

Ketogenic Diet (KETO)

Approved Foods

- All Meats - fish, beef, lamb, poultry, eggs, shellfish, ground beef 80% fat, pork, sausage, bacon (avoid highly processed meats like cold cuts and hot dogs which often have carbohydrates/sugars added)
- Fats - oils, coconut cream, ghee, salad dressings (see full list below)
- Leafy Greens - spinach, kale, lettuce, collard greens, turnip greens
- Low Carb Vegetables - broccoli, cauliflower, cucumber, zucchini, summer squash, cabbage, peppers, green beans, mushrooms
- Whole Milk Dairy - hard cheeses, heavy cream, butter, sour cream, cream cheese.
- Nuts and seeds (in moderation as they naturally have some carbs) - macadamias, walnuts, sunflower seeds, chia, pumpkin seeds, flax seeds, walnuts, nut butters (with no sugars added)
- Low Glycemic Fruits - avocado and berries (raspberries, blackberries, blueberries, strawberries, lemon/lime)
- Sweeteners - stevia, erythritol, monk fruit, Swerve, Splenda Naturals
- All spices/herbs (check labels as some products add sugar)
- Non-Grain Flour (Coconut, Almond)

Foods to Avoid

- All Sugar (honey, syrup, etc)
- All Grains (Corn, Wheat, Rice, Rye, Oats)
- All Beans/Legumes (kidney, pinto, black, Soy)
- High Glycemic Fruits - apples, bananas, oranges, pineapple, grapes, melons, etc
- Starchy Vegetables - potatoes, corn, winter squash

List of Keto-Friendly Fats

- Avocados
- Egg Yolks
- Macadamia/Brazil Nuts
- Butter/Ghee
- Mayonnaise
- Fatty Fish (salmon, etc)
- Animal Fat (from your meats)
- Lard
- Tallow
- Coconut Butter and Coconut Cream
- Cocoa Butter
- Olive Oil
- Coconut Oil
- Avocado Oil
- Macadamia Oil
- MCT Oil (great flavor-less oil to add)
- Salad Dressings