



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 carb consumption. Net carbs are the total carbs minus the fiber and are listed **in blue** below (per 300g or 3.5oz serving).

Low Carb (<7g net carbs):
Beets (raw): 6.8g
Cabbage (purple, raw)*: 5.3g
Radicchio**: 4.6g
Raspberries: 5.4g
Strawberries: 5.7g
Tomato (red, raw): 2.7g

RED

Moderate Carb (7.1g - 15g net carbs):
Blood oranges: 8.4g
Cherries: 13.9g
Cranberries (fresh): 8.4g
Currants (red, fresh): 9.5g
Grapefruit: 9.1g
Watermelon: 7.2g

High Carb (15.1g+ net carbs):
Grapes (red): 17.2g
Squeezed juices (8oz): 20-40g+
Dried cranberries: 77.5g
Dried cherries: 77.6g

Low Carb (<7g net carbs):
Carrots (raw): 5.3g
Grapefruit: 6.4g
Peppers (orange & yellow): 5.1g
Pumpkin: 5g
Squash (summer & winter): 2.2g
Tomato (yellow, raw): 2.3g

SUNSET

Moderate Carb (7.1g - 15g net carbs):
Apricots (raw): 9.2g
Acorn squash: 8.9g
Kiwi (golden): 11.7g
Lemon: 8.2g
Nectarines: 8.9g
Oranges: 9.3g
Papaya: 8g
Peaches: 8.4g
Pineapple: 11.7g
Tangerine: 11.5g

High Carb (15.1g+ net carbs):
Squeezed juices: 20-40g+
Dried apricots: 23g
Dried pineapple: 22.2g
Other dried fruits: 22g+
Figs (golden): 16.3g
Mango: 15.2g
Sweet potato: 17.1g
Yams: 23.6g



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Low Carb (<7g net carbs):
Blackberries: 4.9g
Eggplant: 2.3g
Olives: 3.1g

MIDNIGHT

Moderate Carb (7.1g - 15g net carbs):
Blueberries: 12.1g
Elderberries: 11.4g
Plums: 10g

High Carb (15.1g+ net carbs):
Grapes (black): 16.2g
Grapes (purple): 16.2g
Prunes: 89.1g
Raisins: 75.5g
Squeezed juices (8oz): 20-40g+
Aronia berries: 19g
Currants (black): 15.4g
Figs (purple): 16.3g

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Low Carb (<7g net carbs):
Artichoke: 3.4g
Asparagus*: 1.9g
Avocado: 41.8g
Beans (green): 4.1g
Cabbage (raw): 5.3g
Celery: 1.8g
Cucumbar (with skin): 3.1g
Okra: 4.2g
Olives (green): 0.5g
Peppers (green): 4.2g
Snow Peas: 4.9g
Sugar snap peas: 4.9g
Zucchini (with skin): 2.0g

GREEN

Moderate Carb (7.1g - 15g net carbs):
Green Peas: 9.4g
Honeydew melon: 8.3g
Kiwi (green): 11.7g
Limes: 8g

High Carb (15.1g+ net carbs):
Grapes (green): 17.2g

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