

# Ketogenic Diet Food List

Patient's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender: \_\_\_\_\_

Medical History (if needed): \_\_\_\_\_

Referring Physician's Name: \_\_\_\_\_

Additional Notes:

## Ketogenic Diet Food List

What to Eat	What to Limit	What to Eat in Moderation
<ul style="list-style-type: none"><li>• Fish and Seafood (Salmon, Sardines, Mackerel, etc., or fatty fish with high levels of omega-3)</li><li>• Meat and Poultry (Grass-fed beef, Dark-meat chicken)</li><li>• Low-Carb Vegetables (Broccoli, Cauliflower, Green Bell Peppers, etc.)</li><li>• Cheese (Parmesan cheese, Cream cheese, Feta cheese, Cottage cheese)</li><li>• Plain Green Yogurt</li><li>• Avocados</li><li>• Eggs</li><li>• Nuts, Seeds, and Healthy Oils (Olive Oil, Coconut Oil, Avocado Oil)</li><li>• Unsweetened coffee and tea</li><li>• Plant-based or Low-carb milk</li></ul>	<ul style="list-style-type: none"><li>• Starchy Vegetables</li><li>• High-Sugar Fruits</li><li>• Sweetened Yogurt</li><li>• Juices</li><li>• Honey, sugar, or syrup</li><li>• Chips and crackers</li><li>• Grains</li><li>• Baked Goods</li></ul>	<ul style="list-style-type: none"><li>• Dairy Milk</li><li>• Beans and Legumes</li></ul>

## Sources:

Ld, S. S. M. R. (2023, February 23). *20 foods to eat on the keto diet*. Healthline. [20 Top Foods to](#)

## [Eat on a Ketogenic Diet](#)

Ldn, L. Y. M. R. (2023, August 15). Keto Diet Food List: What to Eat and What to Limit If You Go Keto. *EatingWell*. [Complete Keto Diet Food List: What You Can and Cannot Eat If You're on a Ketogenic Diet](#)

Migala, J. (2023, January 12). *The Keto Diet: 7-Day Menu and Comprehensive food list*. [Everyday Health: Trusted Medical Information, Expert Health Advice, News, Tools, and Resources](#) . [The Keto Diet: 7-Day Menu and Comprehensive Food List](#)