



Comprehensive List Keto-Friendly Foods

NON-STARCHY VEGETABLES

- Alfalfa sprouts (and other veggie sprouts, such as broccoli sprouts)
- Artichoke
- Arugula
- Asparagus
- Avocado
- Bamboo shoots
- Beets (in moderation)
- Bell pepper
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrot (in moderation)
- Cauliflower
- Celery
- Cherry tomato
- Chives
- Cucumber
- Eggplant
- Endive
- Fennel
- Garlic
- Ginger
- Jerusalem artichoke
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsnip (in moderation)
- Radicchio
- Sauerkraut
- Seaweed
- Shallot
- Spinach
- Spring onion
- Swiss chard
- Tomatoes
- Zucchini

FRUITS

- Blueberries
- Blackberries
- Raspberries
- Strawberries
- Lemon juice
- Lime juice

DAIRY PRODUCTS

- Soft cheeses
- Hard cheeses, such as Parmesan
- Full-fat yogurt
- Full-fat kefir
- Heavy cream
- Whey

BEVERAGES

- Coffee
- Green and black tea
- Herbal tea
- Water

MEAT, POULTRY, EGGS, AND SEAFOOD

- Anchovies
- Beef (preferably grass-fed)
- Bison
- Chicken
- Clams
- Cod
- Crab
- Duck
- Halibut
- Herring
- Lobster
- Mackerel
- Octopus
- Oysters
- Pork
- Salmon (preferably wild-caught)
- Salmon roe
- Sardines
- Shrimp
- Smoked salmon
- Squid
- Turkey
- Whole eggs
- Wild game (elk, venison)
- Collagen peptides
- Gelatin
- Bone broth

NUTS AND SEEDS

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Coconut butter
- Coconut flakes
- Coconut milk
- Dark chocolate (not technically a nut, but included in this category for the sake of organization)
- Flaxseeds
- Hazelnuts
- Macadamia nuts
- Pecans
- Pistachios
- Pumpkin seeds
- Sunflower seeds/sunflower seed butter
- Walnuts

FATS

- Extra virgin olive oil
- Avocado oil
- Coconut oil
- Ghee
- Butter
- Duck fat
- Lard
- Tallow
- Macadamia nut oil
- Walnut oil