

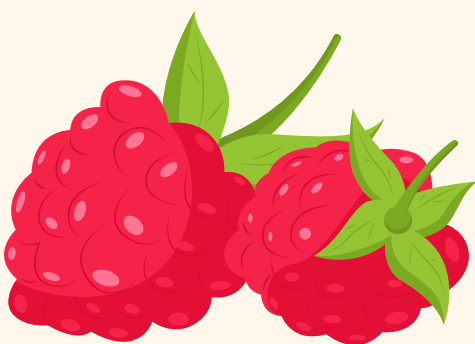
Keto friendly fruits List

net carbs / 3.5oz (100g)

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RASPBERRIES

5 g net carbs / 3.5oz (100g)



BLACKBERRIES

4 g net carbs / 3.5oz (100g)



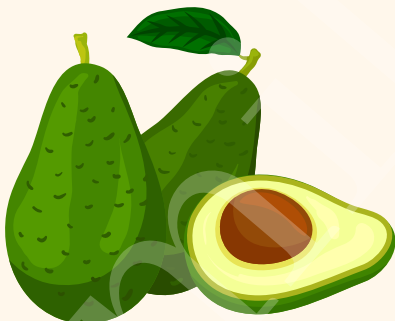
MULBERRIES

8 g net carbs / 3.5oz (100g)



AVOCADO

1.5 g net carbs / 3.5oz (100g)



CANTALOUPE

7 g net carbs / 3.5oz (100g)



STAR FRUIT (CARAMBOLA)

4 g net carbs / 3.5oz (100g)



STRAWBERRIES

5 g net carbs / 3.5oz (100g)



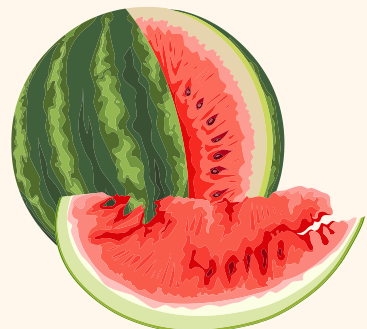
LEMON

6.5 g net carbs / 3.5oz (100g)



WATERMELON

7 g net carbs / 3.5oz (100g)



PEACHES

8 g net carbs / 3.5oz (100g)



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