The Keto Diet: Foods You Can and Can't Eat While on the Diet

Here's the complete list of all the approved foods you can eat and can't eat on the Keto Diet.



APPROVED FOODS YOU CAN EAT ON THE KETO DIET

- [ ] Meats – for example, beef, ham, pork, and bacon
- [ ] Chicken, turkey, and other poultry
- [ ] All fish and seafood
- [ ] Dairy – half and half, cheese, grass-fed butter, yogurt, creamer
- [ ] Healthy Fats – Avocados, extra virgin olive oils, coconut oil
- [ ] Fruits – strawberries, blackberries, raspberries
- [ ] Egg – you can have them prepared how you like
- [ ] Vegetables – think “green” veggies and vegetables that are low-carb
- [ ] All nuts and seeds and all-natural peanut butter
- [ ] Artificial sweeteners – Stevia is shown to be the best option
- [ ] Condiments – salt and pepper, herbs and spices

APPROVED SNACKS YOU CAN HAVE ON THE KETO DIET

- [ ] A small cup of plain popcorn
- [ ] Avocados
- [ ] No sugar jerky

- [ ] Celery with all-natural peanut butter or cheese cream
- [ ] String cheese or cubbed cheese
- [ ] Cottage cheese with mixed berries or strawberries
- [ ] Greek yogurt
- [ ] Hard-boiled eggs
- [ ] Tuna
- [ ] Keto sushi
- [ ] A cup of cooked green beans or some bell peppers
- [ ] Nuts and seeds
- [ ] Sliced ham or turkey
- [ ] Keto shakes
- [ ] Real dark chocolate

FOODS YOU SHOULD AVOID ON THE KETO DIET

- [ ] Sugar, stay away from all sugar, from sugary drinks to cakes, to processed foods
- [ ] Grains, this is the second most important one. Grains are high in carbs. This includes all types of pastas, rice, breads, and any high processed carbs
- [ ] Vegetables high in starches, for example, potatoes
- [ ] Vegetable oils – any oil with a vegetable base
- [ ] Fruits that are high in sugar, examples are pineapples, strawberries, and even bananas
- [ ] Beans, examples are kidney beans, black beans, chickpeas, etc
- [ ] Salad dressings, condiments, and sauses
- [ ] Diet foods and processed fats
- [ ] Alcohol – including wine, beer, and liquor

WHAT YOU CAN DRINK ON THE KETO DIET

- [ ] Coffee, and yes you can add cream, half and half is best
- [ ] Keto smoothy – check Pinterest for recipes
- [ ] Water with a little splash of real lemon
- [ ] Some flavored waters and diet soda (this should not be a regular go-to)
- [ ] Club soda
- [ ] Almond milk
- [ ] Wine with low sugar, try red organic keto-friendly wines (limit this is around one glass per week)

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