



Complete Ketosis Food List



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Food Group

Food Items

Cheese

- American Cheese
- Blue Cheese
- Cheddar Cheese
- Cottage Cheese
- Cream Cheese
- Feta Cheese
- Gouda Cheese
- Mozzarella Cheese, whole milk
- Parmesan Cheese
- Provolone Cheese
- Ricotta Cheese, whole milk
- Swiss Cheese

Dairy & Dairy Substitutes

- Almond Milk (unsweetened)
- Coconut Cream
- Coconut Milk (unsweetened)
- Greek Yogurt, whole milk
- Heavy Cream
- Sour Cream
- Soy Milk (unsweetened)
- Whipped Cream (unsweetened)

Dressings

- Balsamic Vinegar
- Blue Cheese
- Creamy Ceaser
- Ranch

Fats & Oils

- Almond Butter
- Almond Oil
- Avocado Oil
- Butter
- Canola Oil

- 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
- Cavier
- 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

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
- Bologna (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

- 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

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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