

Use this handy food list to help your meal planning and grocery shopping, or give a copy to a friend or family member who is trying to understand what foods you've chosen to eat in your new healthy keto lifestyle!

High Fat Foods	Protein Rich Foods	Fruits & Vegetables (Carbs)	Condiments / Miscellaneous
<ul style="list-style-type: none"> • Almonds • Avocado • Bacon Drippings • Beef Tallow • Brazil Nuts • Butter • Cheese full-fat varieties • Coconut • Dark Chocolate 100% cacao • Duck Fat • Fish Oil • Ghee • Goose Fat • Heavy Cream / Heavy Whipping Cream • Hemp • Macadamias • Mayonnaise avocado or olive oil-based only • Olives all varieties • Pecans • Pili nuts • Pistachio nuts • Pork Rinds • Schmaltz / Chicken Fat • Seeds seeds or seed butter only • Tahini • Walnuts • Yogurt unsweetened, full fat 	<ul style="list-style-type: none"> • Bacon no sugar added, or <2% ingredients • Beef • Bone Marrow • Cheese (all) • Chicken • Crab • Cured Meats no sugar added, or <2% ingredients • Duck • Eggs • Egg White Protein Isolate • Fish • Goat • Goose • Ham • Lamb • Lunch Meats no sugar added, or <2% ingredients • Mollusks • Mussels • Offal and Organ Meats all, from any animal • Oysters • Pheasant • Pork • Poultry • Prawns • Quail • Ribs • Sausage no sugar added, or <2% ingredients • Scallops • Shellfish (all) • Shrimp • Turkey • Veal • Venison • Wild Game (all) • Yogurt unsweetened, full fat 	<ul style="list-style-type: none"> • Artichoke • Asparagus • Berries unsweetened whole berries • Broccoli • Brussels Sprouts • Cabbage • Cauliflower • Celery • Chard • Cucumber • Garlic • Ginger • Green Beans / String Beans • Herbs fresh and dried • Jicama • Kimchi • Leafy Greens (all varieties) • Leeks • Lemongrass • Lemon • Lettuce (all varieties) • Lime • Mushrooms (all varieties) • Okra • Olives • Onions (White or Yellow) • Peppers (all) • Pickles dill or no sugar added • Pumpkin • Radicchio • Radish (all) • Rhubarb • Sauerkraut • Scallions / Green Onions • Shallot • Spaghetti Squash • Snow Peas • Summer Squash / Yellow Squash • Tomato (all) • Watercress • Wax Beans • Zucchini / Courgette 	<ul style="list-style-type: none"> • Baking Powder • Baking Soda • Cacao/Cocoa Powder unsweetened • Capers • Chili Paste • Coconut Aminos • Coffee • Cream of Tartar • Fish Sauce • Horseradish • Hot Sauce sugar free or no sugar added • Mustard prepared / ground powder, except honey or sweet • Nut Milks no sugar added • Nut Flours no sugar added • Olive Tapenade • Vinegars no sugar added, low sugar varieties • Salt • Spices all plain spices, no sugar / starch in blends • Sweeteners stevia, erythritol, xylitol, allulose, or monkfruit • Tea unsweetened black, white, or green, or unsweetened herbal varieties

Some items on this list, though workable in a keto diet, still have carbs and natural sugars. Be aware of your total carb and sugar count for the day, especially when including things like sweeteners, berries, nuts, and squash.