

# Keto Food List

## GOOD TO EAT

### MEAT

Alligator  
Bacon  
Bear  
Beef  
Beef Jerky  
Bison  
Bison Jerky  
Bison Ribeye  
Bison Sirloin  
Bison Steaks  
Boar  
Chicken Breast  
Chicken Leg  
Chicken Thigh  
Chicken Wings  
Chuck Steak  
Clams  
Crab  
Duck  
Eggs  
Elk  
Emu  
Goat  
Goose  
Ground Beef  
Ground lamb  
Ham  
Hot dogs  
Kangaroo  
Kielbasa  
Lamb Chops  
Lamb rack

Lobster  
Mussel  
New York Steak  
Ostrich  
Oyster  
Pheasant  
Pork  
Pork Chops  
Poultry  
Quail  
Rabbit  
Reindeer  
Salmon  
Sausage  
Scallop  
Shrimp  
Spam  
Steak  
Trout  
Turkey  
Turtle  
Veal  
Venison Steaks

### VEGETABLES

Alfalfa Sprouts  
Asparagus  
Artichoke  
Arugula  
Avocado  
Banana Pepper  
Beet Greens

Bok Choy  
Broccoli  
Broccoli Rabe  
Brussels Sprout  
Butterhead Lettuce  
Cabbage  
Cauliflower  
Celery  
Chard  
Chayote  
Chicory Greens  
Collard Greens  
Cucumber  
Eggplant  
Endive  
Escarole  
Green Beans  
Iceberg Lettuce  
Jalapeno Pepper  
Jicama  
Kohlrabi  
Mung Bean  
Mushroom  
Mustard Greens  
Nori  
Okra  
Radish  
Red Tomatoes  
Romaine  
Rutabaga  
Spaghetti Squash  
Spinach  
Summer Squash

Tomatillo  
Turnip  
Water Spinach  
Yellow Tomatoes  
Zucchini

### DAIRY

Blue Cheese  
Brie  
Butter  
Cheddar Cheese  
Colby Jack Cheese  
Cottage Cheese  
Cream Cheese  
Feta Cheese  
Goat Cheese  
Gouda  
Heavy Whipping Cream  
Mozzarella Cheese  
Parmesan Cheese  
Provolone Cheese  
Ricotta  
Sour Cream  
Swiss Cheese  
Unsweetened Greek Yogurt  
Unsweetened Plain Yogurt

### FATS

Animal Fats  
Avocado Oil

Butter  
Cocoa Butter  
Coconut Oil  
Flaxseed Oil  
Ghee  
Hemp Oil  
Lard  
Macadamia Oil  
Mayonnaise  
Olive Oil  
Palm Oil  
Peanut Oil  
Pumpkin Seed Oil  
Red Palm Oil  
Sesame Oil  
Tallow  
Tea Seed Oil  
Walnut Oil

### DRINKS

Broth  
Club Soda  
Coffee  
Cream  
Diet Soda  
Dry Wines  
Hard Alcohol  
Herbal Tea  
Seltzer Water  
Unsweetened Almond Milk  
Unsweetened Tea  
Water

## EAT OCCASIONALLY

### BERRIES

Blackberries  
Blueberries  
Boysenberries  
Cherries  
Cranberries  
Currants  
Gooseberries  
Loganberries  
Cantaloupe  
Honeydew Melon  
Raspberries  
Strawberries

### NUTS/SEEDS

Almonds  
Almond Butter  
Almond Flour  
Almond Meal  
Brazil Nuts  
Cashews  
Cashew Butter  
Coconut  
Coconut Flour  
Hazelnuts  
Hemp Hearts  
Macadamias  
Macadamia Butter  
Peanuts  
Peanut Butter  
Pecans  
Pine Nuts  
Pistachios

Pumpkin Seeds  
Sesame Seeds  
Soy Nuts  
Soy Nut Butter  
Sunflower Seeds  
Sunflower Seed Butter  
Sunflower Seed Flour  
Tahini  
Walnuts

### VEGETABLES

Sea vegetables  
Bean sprouts  
Sugar snap peas  
Wax beans  
Water chestnuts



Natural Earthy Mama

## AVOID

### FRUITS

Apricot  
Dragon fruit  
Peach  
Nectarine  
Apple  
Grapefruit  
Kwifruit  
Kiwi berries  
Orange  
Plums  
Cherries  
Pears  
Figs  
Pineapple  
Mango  
Banana  
Papaya  
Grapes  
Citrus  
All dried fruits

### VEGETABLES

Potatoes  
Pumpkin  
Winter squash  
Yams  
Peas  
Corn  
Carrots  
Parsnip

### FATS

Canola, Soy,  
Corn, margarine  
Fried foods

### GRAINS AND LEGUMES

Beans  
Chickpeas  
Lentil  
Dried peas  
Wheat  
Barley  
Oats  
Rye  
Quinoa  
Millet  
Bulgur  
Sorghum  
Amaranth  
Buckwheat  
Sprouted grains  
Pasta  
Rice  
Bread  
Cakes

### SUGAR

Anything sweet  
Soda  
Candy  
Donuts  
Cake  
Frosting  
Cookies  
Chocolate  
Jams  
Jellies  
Desserts  
Sweetened Yogurt  
Plain or flavored milk