

Keto Diet Food List

Fruits

Berries (Blackberry, Blueberry, Cranberry, Raspberry, Strawberry)
Coconut
Currants
Lemon
Lime

Vegetables

Artichoke
Asparagus
Avocado
Bamboo Shoots
Beet Greens
Broccoli
Broccolini
Bok Choy
Brussels Sprouts
Cabbage
Cauliflower
Celery
Collard Greens
Cucumbers
Eggplant
Escarole
Fennel
Garlic
Green Beans
Jicama
Kale
Kohlrabi
Leeks
Lettuce
Mushrooms

Mustard Greens
Nopal (Cactus)
Nori (Seaweed)
Okra
Onion
Parsnip
Peppers
Pumpkin
Radish
Rapini (Broccoli Raab)
Rhubarb
Sauerkraut
Shallots
Snap Peas
Snow Peas
Spinach
Sprouts
Squash
Swiss Chard
Tomatillo
Tomato
Turnip
Watercress
Zucchini

Meat/Protein

Bacon*
Beef
Chicken
Cured Meats (Salami, Pepperoni, Pancetta, etc.)
Eggs
Fish (Salmon, Cod, Tuna, etc.)
Goat

Meat/Protein (cont.)

Hot dogs
Lamb
Deli Meats* (Ham, Roast Beef, Turkey, etc.)
Organ Meats (Heart, Kidney, Liver, Tongue)
Pork
Sausage (Italian, Breakfast, Chorizo, Linguica, etc.)
Shellfish (Crab, Lobster, Shrimp, Clams, Mussels, Scallops, Oysters, etc.)
Turkey
Veal

Dairy (Full Fat)

Butter
Cottage Cheese
Ghee
Greek Yogurt (Plain)
Hard Cheese (Cheddar, Parmesan, Gouda, etc.)
Heavy Whipping Cream
Mascarpone
Soft Cheese (Mozzarella, Ricotta, Cream Cheese, Goat Cheese, Brie, etc.)
Sour Cream

Fats/Oils

Avocado Oil
Butter
Cacao Butter
Chicken Fat
Coconut Cream
Coconut Oil

Cod Liver Oil
Duck Fat
Flaxseed Oil
Ghee
Krill Oil
Lard
Macadamia Oil
MCT Oil
Olive Oil (Extra Virgin)
Sesame Seed Oil
Tallow
Walnut Oil

Nuts/Seeds

Almonds
Brazil Nuts
Cashews
Flaxseeds
Hazelnuts
Macadamia Nuts
Nut Butters* (Except peanut)
Pecans
Pili Nuts
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Tahini
Walnuts

Dressing, Condiments

& Sauces

Buffalo Sauce
Chimichurri Sauce
Coconut Aminos
Dressings* (Vinaigrette & creamier options are better)

Dressing, Condiments & Sauces (cont.)

Horseradish
Hot Sauce*
Ketchup*
Mayonnaise
Mustard*
Pesto
Relish*
Salsa*
Sauerkraut*
Soy Sauce
Wasabi Paste
Worcestershire Sauce

Cooking, Baking & Spices

Almond Flour
Cocoa Powder*
Coconut Flour
Dark Chocolate (Unsweetened or keto friendly sweeteners)
Flax Seed Meal
Hazelnut Powder
Herbs* & Spices*
Gelatin
Macadamia Nut Powder
Protein Powder*
Sunflower Meal
Vinegar (Apple Cider, Balsamic, Red and White Wine)

Sweeteners

Chicory Root
Erythritol
Monk Fruit
Stevia
Xylitol

Beverages

Bone Broth
Carbonated Water*
Coffee
Lemon Juice
Lime Juice
Nut Milk* (Almond, Cashew Coconut, etc.)
Tea*
Water

Miscellaneous

Cheese Crisps
Collagen Powder
Dark Chocolate (Unsweetened or keto friendly sweeteners)
Jerky*
Olives
Pickles
Pork Rinds*

Helpful Links For Meal Planning

- [300+ Amazing Keto Recipes](#)
- [10 Ways To Save Money On Your Keto Diet](#)
- [20 Best Amazon Keto Snacks](#)

Note: If a food item has a "*" after it, these are foods that sometimes have sugar added to them.

Always read the label & pick foods with no sugar added.