

Ketogenic Diet Food List

These foods are low carb, high in healthy fats, and align with the macronutrient ratios of the ketogenic diet. Ideal for promoting weight loss, stable blood sugar levels, and improved metabolic health.

What to eat (Keto approved)	What to eat in moderation	What to limit/avoid
Animal Proteins <ul style="list-style-type: none">Fatty fish (salmon, mackerel, sardines)Meat and poultryEggs	Dairy (Higher carb) <ul style="list-style-type: none">MilkSweetened yogurtProcessed cheese	Starchy vegetables <ul style="list-style-type: none">PotatoesSweet potatoesCornPeas
Fats & oils <ul style="list-style-type: none">Olive oilCoconut oilAvocado oilButter, ghee	Low glycemic fruits <ul style="list-style-type: none">StrawberriesRaspberriesBlueberries	Grains & grain-based foods <ul style="list-style-type: none">BreadPastaRiceCereal
Dairy (Low carb) <ul style="list-style-type: none">CheeseCreamPlain Greek yogurt (unsweetened)	Nuts and seeds (Higher carb) <ul style="list-style-type: none">CashewsPistachios	Sugary foods/beverages <ul style="list-style-type: none">CandyCakeIce creamFruit juice, soda
Low carb veggies <ul style="list-style-type: none">Spinach, kaleBroccoli, cauliflowerZucchini, cucumber	Processed meats <ul style="list-style-type: none">BaconSausagesDeli meats (check additives)	High carb fruits <ul style="list-style-type: none">BananasGrapesMangos
Nuts and seeds <ul style="list-style-type: none">Almonds, walnutsChia, flax, pumpkin seeds	Fats (Saturated) <ul style="list-style-type: none">Excess butterHigh coconut oil intake	Legumes <ul style="list-style-type: none">LentilsBeansChickpeas
Other keto approved <ul style="list-style-type: none">AvocadosShirataki noodlesBone broth		Alcohol <ul style="list-style-type: none">Especially sweetened or beer
Drinks <ul style="list-style-type: none">WaterUnsweetened teaBlack coffee		Processed snacks <ul style="list-style-type: none">Packaged chipsCookiesSugary granola bars

Notes