Complete Ketosis Food List

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Free Low Carb eBooks & Atkins Food Lists

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<table>
<thead>
<tr>
<th>Food Group</th>
<th>Food Items</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cheese</strong></td>
<td>• American Cheese</td>
</tr>
<tr>
<td></td>
<td>• Blue Cheese</td>
</tr>
<tr>
<td></td>
<td>• Cheddar Cheese</td>
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<tr>
<td></td>
<td>• Cottage Cheese</td>
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<tr>
<td></td>
<td>• Cream Cheese</td>
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<tr>
<td></td>
<td>• Feta Cheese</td>
</tr>
<tr>
<td></td>
<td>• Gouda Cheese</td>
</tr>
<tr>
<td></td>
<td>• Mozzarella Cheese, whole milk</td>
</tr>
<tr>
<td></td>
<td>• Parmesan Cheese</td>
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<tr>
<td></td>
<td>• Provolone Cheese</td>
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<tr>
<td></td>
<td>• Ricotta Cheese, whole milk</td>
</tr>
<tr>
<td></td>
<td>• Swiss Cheese</td>
</tr>
<tr>
<td></td>
<td><strong>Dairy &amp; Dairy Substitutes</strong></td>
</tr>
<tr>
<td></td>
<td>• Almond Milk (unsweetened)</td>
</tr>
<tr>
<td></td>
<td>• Coconut Cream</td>
</tr>
<tr>
<td></td>
<td>• Coconut Milk (unsweetened)</td>
</tr>
<tr>
<td></td>
<td>• Greek Yogurt, whole milk</td>
</tr>
<tr>
<td></td>
<td>• Heavy Cream</td>
</tr>
<tr>
<td></td>
<td>• Sour Cream</td>
</tr>
<tr>
<td></td>
<td>• Soy Milk (unsweetened)</td>
</tr>
<tr>
<td></td>
<td>• Whipped Cream (unsweetened)</td>
</tr>
<tr>
<td><strong>Dressings</strong></td>
<td>• Balsamic Vinegar</td>
</tr>
<tr>
<td></td>
<td>• Blue Cheese</td>
</tr>
<tr>
<td></td>
<td>• Creamy Ceaser</td>
</tr>
<tr>
<td></td>
<td>• Ranch</td>
</tr>
<tr>
<td></td>
<td><strong>Fats &amp; Oils</strong></td>
</tr>
<tr>
<td></td>
<td>• Almond Butter</td>
</tr>
<tr>
<td></td>
<td>• Almond Oil</td>
</tr>
<tr>
<td></td>
<td>• Avocado Oil</td>
</tr>
<tr>
<td></td>
<td>• Butter</td>
</tr>
<tr>
<td></td>
<td>• Canola Oil</td>
</tr>
</tbody>
</table>
• Cocoa Butter
• Coconut Oil
• Fish Oil (cod liver)
• Flax Seed Oil
• Grape Seed Oil
• Hemp Seed Oil
• Macadamia Oil
• Mayonnaise
• Olive Oil
• Safflower Oil
• Sesame Oil
• Soybean Oil
• Sunflower Oil
• Sunflower Butter
• Walnut Oil

Seafood

• Anchovy
• Bass
• Burbot
• Carp
• Caviar
• Flounder
• Haddock
• Halibut
• Herring
• Mackerel
• Salmon
• Sardines
• Sole
• Tilapia
• Trout
• Tuna
• Tuna (canned)
• Clams
• Crabmeat
• Lobster
• Mussels
• Oysters
• Shrimp
• Squid

Flours, Meals & Powders
• Acorn Flour
• Almond Flour
• Almond Meal
• Cocoa Powder (high saturated fat)
• Flax Seed Meal
• Protein Powder
• Psyllium Husk
• Sesame Seed Flour
• Splenda

Eggs, Poultry & Fowl
• Eggs
• Chicken, Breast
• Chicken, Legs
• Chicken, Wings
• Duck
• Goose
• Quail
• Turkey, breast
• Turkey, ground
• Turkey, bacon

Fruits
(low sugar)
• Avocado
• Blackberry
• Cranberry
• Lemon
• Lime
• Green Olive
• Raspberry
• Rhubarb
• Tomato

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**Fruits**
(moderate sugar)

- Apple
- Strawberry
- Watermelon

**Meat**

- Beef, corned
- Beef, Ground 70-90% lean
- Beef, Hot Dog/Frankfurter
- Beef, Ribs
- Beef, Roast
- Beef, Pastrami
- Beef, Sausage
- Beef, Steak, Filet Mignon
- Beef, Steak, Ribeye
- Beef, Steak, Round
- Beef, Steak, Sirloin
- Beef, Steak, Striploin
- Beef, Tongue
- Balogna (pork, beef, chicken)
- Lamb, Chops
- Pepperoni (pork, beef)
- Pork, Bacon
- Pork, Chops
- Pork, Ham, 11%
- Pork, Liverwurst
- Pork, Loin
- Pork, Prosciutto
- Pork, Sausage
- Veal
- Venison, Steak

**Nuts/Legumes**

- Almonds
- Brazilnuts
- Coconut (high saturated fat)
- Hazelnuts
- Macadamias

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• Pecans
• Pistachios
• Walnuts

**Seeds**

• Chia Seeds
• Flax Seeds
• Hemp Seeds
• Pumpkin Seeds
• Safflower Seeds
• Sesame Seeds
• Sunflower Seeds

**Vegetables**

(low sugar)

• Arugula
• Asparagus
• Bok Choy
• Broccoli
• Broccoli Rabe
• Cabbage
• Cauliflower, raw
• Celery
• Chard
• Chicory Greens
• Cucumber
• Eggplant
• Endive
• Fennel bulb
• Garlic
• Green Bean
• Jalapeno
• Lettuce, Green Leaf
• Lettuce, Romaine
• Parsley
• Radish
• Spinach
• Soy Bean
• Zucchini

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Vegetables
(moderate sugar)

- Artichoke
- Brussel Sprouts
- Carrots, raw
- Celeriac
- Kale
- Kohlrabi
- Mushrooms
- Okra
- Onion
- Pepper, sweet, red
- Pepper, sweet, red
- Pepper, hot, red
- Pepper, sweet, yellow
- Pumpkin
- Snow Pea
- Spaghetti Squash
- Turnips

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