

# Percentage of Calories from Fat

- 6% fat = Egg whites = 89% protein, 5% carb, 6% fat
- 9% fat = Ahi tuna, raw = 91% protein, 9% fat
- 21% fat = Chicken breast, skinless, cooked = 79% protein, 21% fat
- 22% fat = Carp Roe = 59% protein, 20% carb, 22% fat
- 27% fat = Chicken Gizzards = 72% protein, 1% carb, 27% fat
- 27% fat = Beef Heart, cooked = 73% protein, 1% carb, 27% fat
- 27% fat = Beef Tripe = 73% protein, 27% fat
- 33% fat = Lamb Liver, cooked = 61% protein, 5% carb, 33% fat
- 34% fat = 95% lean Ground Beef, raw = 66% protein, 34% fat
- 38% fat = Pumpkin seeds = 16% protein, 46% carb, 38% fat
- 39% fat = Chicken Liver, cooked = 59% protein, 2% carb, 39% fat
- 45% fat = Goat Milk (Meyenburg) = 23% protein, 32% carb, 45% fat
- 48% fat = Milk, 3.25% = 21% protein, 31% carb, 48% fat
- 50% fat = Ground Turkey 90/10 = 50% protein, 50% fat
- 51% fat = Yogurt, cream top = 20% protein, 29% carb, 51% fat
- 53% fat = 90% lean Ground Beef, raw = 47% protein, 53% fat
- 56% fat = Pork Rinds = 44% protein, 56% fat
- 60% fat = Mozzarella, part skim = 35% protein, 5% carb, 60% fat
- 62% fat = Salmon, raw coho = 38% protein, 62% fat
- 63% fat = Eggs (whole) = 35% protein, 2% carb, 63% fat
- 63% fat = Chicken thigh with skin, cooked = 37% protein, 63% fat
- 64% fat = 85% lean Ground Beef, raw = 36% protein, 64% fat
- 66% fat = Lox, Chinook Salmon = 34% protein, 66% fat
- 67% fat = Mozzarella, whole milk = 30% protein, 3% carb, 67% fat
- 69% fat = Bacon, cooked = 29% lean, 2% carb, 69% fat
- 69% fat = Cashews = 9% protein, 21% carb, 69% fat
- 69% fat = Hot Dog (Applegate) = 31% lean, 69% fat
- 72% fat = Beef Tongue = 28% protein, 72% fat
- 72% fat = Peanut Butter = 16% protein, 12% carb, 72% fat
- 72% fat = Sunflower seeds = 12% protein, 15% carb, 72% fat
- 73% fat = Jack cheese = 26% protein, 1% carb, 73% fat
- 73% fat = Almonds = 14% protein, 13% carb, 73% fat
- 74% fat = Pork sausage (Applegate) = 24% protein, 2% carb, 74% fat
- 74% fat = Cheddar, raw = 26% protein, 74% fat
- 75% fat = Pork sausage (Beelers) = 25% protein, 75% fat
- 75% fat = Brie Cheese = 25% protein, 75% fat
- 76% fat = Avocado = 5% protein, 20% carb, 76% fat
- 78% fat = Beef Sausage (Teton Waters) = 22% protein, 78% fat
- 78% fat = Half and half = 9% protein, 13% carb, 78% fat
- 79% fat = Egg yolks = 21% protein, 79% fat
- 82% fat = Chicken Skin, roasted = 18% protein, 82% fat
- 82% fat = 70% lean Ground Beef, raw = 18% protein, 82% fat
- 83% fat = Coconut, dried = 4% protein, 13% carb, 83% fat
- 84% fat = Walnuts = 9% protein, 8% carb, 84% fat
- 85% fat = Brazil Nuts = 9% protein, 6% carb, 85% fat
- 85% fat = Pine Nuts = 8% protein, 7% carb, 85% fat
- 87% fat = Pecans = 6% protein, 8% carb, 87% fat
- 89% fat = Bacon (raw): 10% lean, 1% carb, 89% fat
- 89% fat = Cream Cheese: 7% protein, 5% carbs, 89% fat
- 90% fat = Coconut Cream = 8% protein, 2% carb, 90% fat
- 91% fat = Sour Cream (lactose-free): 4% protein, 4% carbs, 91% fat
- 92% fat = Pili Nuts = 6% protein, 2% carb, 92% fat
- 93% fat = Macadamia Nuts = 4% protein, 4% carb, 93% fat
- 93% fat = Pork Fat, cooked = 7% protein, 93% fat
- 93% fat = Pork Belly, raw = 7% protein, 93% fat
- 95% fat = Cream, Heavy whipping = 2% protein, 3% carb, 95% fat
- 98% fat = Mayonnaise, yolk only = 1% protein, 1% carb, 98% fat
- 100% fat = Butter, olive oil, tallow, lard, coconut oil, marrow, etc.

## Ground Beef:

- 95% lean = 66% protein, 34% fat, raw
- 90% lean = 47% protein, 53% fat, raw
- 85% lean = 36% protein, 64% fat, raw
- 80% lean = 39% protein, 61% fat (broiled)
- 70% lean = 18% protein, 82% fat, raw

*For ketosis, high fat foods are desirable. Eat from foods that are naturally high in fat at every meal. When you choose lower fat foods, try to add a concentrated fat or sauce along with the low-fat food.*