

KETO DIET FOODS

MEAT

- Steaks
- Corned beef
- Lamb chops
- Hamburger
- Bacon
- Any kind of meat in any quantity

Watch meat with fillers like:

- hot dogs
- sausage
- meatballs
- cold cuts

FISH & SEAFOOD

- All fish, including:
- Canned salmon
- Tuna
- Oil-packed and smoked
- *Watch for hidden carbs in:*
- oysters
- shrimp
- mussels
- clams
- scallops
- pickled fish

FOWL

- Duckling
- Turkey
- Chicken
- Anything with wings
- No stuffing

NUTS & SEEDS

- Almonds
- Macadamia Nuts
- Sunflower Seeds
- Pumpkin Seeds

Watch for these higher carb items:

- peanuts
- cashews

EGGS

- Hard-Boiled
- Fried
- Scrambled
- Poached
- Omelet

CHEESE

- Four ounces a day of any hard, aged cheese.
- Cream cheese, fresh cheeses, or cheese spreads are fine in moderation.

VEGETABLES

- Cauliflower
- Celery
- Chicory
- Chinese Cabbage
- Chives
- Cucumber
- Endive
- Escarole
- Fennel
- Lettuce
- Olives (Green or Black)
- Onions (In Moderation)
- Pickles (Sour or Dill)
- Parsley
- Peppers
- Radishes
- Scallions
- Tomatoes
- Watercress



CONDIMENTS

- Salt
- Pepper
- Mustard
- Horseradish
- Vinegar
- Vanilla and other extracts
- Artificial Sweeteners
- Any dry powdered spice that contains no sugar (Unsweetened Cocoa)
- Salad Dressings with vinegar, oil, salt, dry spices, herbs, or grated cheese.



FATS

- Butter
- Ghee
- Oils (Coconut, Olive, etc.)
- Bacon Fat
- Lard
- Mayonnaise



HEAVY CREAM

Four teaspoons a day.
(Cream has less carbohydrate than milk – so don't use milk.)



DRINKS

- Water
- Mineral water
- Vichy
- Club soda
- Seltzer water
- Beef or chicken broth
- Bouillon
- Sugar-free diet soda
- Coffee
- Tea
- Decaffeinated coffee



JUICE

- Juice of one lemon or lime