

# 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 only 5g carbs per 100g)

