

Ketogenic Diet Food List: Everything You Need to Know

Below you can find a quick visual guide to what to eat on a ketogenic diet. Let's go over some of the commonly identifiable items that people use on keto

- ☐ Fats and Oils
- ☐ Protein
- ☐ Vegetables and Fruit
- ☐ Dairy Products
- ☐ Nuts and Seeds
- ☐ Water and Beverages
- ☐ Spices and Cooking
- ☐ Condiments and Sauces
- ☐ Sweeteners
- ☐ Cravings and Sugar Addiction
- ☐ Hidden Carbs and Nutrition Labels
- ☐ Foods to Avoid