

# KETO DIET FOOD LIST

## 75% FATS

### Vegetable Fats

Flaxseed oil, coconut oil, avocado oil.  
 Olives and olive oil.  
 Macadamia oil.  
 Walnut oil.  
 All kind of nuts (except peanuts): almonds, walnuts, hazelnuts, cashews, macadamia nuts, pine nuts, pecans, brazil nuts, pistachios, etc.  
 Seeds such as sunflower seeds, flaxseed, chia seeds, hemp seeds, sesame seeds etc.  
 Sugar-free seed and nut butter.

### Animal Fats

Fish such as salmon, tuna, cod, trout, halibut, snapper, and mackerel. If possible, opt for wild caught fish.  
 Shellfish such as shrimp, squid, scallop, prawn, crab, and lobster.  
 Organ meats such as liver, tongue, heart, kidneys, brain, sweetbreads, tripe, bone marrow etc.  
 Bacon.  
 Tallow, ghee, lard.  
 Omega-3 egg yolks, which are made by special-fed hens.  
 Organic and full-fat dairy products such as cheese, cream, and Greek yogurt, but in small amounts.

### Non-Starchy Vegetables

Bell peppers, broccoli, asparagus, mushrooms, zucchini, spinach, cauliflower, green beans, green peas, lettuce, garlic, kale, cucumbers, Brussels sprouts, celery, tomatoes, radishes, onions, eggplant, cabbage, artichokes, bok choy, fennel, chives, endive, etc.  
 Fresh herbs such as mint leaves, basil, rosemary, parsley, chives, cilantro, etc.  
 Root veggies such as carrot, pumpkin, sweet potato, butternut squash, turnips, etc.

### Other Foods

Dark chocolate or raw cocoa powder.  
 Spirulina.  
 Almond or coconut flour.  
 Mineral water.  
 Unsweetened tea or coffee.  
 Unsweetened coconut, almond, or hemp milk.  
 Fish oil supplements.  
 MCT (medium-chain triglyceride) oil, which is often extracted from coconut oil.

## 20% PROTEINS

Grass-fed meat such as beef, pork, chicken, turkey, duck, etc.  
 Low carb bone broth.  
 Gelatin and collagen powdered supplements.  
 Organic dairy products such as sour cream, cottage cheese, sugarless cream cheese, heavy cream, etc.

## 5% CARBS

The only legumes allowed are green peas and green beans.  
 Berries such as raspberries, blueberries, blackberries, and strawberries.  
 Other fruits such as lemons, apples, pears, and limes.

## FORBIDDEN FOODS

All kinds of grains.  
 Any kind of sweets, sugars, and refined sugars.  
 Soda and alcohol.  
 Refined vegetable oils such as sunflower oil, canola oil, and peanut oil.

Beans such as kidney beans, lentils, and chickpeas.  
 Low-fat dairy products, which, in fact, are high in carbohydrates.  
 Peanuts, including peanut butter.  
 Any kind of processed foods.