

Nutrition and Dietetic Department

Exchange list of foods for use with the Modified Ketogenic Diet (MKD)

The following information is to be used when following the Modified ketogenic diet
Your Dietitian will have advised you on how many exchanges of carbohydrate and fat
you should have. Remember that foods rich in protein can be eaten to appetite.
The following lists of foods within each group will allow you flexibility and variety within
the MKD diet

Foods allowed freely on the MKD

Very low carbohydrate vegetables:

- Bamboo Shoots
- Celery
- Cucumber
- Curley Kale
- Lettuce
- Mustard and cress
- Mushrooms
- Radish
- Sauerkraut
- Spinach
- Tomato puree – Gia
- Olives
- Watercress

Very low carbohydrate fruits

- Lemon
- Lime
- Rhubarb

Seasoning: Salt, pepper, herbs, spices, Bovril, Marmite, stock cubes, food colourings, soy sauce (up to one tbs), Worcester sauce, Tabasco, garlic/tomato pastes in oil, food essences and colourings, gelatine, vinegar, oil and vinegar dressing,

Jellies and sweets: Sugar-free jelly, sugar-free pastilles in limited quantities.

Artificial Sweeteners: saccharine (without restriction), aspartame (in moderation). Sweeteners must be calorie free e.g. Hermesetas, Truvia, Sweetex, Canderel.

Drinks Tea, coffee (no milk or sugar)
Sugar-free squash or fizzy drinks
Soda water
Mineral or tap water
Alpro soya light

Always read the label; some squash can be labelled as 'no added sugar' but can still contain a significant amount of carbohydrate, these are unsuitable.

Aim for a carbohydrate content of:

- 0.6g or under per 100 ml of undiluted drink
- 0.1g or under per 100ml of pre diluted drink

Protein Choices

You should include a good portion of protein at each of your meals, and use them for snacks between meals if you are hungry.

- Cook and serve them with fat portions
- Avoid low fat alternatives
- Be careful when choosing processed meats and fish, as these foods may contain large amounts of added carbohydrate (e.g. sausages, battered fish, gravies and sauces).

Meats

- Beef
- Bacon
- Lamb
- Pork

Poultry

- Chicken
- Duck
- Goose
- Turkey

Fish

- Cod
- Haddock
- Salmon
- Sardines
- Shellfish (all types)
- Trout
- Tuna

Eggs

- Fried
- Hard or soft boiled
- Omelettes
- Poached
- Scrambled

Cheese

- Brie and Camembert
- Hard cheeses (e.g. Cheddar, Edam, Emmental, Gouda, Gruyere, Leerdammer)
- Blue cheeses (e.g. Stilton, Roquefort, Gorgonzola)
- Mozzarella
- Parmesan

Fat Choices - 10g fat choices

You need to include the prescribed amount of fat at each mealtime / snack.

- Butter 12g 2 butter pats
- Margarine 12g 2 teaspoons
- Oil - all types 10g 1 dessert spoon
- Coconut oil 10g 1 dessert spoon
- Mayonnaise 14g one sachet
- Pesto* 20g
- Tapenade 36g
- Avocado * 50g

- Double Cream 20g 2 dessert spoon
- Clotted Cream 15g
- Mascarpone cheese 25g
- Anchor Extra thick spray cream 25g 2 swirls
- Coyo Yogurt * 50g contains 2g carb
- Creme Fraiche 32g
- Cream Cheese* 48g contains 2g carb

- Pork Scratchings 22g

* These choices contain small amounts of carbohydrate.

Available on prescription

- Calogen 20ml
- Ketocal Liquid 67ml
- Ketocal powder 14g
- Ketoclassic Muesli 17g
- Ketoclassic Porridge 17g
- Ketoclassic bar 23g 2/3rd of a bar
- Ketoclassic Savoury 21g 2/3rd of a piece
- Ketoclassic Chicken 46g
- Ketoclassic Bolognese 37g
- Ketoclassic 3:1 Bisk 20g 2/3 of a Bisk

** Your dietitian will advise whether you will find them useful.

Carbohydrate Choices - 5g carbohydrate

Pasta, Rice , Potato

- Rice (cooked) 16g
- Pasta (boiled) 23g
- Potato chips (french fries) 13g
- Potato chips (chip shop) 15g
- Potato crisps 9g
- Potatoes (boiled / baked) 30g

Cereals and breads

- Cornflakes 6g
- Rice Krispies 6g
- Oats/ Ready Brek 8g
- Weetabix 7 g ½ portion

- Bread 12g ⅓ medium slice
- Pitta bread 10g
- Cream cracker 7g 1 cream cracker
- Crumpet 14g ¼ crumpets
- Scotch pancake 10g ⅓ pancake
- Shortbread/ plain biscuit 8 g

Vegetables

- Aubergine 225g
- Bean Sprouts 125g
- Beetroot (boiled) 50g 5 slices
- Beetroot (pickled) 90g 5 slices
- Broad Bean 70g 2 table spoons
- Broccoli 155g 4 spear
- Broccoli (boiled) 180g
- Broccoli (purple sprouting) 190g
- Brussels sprouts 125g 15 brussel sprouts
- Butter nut squash 65g
- Cabbage (boiled) 225g
- Cabbage (raw) 120g
- Carrot (boiled) 100g
- Carrot (raw) 85g
- Cauliflower (raw) 115g 11 florets
- Cauliflower (boiled) 140g
- Celeriac (raw) 215g
- Celeriac (boiled) 265g
- Courgette 280g 3 medium
- Green Beans (runner) 155g
- Leek 170g 1 medium
- Leek (boiled) 190g

5g carbohydrate choices

• Mange-tout (raw)	120g	
• Marrow/ pumpkin	230g	
• Onion (raw)	65g	1 small onion
• Onion (spring)	165g	
• Pack Choi	265g	2 small
• Parsnip (raw)	40g	
• Peas (garden)	45g	
• Peas (petit pois)	90g	3 tablespoons
• Pepper (green)	190g	15 rings
• Pepper (coloured)	120g	7 rings
• Runner beans	155g	
• Spring greens	160g	
• Swede (raw)	100g	
• Sweet corn (kernels)	35g	1 tablespoon
• Sweet corn (baby)	250g	
• Tomato	160g	10 small cherry tomatoes
• Tomatoes (canned)	130g	
• Turnip	105g	
• Water chestnuts	70g	

Fruits

• Apple juice	50ml	3 tablespoons
• Apple	40g	½ apple
• Apricot (fresh)	70g	2 apricots
• Avocado	265g	
• Banana	20g	¼ small banana
• Blueberries	55g	
• Blackberries	100g	
• Blackcurrants	75g	
• Cherries	55g	15 cherries
• Clementine	60g	1 clementine
• Cranberries	145g	
• Fig	55g	1 fig
• Gooseberries (cooking)	165g	
• Gooseberries (dessert)	55g	
• Grapefruit	75g	5 segment
• Grapes	35g	5 grapes
• Kiwi	50g	1 Kiwi
• Tinned mandarin-drained	65g	
• Melon (all types)	90g	
• Nectarine	60g	1 small nectarine
• Orange	60g	½ orange
• Pear	50g	½ pear
• Peach	65g	
• Pineapple	50g	10 chunks
• Plum	55g	2 small plums
• Raspberries	110g	

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- Redcurrants 115g
 - Strawberries 85g 10 strawberry

More Carbohydrate Choices -

5g carbohydrate

Nuts and seeds

- Almonds 70g
- Brazil nuts 160g
- Cashew nuts 45g
- Coconut (fresh) 135g
- Macadamia nuts 105g
- Peanuts (roasted/ salted) 70g
- Pecans 85g
- Pistachio 60g
- Walnuts 150g

Miscellaneous

- Baked beans 35g
- Tomato Ketchup 10g
- Mini milk 1 Ice cream
- Full fat milk 100ml

Carbohydrate Choices - 1g carbohydrate

1 g carbohydrate

Vegetables

• Aubergine	45g	
• Bean Sprouts	25g	1 tablespoon
• Beetroot (boiled)	10g	1 slice
• Beetroot (pickled)	18g	1 slice
• Broad Beans	18g	1 teaspoon
• Broccoli	31g	1 small spear
• Broccoli (boiled)	36g	
• Broccoli (purple sprouting)	38g	
• Brussels sprouts	25g	3
• Butter nut squash	13g	3 cubes
• Cabbage (boiled)	45g	½ small portion
• Cabbage (raw)	24g	
• Carrots (boiled)	20g	½ tablespoon
• Carrots (raw)	17g	½ tablespoon
• Cauliflower (raw)	23g	3 florets
• Cauliflower (boiled)	28g	
• Celeriac (raw)	43g	
• Celeriac (boiled)	53g	
• Courgette	56g	½ medium
• Fennel	56g	
• Gherkin	38g	
• Green Beans (runner)	31g	½ medium portion
• Leek	34g	
• Leek (boiled)	38g	
• Mange-tout (raw)	24g	
• Marrow/ pumpkin	46g	
• Onion (raw)	13g	⅕ small onion
• Onion (spring)	33g	3 small
• Pack choi	53g	
• Parsnip (raw)	8g	
• Peas (garden)	9g	
• Peas (petit pois)	18g	1 tablespoon
• Pepper (green)	38g	3 rings
• Pepper (coloured)	24g	1 ½ rings
• Runner beans	31g	½ small portion
• Spring greens	32g	
• Swede (raw)	20g	small portion
• Sweet corn (kernels)	7g	
• Sweet corn (baby)	50g	
• Tomato	32g	2 cherry/ ½ small
• Tomatoes (canned)	26g	
• Turnip	21g	½ small
• Water chestnuts	14g	

1 g choices of carbohydrate

Fruits

• Apple juice	10ml	2 teaspoons
• Apple	8g	1/8 apple
• Apricot (fresh)	14g	1/3 apricot
• Avocado	53g	1/2 small
• Banana	4g	
• Blueberries	11g	3
• Blackberries	20g	4
• Blackcurrants	15g	1 tablespoon
• Cherries	11g	3
• Cranberries	29g	
• Fig	11g	1/4 fig
• Gooseberries (cooking)	33g	
• Gooseberries (dessert)	11g	
• Grapefruit	15g	1 segment
• Grapes	7g	1 grape
• Kiwi	10g	1/6 Kiwi
• Tinned mandarin-drained	13g	
• Melon (all types)	18g	
• Nectarine	12g	1/6 nectarine
• Orange (fresh)	12g	1/10 orange
• Pear	10g	
• Peach	13g	1/6 peach
• Pineapple	10g	2 chunks
• Plum	11g	1/3 plum
• Raspberries	22g	6
• Redcurrants	23g	
• Strawberries	17g	2 strawberry

Nuts and seeds – these also contain fat

• Almonds	14g	6 nuts	7.5g fat
• Brazil nuts	32g	9 nuts	20g fat
• Cashew nuts	5g	5 nuts	2.5g fat
• Coconut (fresh)	27g		10g fat
• Coconut (desiccated)	16g		10g fat
• Macadamia nuts	21g	12 nuts	15g fat
• Peanuts (roasted/ salted)	14g	14 nuts	7.5g fat
• Pecans	17g	3 nuts	10g fat
• Pine nuts	25g		15g fat
• Pistachios	12g	12 nuts	5g fat
• Pumpkin seeds	7g		2.5g fat
• Sunflower seeds	5g	1 teaspoon	2.5g fat
• Walnuts	30g	9 halves	20g fat

Planning Meals

Meal Food item	Quantity	Carb Choice/ g	Fat Choice/ g fat	Protein
Totals				

Meal Food item	Quantity	Carb Choice/ g	Fat Choice/ g fat	Protein
Totals				



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Document history

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