# KETO DIET FOOD LIST

## Meat
- Beef
- Tongue
- Ribs
- Roast
- Pastrami
- Sausage
- Corned
- Ground 70%-90% Lean
- Hot Dog / Frankfurter
- Steak
- Bologna
- Lamb
- Pepperoni
- Pork
- Bacon
- Chops
- Ham
- Liverwurst
- Loin
- Proscuitto
- Sausage
- Veal
- Venison

## Cheese
- Bleu Cheese
- Cheddar
- Cottage Cheese
- Cream Cheese
- Feta
- Gouda
- Mozzarella
- Parmesan
- Provolone
- Ricotta Cheese
- Swiss

## Seafood
- Anchovies
- Fresh Fish
- Bass
- Carp
- Flounder
- Haddock
- Halibut
- Mackerel
- Salmon
- Sardines
- Sole
- Tilapia
- Trout
- Tuna
- Clams
- Crab Meat
- Lobster
- Mussels
- Oysters
- Shrimp
- Squid

## Vegetables
- Arugula
- Asparagus
- Bok Choy
- Broccoli
- Cauliflower
- Celery
- Chard
- Chicory Greens
- Cucumber
- Eggplant
- Endive
- Fennel
- Garlic
- Green Bean
- Jalapeño
- Lettuce
- Parsley
- Radish
- Spinach
- Soy Bean
- Zucchini

## Dairy & Substitutes
- Almond Milk (w/o sugar)
- Coconut Cream
- Coconut Milk (w/o sugar)
- Greek Yogurt
- Heavy Cream
- Sour Cream (full fat)
- Soy Milk (w/o sugar)
- Whipped Cream
- Grass Fed Butter

## Fats & Oils
- Almond Butter
- Avocado Oil
- Butter
- Cocoa Butter
- Coconut Oil
- Fish Oil
- Flax Seed Oil
- Ghee
- Grape Seed Oil
- Hemp Seed Oil
- Lard
- Full Fat Mayonnaise
- Olive Oil (Ex. Virgin)
- Walnut Oil

## Drinks (w/o sugar)
- Water
- Coffee
- Tea (Black)

## Eggs, Poultry
- Eggs
- Chicken
- Duck
- Goose
- Quail
- Turkey

## Nuts & Legumes
- Almonds
- Brazil Nuts
- Coconut
- Hazelnuts
- Macadamias
- Pecans
- Pistachios
- Walnuts

## Seeds
- Chia
- Flax
- Hemp
- Pumpkin
- Safflower
- Sesame
- Sunflower

## Fruits & Berries
- Avocado
- Blackberry
- Blueberry
- Cranberry
- Lemon
- Lime
- Green Olive
- Raspberry
- Strawberry
- Rhubarb
- Tomato

## Flours, Meals
- Acorn Flour
- Almond Flour
- Almond Meal
- Cocoa Powder
- Coconut Flour
- Flax Seed Meal
- Protein Powder
- Psyllium Husk
- Sesame Seed Flour

## All Herbs

## Dressings
- Red Wine Vinegar
- Bleu Cheese
- Creamy Caesar
- Ranch

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