

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

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](#)