



Use this handy food list to help your meal planning and grocery shopping, or give a copy to a friend or family member who is trying to understand what foods you've chosen to eat in your new healthy keto lifestyle!

High Fat Foods	Protein Rich Foods	Fruits & Vegetables (Carbs)	Condiments / Miscellaneous
<ul style="list-style-type: none"> Almonds Avocado Bacon Drippings Beef Tallow Brazil Nuts Butter Cheese full-fat varieties Coconut Dark Chocolate 100% cacao Duck Fat Fish Oil Ghee Goose Fat Heavy Cream / Heavy Whipping Cream Hemp Macadamias Mayonnaise avocado or olive oil-based only Olives all varieties Pecans Pili nuts Pistachio nuts Pork Rinds Schmaltz / Chicken Fat Seeds seeds or seed butter only Tahini Walnuts Yogurt unsweetened, full fat 	<ul style="list-style-type: none"> Bacon no sugar added, or <2% ingredients Beef Bone Marrow Cheese (all) Chicken Crab Cured Meats no sugar added, or <2% ingredients Duck Eggs Egg White Protein Isolate Fish Goat Goose Ham Lamb Lunch Meats no sugar added, or <2% ingredients Mollusks Mussels Offal and Organ Meats all, from any animal Oysters Pheasant Pork Poultry Prawns Quail Ribs Sausage no sugar added, or <2% ingredients Scallops Shellfish (all) Shrimp Turkey Veal Venison Wild Game (all) Yogurt unsweetened, full fat 	<ul style="list-style-type: none"> Artichoke Asparagus Berries unsweetened whole berries Broccoli Brussels Sprouts Cabbage Cauliflower Celery Chard Cucumber Garlic Ginger Green Beans / String Beans Herbs fresh and dried Jicama Kimchi Leafy Greens (all varieties) Leeks Lemongrass Lemon Lettuce (all varieties) Lime Mushrooms (all varieties) Okra Olives Onions (White or Yellow) Peppers (all) Pickles dill or no sugar added Pumpkin Radicchio Radish (all) Rhubarb Sauerkraut Scallions / Green Onions Shallot Spaghetti Squash Snow Peas Summer Squash / Yellow Squash Tomato (all) Watercress Wax Beans Zucchini / Courgette 	<ul style="list-style-type: none"> Baking Powder Baking Soda Cacao/Cocoa Powder unsweetened Capers Chili Paste Coconut Aminos Coffee Cream of Tartar Fish Sauce Horseradish Hot Sauce sugar free or no sugar added Mustard prepared / ground powder, except honey or sweet Nut Milks no sugar added Nut Flours no sugar added Olive Tapenade Vinegars no sugar added, low sugar varieties Salt Spices all plain spices, no sugar / starch in blends Sweeteners stevia, erythritol, xylitol, allulose, or monkfruit Tea unsweetened black, white, or green, or unsweetened herbal varieties

Some items on this list, though workable in a keto diet, still have carbs and natural sugars. Be aware of your total carb and sugar count for the day, especially when including things like sweeteners, berries, nuts, and squash.