

KETO FOOD LIST

OILS & FATS

Butter
Ghee
Coconut Oil
Lard
Bacon Fat
Duck Fat
Beef Tallow
Avocado Oil
Olive Oil
Macadamia Nut Oil
Walnut Oil (Use Small Amounts)
MCT Oil
Palm Oil

VEGETABLES

Arugula
Asparagus
Artichokes
Broccoli
Bell Peppers
Boy Choy
Brussels
Sprouts
Cabbage
Cauliflower
Celery
Chard
Collard Greens
Cucumbers
Eggplant
Endives
Fennel
Green Beans
Jalapeño
Peppers
Garlic
Iceberg
Lettuce
Kale
Leeks
Mushrooms
Mustard
Greens
Onions
Peppers
Scallions
Spaghetti
Squash
Spinach
Swiss Chard
Tomatoes
Turnip Greens
Zucchini

DAIRY

Butter
Blue Cheese
Brie
Cheddar
Cottage Cheese
Cream Cheese
Feta Cheese
Goat Cheese
Mozzarella
Parmesan
Provolone
Ricotta
Swiss
Sour Cream
Greek Yogurt
Heavy Cream
Half & Half

MEAT

Alligator
Bear
Beef
Bison
Boar
Buffalo
Deer
Elk
Lamb
Moose
Pork
Snake
Veal

POULTRY

Chicken
Hen
Quail
Turkey
Pheasant
Duck

FISH

Anchovies
Bass
Catfish
Halibut
Flounder
Haddock
Red Snapper
Sardines
Salmon
Sole
Trout
Tuna
Tilapia
Mackerel
Mahi Mahi
Orange Roughy

NUTS & SEEDS

Almonds
Brazil Nuts
Cashews
Hazelnuts
Macadamias
Peanuts
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seed
Soy Nuts
Sunflower Seeds
Walnuts

EGGS

Chicken Eggs
Goose Eggs
Duck Eggs
Quail Eggs