

# Advanced Food Scores



John Doe

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## Keto



### Highest-Scoring Foods

- 99 Pecans
- 97 Seaweed
- 92 Spinach
- 91 Mackerel
- 89 Calamari or Squid
- 89 Crayfish (Crawfish)
- 87 English Walnut
- 87 MCT Oil
- 87 Radish
- 87 Goat Cheese
- 86 Macadamia
- 85 Yellow Squash
- 83 Coconut Oil
- 82 Anise Seed
- 81 Butternut Squash