. **Net carbs** are the total carbs minus the fiber. Unless otherwise specified, net carbs per 100 g (3.5oz) serving are listed in **bold colors** after each produce item.

## Low Carb (<7g net carbs)

- Tomato (red, raw): 2.7g
- Radicchio\*\*: 3.7g
- Red bell peppers (raw): 3.9g
- Cabbage (purple, raw)\*: 5.3g
- Raspberries: 5.4g
- Strawberries: 5.7g
- Beets (raw): 6.8g

## Moderate Carb (7g-15g net)

- Watermelon: 7.2g
- Grapefruit: 7.3g
- Currants (red, fresh): 9.5g
- Cranberries (fresh): 7.6g
- Cherries: 13.9g

## High Carb (15.1+ g net)

- Grapes (red): 17.2g
- Squeezed juices (8oz): 20-40g+
- Dried cranberries: 77.5g
- Dried cherries: 77.6g

RED

MIDNIGHT

## Low Carb (<7g net carbs)

- Black Olives (raw): 0.6g
- Eggplant: 2.9g
- Blackberries: 4.3g

## Moderate Carb (7g-15g net)

- Plums: 10g
- Elderberries: 11.8g
- Blueberries: 12.1g

## High Carb (15.1+ g net)

- Fresh Figs (purple): 16.3g
- Grapes (black or purple): 17.2g
- Aronia juice: 25g
- Squeezed juices (8oz): 20-40g+
- Prunes: 56.8g
- Raisins: 75.5g

\*Also in Sulfur-Rich Vegetables category  
\*\* Also in Leafy Greens category

## Low Carb (<7g net carbs)

- Summer squash (w/ skin): 2.2g
- Tomato (yellow, raw): 2.3g
- Lemon (1 medium): 3.9g
- Orange & yellow bell peppers (raw): 5.1g
- Carrots (raw): 5.3g
- Pumpkin (cooked): 5.4g
- Grapefruit: 6.4g

## Moderate Carb (7g-15g net)

- Peaches (raw): 8g
- Papaya: 8.8g
- Nectarines: 8.9g
- Acorn squash (cooked): 8.9g
- Apricots (raw): 9.2g
- Oranges: 9.3g
- Tangerine: 11.5g
- Pineapple (raw): 11.7g
- Kiwi (golden): 12.2g
- Mango (raw): 13.4g

## High Carb (15.1+ g net)

- Fresh figs (golden): 16.3g
- Sweet potato: 17.1g
- Yams: 23.6g
- Squeezed juices: 20-40g+
- Dried apricots: 55g
- Dried pineapple: 73g
- Other dried fruits: 60-80g+

SUNSET

GREEN



## Low Carb (<7g net carbs)

- Olives (green): 0.5g
- Celery: 1.4g
- Avocado: 1.8g
- Asparagus\*: 1.9g
- Zucchini (w/ skin): 2.0g
- Green bell peppers (raw): 2.9g
- Cucumber (w/ skin): 3.1g
- Artichoke hearts: 3.4g
- Beans (green): 4.1g
- Okra (cooked or raw): 4-5g
- Limes (1 medium): 4.8g
- Sugar snap peas: 4.9g
- Snow Peas: 5g
- Cabbage (raw): 5.3g

## Moderate Carb (7g-15g net)

- Honeydew melon: 8.3g
- Green Peas: 9.4g
- Kiwi (green): 11.7g

## High Carb (15.1+ g net)

- Grapes (green): 17.2g
- Raisins (green): 75g