

Ketogenic Diet Food List



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Ketogenic Diet Food List: Fats

Healthy fats are really the cornerstone of the ketogenic diet. In order to keep your body in a state of ketosis, you've gotta eat a lot of fat—at around 70% of your calories. And your fat source matters. All your fats should come from

SATURATED AND MONOUNSATURATED FATS like..

- Butter or ghee
- Avocados
- Macadamia nuts
- Coconut butter
- Cocoa butter
- Egg yolks
- Coconut oil, olive oil, MCT oil, or avocado oil
- Nuts and seeds or nut butter (choose fattier nuts like almonds)
- Fatty fish

Ketogenic Diet Food List: Proteins

- Lamb

- **Goat**
- **Beef**, preferably fattier cuts like steak, veal, roast, ground beef, and stews.
- **Poultry**, including chicken, quail, duck, turkey, and wild game—try to focus on the darker, fattier meats.
- **Pork**, including pork loin, tenderloin, chops, ham, bacon, and ground.
- **Fish**, including mackerel, tuna, salmon, trout, halibut, cod, catfish, and mahi-mahi.
- **Shellfish**, including oysters, clams, crab, mussels, and lobster.
- **Organ meats**, including heart, liver, tongue, kidney, and offal.
- **Eggs**, including deviled, fried, scrambled, and boiled. Use the whole egg.

Ketogenic Food List: Carbohydrates

VEGETABLES

Think low-carb and non-starchy. Choose leafy greens first, including:

- Kale
- Spinach
- Swiss chard

- Bok choy
- Lettuce
- Radicchio
- Brussels sprouts
- Broccoli

Other options include:

- Onions
- Bell peppers
- Asparagus
- Kohlrabi
- Celery
- Cucumber
- Zucchini
- Cauliflower

FRUITS

Fruits must be limited and eaten in VERY small amounts, as they have a high sugar content. When you do eat fruits, choose lower-sugar options like:

- Strawberries
- Blueberries
- Raspberries
- Cherries
- Cranberries
- Mulberries
- Sweeteners – stevia, erythritol, monk fruit, and other low-carb sweeteners

HERBS AND SPICES

- Basil
- Oregano
- Parsley
- Rosemary
- Thyme
- Cilantro
- Cayenne pepper
- Chili powder
- Cumin
- Cinnamon

- Nutmeg
- Lemon or lime juices
- Salt and pepper

Ketogenic Diet Food List: Dairy

Most dairy products get the green light on keto. Just opt for the full-fat version and preferably organic and raw, if possible.

- **Full-fat** yogurts
- Mayonnaise
- **Heavy** cream
- Sour cream
- Cottage cheese
- Cream cheese
- Hard cheeses like parmesan, swiss, feta, and cheddarCurcumin
- Soft cheese like brie, Monterrey jack, mozzarella, and bleu cheese

Supplements

Some people also suggest that supplementation is also desirable with a ketogenic diet. You may want to add the following supplements:

- Curcumin
- Piperine
- Vitamins A & D
- EGCG (from green tea)
- And other keto specific supplements

Ketogenic Diet NOT Allowed Food List

BEANS AND LEGUMES TO AVOID:			
BEANS AND LEGUMES	CARBS	PROTEIN	FAT
KIDNEY BEANS	18.5G	7G	0.75G
CHICKPEAS	20G	6G	2G
BLACK BEANS	23G	7G	0.5G
LENTILS	19G	8G	0G
GREEN PEAS	14G	4G	0G
LIMA BEANS	19G	6G	0G
PINTO BEANS	20G	7G	0G
GREAT NORTHERN BEANS /WHITE BEANS	22G	8G	0G
CANNELLINI BEANS	18G	6G	0.5G
FAVA BEANS	17G	6G	0G
BLACK EYED PEAS	14G	2G	0G
* MACROS CALCULATED PER ½ CUP OF COOKED BEANS.			
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GRAINS TO AVOID:

GRAINS	CARBS	PROTEIN	FAT
WHEAT (1 SLICE WHEAT BREAD)	14G	3G	1G
BARLEY	44G	4G	1G
OATS	26G	6G	3G
RICE	45G	5G	2G
RYE (1 SLICE RYE BREAD)	15G	3G	1G
CORN	32G	4G	1G
QUINOA	39G	8G	4G
MILLET	41G	6G	2G
SORGHUM	39G	5G	1G
BULGUR	33G	5.6G	0.4G
AMARANTH	46G	9G	4G
SPROUTED GRAINS (1 SLICE SPROUTED GRAIN BREAD)	15G	4G	0.5G
BUCKWHEAT	33G	6G	1G
BREADS MADE FROM ANY OF THE ABOVE			
PASTAS MADE FROM ANY OF THE ABOVE			
COOKIES, CRACKERS, OR PIZZA CRUSTS MADE FROM ANY OF THE ABOVE			
* UNLESS OTHERWISE SPECIFIED, MACROS CALCULATED PER 1 CUP OF COOKED GRAINS.			

FRUITS TO AVOID:

FRUITS	CARBS	PROTEIN	FAT
BANANAS (1 SMALL BANANA)	18.5G	0.9G	0.2G
PINEAPPLES (½ CUP)	18G	1G	0G
PAPAYA (1 SMALL)	15G	0.9G	0.2G
APPLES (1 MEDIUM)	22G	0G	0G
ORANGES (1 MEDIUM)	17G	1G	0.3G
GRAPES (1 CUP)	27G	1G	0G
MANGOS (1 MEDIUM)	50G	3G	1G
TANGERINES (1 MEDIUM)	12G	1G	0G
ALL FRUIT JUICES (1 CUP ORANGE JUICE)	26G	2G	0G
FRUIT SMOOTHIES	(VARIES BY FRUIT CHOICE, BUT STILL WAY TOO HIGH CARB)		
DRIED FRUITS LIKE RAISINS, DATES, DRIED MANGO, ETC (1 CUP RAISINS)	57G	2G	0G
FRUIT SYRUPS (2 TBSP BLUEBERRY SYRUP)	15G	0G	0G
FRUIT CONCENTRATES (2 FLUID OZ APPLE JUICE CONCENTRATE)	29G	0G	0G

STARCHY VEGETABLES TO AVOID:

STARCHY VEGETABLES	CARBS	PROTEIN	FAT
SWEET POTATOES	14G	1G	0G
YAMS	19G	1G	0G
POTATOES (1 MEDIUM BAKED)	28G	3G	0.3G
CARROTS	6G	1G	0G
PARSNIPS	15G	1G	0.3G
PEAS	14G	4G	0G
YUCCA (½ CUP RAW)	39G	1.5G	0G
CORN	32G	4G	1G
CHERRY TOMATOES (1 CUP RAW)	6G	1.3G	0.3G

* UNLESS OTHERWISE SPECIFIED, MACROS CALCULATED PER ½ CUP OF COOKED VEGETABLE.

SUGARS TO AVOID:

SUGARS	CARBS	PROTEIN	FAT
HONEY	17G	0G	0G
AGAVE NECTAR	14G	0G	0G
MAPLE SYRUP	14G	0G	0G
RAW SUGAR	12G	0G	0G
TURBINADO SUGAR	12G	0G	0G
HIGH-FRUCTOSE CORN SYRUP	14G	0G	0G
CANE SUGAR	12G	0G	0G

* SUGAR MACROS CALCULATED PER 1 TABLESPOON.

DAIRY PRODUCTS TO AVOID:

MILK AND LOW-FAT DAIRY	CARBS	PROTEIN	FAT
MILK (MINUS SOME RAW MILK) (1 CUP 2% MILK)	12G	8G	5G
SHREDDED CHEESE (WHICH OFTEN CONTAINS POTATO STARCH) (½ CUP)	2G	14G	18G
LOW-FAT OR REDUCED-FAT DAIRY PRODUCTS LIKE:			
FAT-FREE BUTTER SUBSTITUTES (THESE SHOULD BE REMOVED FROM THE FACE OF THE EARTH) (1 TBSP)	0.63G	0G	0.4G
LOW-FAT CREAM CHEESE (1 TBSP)	1G	2G	2.6G
EVAPORATED SKIM MILK (1 CUP)	14G	10G	0.2G
LOW-FAT WHIPPED TOPPING (2 TBSP)	3G	0G	0G
FAT-FREE OR LOW-FAT YOGURTS (THESE USUALLY CONTAIN A TON OF ADDED SUGAR) (1 CONTAINER)	16G	0G	0G

ALCOHOL TO AVOID:

ALCOHOL	CARBS	PROTEIN	FAT
BEERS (12 FL OZ)	12.7G	1.6G	0G
WINES (ESPECIALLY SWEET WINES) (1 GLASS SWEET DESSERT WINE)	14G	0.2G	0G
COCKTAILS (1 COCKTAIL)	5G	0.1G	0G
MIXERS CONTAINING JUICES, FLAVORED SYRUPS, AND SODAS (2 FL OZ MARGARITA MIXER)	12G	0G	0G
FLAVORED LIQUORS (1 FL OZ)	3-6G	0G	0G

SWEETENED AND SUGARY BEVERAGES TO AVOID:

SWEETENED AND SUGARY BEVERAGES	CARBS	PROTEIN	FAT
ALL SUGAR-SWEETENED SODAS (1 CAN)	36G	0.2G	0G
ALL DIET SODAS (ARTIFICIAL SWEETENERS CAN DISRUPT BLOOD SUGAR AND KETOSIS AND INCREASE CRAVINGS)	(VIRTUALLY NO NUTRITION)		
FRUIT AND/OR VEGETABLE JUICES, BOTTLED OR FRESH (1 CUP)	18G	0.1G	0G
FRUIT AND VEGETABLE SMOOTHIES, BOTTLED OR FRESH (1 CUP)	34G	0.8G	0.2G
COFFEE OR TEA DRINKS WITH ADDED SWEETENERS OR SWEETENED MILKS	(NUTRITION VARIES BY PRODUCT)		
SWEETENED MILK PRODUCTS, BOTH DAIRY AND DAIRY REPLACEMENTS	(NUTRITION VARIES BY PRODUCT)		

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ARTIFICIAL SWEETENERS TO AVOID:

EQUAL	ASPARTAME
SPLENDA	SACCHARIN
ACESULFAME	SUCRALOSE

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UNHEALTHY (INFLAMMATORY) OILS TO AVOID:

SOYBEAN OIL	PEANUT OIL
CANOLA OIL	SESAME OIL
CORN OIL	SUNFLOWER OIL
GRAPESEED OIL	SAFFLOWER OIL

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PACKAGED AND PROCESSED FOODS TO AVOID:

PROCESSED/ PACKAGED FOODS	CARBS	PROTEIN	FAT
FAST FOOD			
COMMERCIALLY BAKED GOODS LIKE COOKIES AND CAKES (1 FAST FOOD COOKIE)	30G	2G	10G
MARGARINES (1 TBSP)	0.63G	0G	0.4G
CANDIES (1 PIECE)	9G	0G	0G
SODAS AND SOFT DRINKS			
ICE CREAMS (1 CUP)	2G	4.7G	14.2G
FOODS WITH CARRAGEENAN (SUCH AS ALMOND MILK PRODUCTS)			
FOODS WITH SULFITES (LIKE GELATIN AND DRIED FRUITS)			
WHEAT GLUTEN (½ CUP)	2G	46G	1G
MSG			

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