

KETOGENIC DIET FOOD LIST



VEGETABLES

Try to stick to green leafy vegetables and avoid root vegetables to keep your daily carbohydrate intake low.

Arugula (Rocket), Artichokes, Asparagus, Bell Peppers, Bok choy, Broccoli, Brussels Sprouts, Butterhead Lettuce, Cabbage, Carrots, Cauliflower, Celery, Chard, Chicory Greens, chives, Cucumber, Dandelion Greens, Eggplant (Aubergine), Endives, Fennel, Garlic, Jicama, Kale, Kohlrabi, Leeks, Leafy Greens (Various Kinds), Lettuce, Mushrooms (All Kinds), Mustard Greens, Okra, Onions, Parsley, Peppers (All Kinds), Pumpkin, Radicchio, Radishes, Rhubarb, Romaine Lettuce, Scallion, Seaweed (All Sea Vegetables), Shallots, Spaghetti Squash, Spinach, Swiss Chard, Tomatoes, Turnip Greens, Watercress, Zucchini, fermented vegetables like Kimchi (may contain added sugar if store-bought), Sauerkraut

FRUITS

Most fruits are off limits on a ketogenic diet. Some small amounts of berries are considered okay, but watch how much you eat!

Avocado, Blackberry, Blueberry, Cranberry, Olive, Lemon, Lime, Raspberry, Strawberry

MEATS

All Cuts of the animal are good to eat, but too much protein can hamper ketosis, so watch how much you eat.

Alligator, Bear, Beef, Bison, Chicken, Deer, Duck, Elk, Goat, Goose, Horse, Kangaroo, Lamb, Moose, Pheasant, Pork, Quail, Rabbit, Reindeer, Sheep, Snake, Turkey, Veal, Wild Boar, Wild Turkey, Cured and Premade meats (e.g. sausages, deli meat, hot dogs, pepperoni, prosciutto, salami, bacon - check ingredients)

ORGAN MEATS

In the United States, organ meats have fallen out of favor, but there is no other category of food that is as nutritious. Eat any of the following from pretty much any animal.

Heart, Liver, Kidney, Bone Marrow, Tongue, Tripe

LEGUMES

Almost all legumes are off limits, but small amounts of green beans and peas are ok.

Green Beans and Peas

FATS

Fats play a huge part in the ketogenic diet (they make up the majority of your calorie intake), so make sure you're taking in plenty of healthy fats.

Avocado Oil, Ghee, Coconut Oil, Lard, Tallow, Olive Oil, Madadamia Oil, Red Palm Oil, Palm Shortening, Duck Fat, Butter (if you tolerate dairy), Coconut Butter, Cocoa Butter, Walnut Oil (small amounts), Sesame Oil, (small amounts if not heated), MCT Oil

FISH

Fish is highly nutritious, but buy wild-caught fish whenever possible.

Anchovies, Bass, Cod, Eel, Flounder, Haddock, Halibut, Herring, Mackerel, MahiMahi, Mackerel, Orange Roughy, Perch, Red Snapper, Rockfish, Salmon (including Smoked Salmon), Sardines, Tilapia, Tuna (including Albacore, Sole, Grouper, Turbot, Trout, Shark

SHELLFISH AND OTHER SEAFOOD

Apart from organ meats, shellfish is the most nutrient-dense food you can eat. Often expensive, but worth it.

Abalone, Caviar, Clams, Crab, Lobster, Mussels, Oysters, Shrimp, Scallops, Squid

DRINKS

Watch out for hidden sugar in drinks!

Coconut Milk, Almond Milk, Cashew Milk, Broth, (or bouillon), Coffee, Tea, Herbal Teas, Water, Seltzer Water, Lemon, and Lime Juice (small amounts), Club Soda, Sparkling Mineral water

NUTS AND SEEDS

Don't go wild on these as they're easy to overeat and high in omega-6 fats. These also add to your carbohydrate intake (in particular pumpkin seeds and cashews), so watch out. Lastly, note that peanut is a legume, not a nut, and is not recommended.

Almonds, Hazelnuts, macadamias, Pecans, Pine Nuts, Pistachios, Pumpkin Seeds, Psyllium Seeds, Sesame Seeds, Sunflower Seeds, Walnuts, Cashews, Chia Seeds, Various Nut Butters.

DAIRY

Not everyone can tolerate dairy - you should eliminate these foods for at least a month, then reintroduce them to see how they make you feel. We find raw and unpasteurized dairy to be better. Stick to full-fat dairy.

Kefir, Full-Fat Yogurt, Raw Full-Fat Cheeses, Full Fat Cottage Cheese, Heavy Whipping Cream, Full-Fat Sour Cream, Butter (not margarine), Ghee, Full-Fat Cream Cheese

HERBS AND SPICES

Experiment with these herbs and spices as they'll make your food really delicious! Make sure to check the ingredients of any herb or spice blends to avoid added sugar or MSG

Sea Salt, Black Pepper, White Pepper, Basil, Italian Seasoning, Chilli Powder, Cayenne Pepper, Curry Powder, Garam Masala, Cumin, Oregano, Rosemary, Thyme, Sage, Turmeric, Parsley, Cilantro, Cinnamon, Nutmeg, Cloves, Allspice, Ginger, Cardamom, Paprika, Dill

OTHER

These are some foods that don't fall neatly into other categories.

Mayonnaise (made with good oils - see list of oils), Eggs (of any animal), Shredded Coconut, Mustard, Hot Sauce, (check ingredients), Vinegars (check the ingredients to make sure they don't have added sugar or wheat), Beef sticks, Gluten Free Tamari Sauce or Coconut Aminos, Fish Sauce (check ingredients), Vanilla Extract, Gelatin (as a powder or from bone broth), Dark Chocolate (100%), Stevia (small amounts if necessary), Monk Fruit or Lo Han Guo Sweetener, Almond Flour or Almond Meal, Coconut Flour, Cacao Powder (unsweetened), Cacao Nibs, Pork Rinds, Beef Jerky, Pickles, Cod Liver Oil (Fish Oil)