

FOODS TO EAT ON

Keto

Includes foods to enjoy freely and those to eat in limited amounts.

PROTEIN & MEAT

Fresh, canned, or frozen without any flour, breading, or sauces:

Beef
Pork
Poultry
Lamb
Game (bison, buffalo, etc.)
Seafood (all types)
Organ meats
Processed meats: bacon, ham, sausage (check label for carb count)
Eggs
Soy: tempeh, organic tofu, edamame
Nutritional yeast

DAIRY & DAIRY ALTERNATIVES

Butter, ghee

Cream:

- Cream
- Sour cream
- Crème fraîche
- Light cream (limit 2 tablespoons/30 grams)

Cheese

- Hard (Parmesan, Romano, Cheddar, etc.)
- Semi-soft (havarti, Muenster, Gouda, mozzarella, etc.)
- Soft (mascarpone, cream cheese, Brie, goat, feta, fresh Mozzarella, etc.)
- Full-fat ricotta (limit to ~1/2 cup/114 grams)

Full-fat Greek yogurt or plain yogurt (limit to ~1 cup/240 grams)

Full-fat cottage cheese (limit to ~1/2 cup/114 grams)

Almond milk or unsweetened nut milk

VEGETABLES

Artichoke
Asparagus
Avocado
Bell peppers: green preferred; yellow or red in moderation (limit to ~1/2 cup/70 grams)
Broccoli
Brussels sprouts
Cabbage, including sauerkraut, kimchi
Carrots (limit to ~1/2 cup/60 grams)
Cauliflower
Celery
Cucumber
Dark leafy greens (arugula, spinach, kale, collard greens, mustard greens, lettuce, watercress)
Eggplant
Green beans
Onions (limit ~1/4 cup/35 grams)
Mushrooms
Peas (limit ~1/3 cup/50 grams)
Radishes
Sugar-snap peas
Winter squash: butternut, acorn, pumpkin (limit ~1/3 cup/45 grams)
Tomatoes
Zucchini and other summer squash
Pickles
Olives
Nori or other seaweed

FRUITS

Berries (limit to ~1/2 cup/75 grams):

- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Cranberries

Coconut, shredded (limit to ~1 cup/80 grams)

Lemon (limit to 1 fruit/60 grams)

Lime (limit to one-half fruit/30 grams)

Other fruits: Consume in small amounts (~1 oz/28 grams) in recipes, as needed

NUTS, SEEDS & NUT PRODUCTS

Almonds
Brazil nuts (limit 3 nuts per day due to high selenium count)
Cashews (limit to ~1/8 cup/15 grams)
Hazelnuts
Macadamia nuts
Pecans
Peanuts
Pistachios (limit to ~1/4 cup/30 grams)
Walnuts
Peanut or almond butter (limit to ~2 Tablespoons/30 grams)

Chia seeds
Flaxseeds
Hemp hearts
Pumpkin seeds
Sunflower seeds
Sesame seeds

FATS & OILS

Butter
Olive oil
Avocado oil
Avocado mayo
Macadamia oil
MCT oil
Coconut oil
Lard
Tallow

PANTRY & BAKING ESSENTIALS

Use in limited amounts, as needed, in baking and for flavoring foods:
Almond flour (limit 1/4 cup per serving)
Coconut flour (limit 1/4 cup per serving)
Cacao nibs
Unsweetened dark chocolate or cocoa
Xanthan gum
Keto-friendly sweeteners (allulose, erythritol, monk fruit, stevia, xylitol)

SNACKS & PREPARED FOODS

Chicharrones/pork rinds
Sugar-free jerky (made from beef, bison, or other meat)
Egg salad
Veggies with creamy dressing
Cheese with celery

CONDIMENTS & DRESSINGS

Keto-friendly/no-sugar condiments: mustard, hot sauce, coconut aminos, vinegar
Sugar-free, low-carb salad dressings (check labels for ingredients and carb counts)

BEVERAGES

Water (still or sparkling)
Coffee (black or with cream)
Tea (black or with cream)
Bone broth

ALCOHOL

Keto-friendly options; consume in moderation
Dry red or white wine (limit to ~5 oz/148 mL per day for women and ~10 oz/296 mL per day for men)
Plain spirits (limit to ~1.5 oz/44 mL per day for women and ~3 oz/89 mL per day for men)

FOODS TO AVOID ON

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Avoid the following foods and ingredients on your ketogenic lifestyle. They are either high in carbs, highly processed, or both.

SUGAR

White sugar, brown sugar, cane sugar, coconut sugar, date sugar; honey, maple syrup, agave, maltose; dextrose and maltodextrin (used in Splenda and other artificial sweetener packets)

GRAINS

Wheat, oats, rice, barley, bulgur, millet, quinoa, teff

GRAIN PRODUCTS

Bread, cereal, bagels, pasta, tortillas, crackers

STARCHY VEGETABLES

Potatoes, sweet potatoes, yams, parsnips, beets, corn

FRUITS

Bananas, grapes, apples, mangoes, pineapples, cherries, pears, and all other fruits that are not on the Keto Foods List.

Note: Use small amounts (~1 ounce/ 28 grams or less) in recipes, if needed

LEGUMES

Beans, lentils, chickpeas

PROCESSED SNACKS

Chips, pretzels, granola bars

SWEETENED YOGURT

MILK (ALL TYPES)

SUGARY DRINKS:

Soda, juice (even 100% juice), sports drinks, sweetened coffee/tea drinks

DESSERTS MADE WITH SUGAR AND/OR FLOUR

Cookies, cake, pies, brownies, ice cream, chocolate bars, etc.

ALCOHOL

Beer, sweet wine, sweet liqueurs, and sweet mixed drinks