Convergence

The Keto Produce Guide

A comprehensive, color-zoned guide to produce choices for a ketogenic eating pattern. Use the categories exactly as shown: build meals from Green Zone foods, enjoy Yellow Zone foods with attention to portion and recipe context, and plan Red Zone foods carefully.

How to use this guide

"Net carbs" generally means total carbohydrate minus fiber. Serving sizes and values are listed for each food. Your personal target, recipe ingredients, preparation method, and actual portion all matter.

GREEN Everyday foundation

YELLOW Portion-aware choices

RED Plan & limit

Green Zone

BUILD YOUR PLATE HERE

Everyday keto foundations: low-carb greens, herbs, aromatics, water-rich vegetables, and satisfying plant fats.

FOOD ITEM	SERVING SIZE	NET CARBS	GUIDE NOTE
Kale	1 cup	0.05g	Dark leafy green powerhouse
Bean Sprouts	1 cup	0.1g	Crisp texture, virtually zero carbs
Broccoli Rabe	1 cup	0.2g	Nutrient-dense cruciferous
Watercress	1 cup	0.3g	Pepper-flavored aquatic green
Ginger	1 tsp	0.4g	Warming root spice / aromatic
Arugula	1 cup	0.4g	Spicy salad green
Spinach	1 cup	0.45g	Essential raw or cooked green
Lettuce — Iceberg, Romaine, Butterhead	1 cup	0.5g	Hydrating salad base
Swiss Chard	1 cup	0.75g	Rich in vitamins A, C, and K
Bok Choy	1 cup	0.8g	Mild Asian white-stemmed cabbage
Mustard Greens	1 cup	0.8g	Piquant, antioxidant-rich greens
Collard Greens	1 cup	0.8g	Traditional hearty green
Garlic	1 clove	0.9g	Aromatic flavor booster

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KETO PRODUCE GUIDE · GREEN ZONE CONTINUED

Green Zone

EVERYDAY KETO FOUNDATION

Continue to build meals with these low-net-carb vegetables, water-rich choices, and high-fat staples.

FOOD ITEM	SERVING SIZE	NET CARBS	GUIDE NOTE
Celery	1 cup	1.4g	High water, crunchy snack
Pickles	1 cup	1.6g	Fermented cucumber, gut-friendly
Olives — Green & Black	10 large	<1.0g–1.8g	Rich in healthy monounsaturated fats & sodium
Nopal — Cactus Pads	1 cup	1.9g	Tender succulent vegetable
Radishes — Red / White	1 cup	2.0g	Spicy bite; fantastic roasted as a potato alternative
Mushrooms	1 cup	2.0g	Umami-rich fungi
Avocado	1 medium / 100g	1.8g–2.55g	The ultimate high-fat keto staple fruit
Asparagus	1 cup	2.2g	Spring spear favorite
Cabbage — Green & Red	1 cup	2.3g–3.5g	Crunchy cruciferous vegetable
Eggplant / Aubergine	1 cup	2.3g	Low-carb purple nightshade
Yellow Squash	1 cup	2.6g	Tender summer squash
Cucumber with peel	1 medium	2.96g	Ultra-hydrating crunch
Cauliflower	1 cup	3.2g	The ultimate keto mash & rice substitute
Rhubarb	1 cup	2.7g–3.8g	Tart stalk, excellent for keto baking

Green Zone meal-building message

Build your plate here. Begin with leafy greens or low-carb vegetables, add a protein, then include a satisfying fat such as avocado, olives, olive oil, butter, or a full-fat dressing. This keeps meals generous while preserving carbohydrate flexibility.

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KETO PRODUCE GUIDE · YELLOW ZONE

Yellow Zone

ENJOY WITH INTENTION

Keto-compatible but portion-aware choices. Measure servings, particularly for sweeter vegetables, roots, berries, and fruit; count sauces, sweeteners, and toppings in the total meal.

FOOD ITEM	SERVING SIZE	NET CARBS	GUIDE NOTE
Chili Pepper / Jalapeño	1 medium	0.5g–3.3g	Spicy kick
Shallots	1 tbsp	1.36g	Sweet aromatic onion relative
Fennel	1 cup	3.3g	Anise-flavored aromatic bulb
Kohlrabi	1 cup	3.5g	Turnip-like cruciferous stem
Green Beans	1 cup	3.6g	Crisp pod vegetable
Okra	1 cup	3.8g	Fiber-rich pod vegetable
Tomatoes — Red	1 medium	3.9g–4.0g	Juicy culinary fruit / vegetable
Broccoli Florets	1 cup	4.0g	Classic cruciferous vegetable
Zucchini / Courgette	1 medium	4.0g	Popular zoodle and bake base
Carrots	1 medium	4.3g	Starchy root; best grated raw in small amounts
Blackberries	100g	4.3g	Lowest net-carb keto berry
Green Onions / Scallions	1 cup	4.4g	Mild garnish
Bamboo Shoots	1 cup	4.5g	Crunchy Asian culinary shoot
Brussels Sprouts	1 cup	4.5g	Miniature cabbages
Jicama	1 cup	4.6g	Crunchy, refreshing Mexican turnip
Snow Peas	1 cup	4.9g	Edible sweet pod pea

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KETO PRODUCE GUIDE · YELLOW ZONE CONTINUED

Yellow Zone

MEASURE & FIT INTO YOUR DAY

The foods in this category can be enjoyed in a keto pattern. Their placement signals a practical decision point: define the serving first and consider the full recipe, not only the produce.

FOOD ITEM	SERVING SIZE	NET CARBS	GUIDE NOTE
Artichoke	1 medium	5.0g	Thistle flower bud
Galia Melon	100g	5.2g	Refreshing moderate-sugar melon
Poblano Pepper	1 medium	5.3g	Mild, earthy chili pepper
Raspberries	100g	5.4g	High-fiber red berry
Spaghetti Squash	1 cup	5.46g	Natural pasta-strand squash
Strawberries	100g	5.7g	Classic sweet keto berry
Turnip	1 medium	5.8g	Lower-carb root alternative
Lemons & Limes	100g	6.0g–8.0g	Zest and juice for flavoring
Blackcurrants	100g	6.6g	Tart vitamin C powerhouse
Watermelon	100g	7.2g	Hydrating summer melon in moderation
Cantaloupe	100g	7.3g	Sweet netted orange melon
Pumpkin	1 cup	7.4g	Dense winter squash
Bell Peppers — Red, Yellow, Orange	1 cup	7.5g	Sweeter and higher in natural sugars than green bell peppers
Peach	100g	8.0g	Juicy stone fruit, strict portion control
Honeydew	100g	8.3g	Sweet green melon
Cranberries	100g	8.4g	Tart holiday berry
Wild Blueberries	100g	9.7g	Nutrient-dense berry, enjoy in small portions

Yellow Zone message

Enjoy with intention. Measure portions—especially fruit, berries, melon, squash, and sweeter vegetables—and count recipe additions such as sauces, sweeteners, dressings, and toppings.

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KETO PRODUCE GUIDE · RED ZONE

Red Zone

PLAN · ACCOUNT · LIMIT

High-carbohydrate vegetables, fruits, and roots. These can consume a significant portion of a keto carbohydrate budget, particularly when portions expand or recipes include sauces, sweeteners, and other carbohydrates.

FOOD ITEM	SERVING SIZE	NET CARBS	GUIDE NOTE
Coconut — Fresh / Meat	100g	6.2g	High-MCT healthy fat; portion carefully
Onions — Yellow / White / Red	1 medium	8.6g	High natural sugar content
Rutabaga	1 cup	8.8g	Starchy root vegetable
Green Peas	1 cup	9.0g	High-starch legume
Winter Squashes — Butternut, Acorn	1 cup	8.0g–12.0g	Dense and starchy
Leek	1 cup	11.4g	Allium family member
Celeriac / Celery Root	1 cup	11.6g	Starchy root tuber
Beets / Beetroot — Red / Golden	100g	7.0g–14.0g+	Concentrated natural sugars
Potatoes — Russet, Red, Yukon Gold	100g	15.0g–20.0g	High-glycemic starchy tuber
Corn	100g	15.5g	Grain masquerading as a vegetable
Sweet Potatoes / Yams	100g	17.5g	Very high-starch root

Red Zone message

Red Zone does not mean “never.” It means choose the portion first, account for it within the day, and avoid letting it become an unmeasured add-on. High-starch roots, corn, peas, winter squash, onions, leeks, and beetroot can accumulate quickly.

Lower-carb swap ideas

Replace rice with cauliflower rice; replace potatoes with roasted radishes; use spaghetti squash in a measured Yellow Zone serving; choose celery, cucumber, or nopal for crunch.

Plan the complete recipe

For Red Zone foods, include the carbohydrate impact of sauces, sweeteners, breading, glazes, fruit additions, and serving size—not just the base ingredient.

Net carbs generally equal total carbohydrate minus fiber. Values can vary by variety, ripeness, preparation method, product, and actual portion. This educational resource does not replace individualized medical or nutrition guidance.