

Keto Diet Food List

Intro to Therapeutic Carbohydrate Reduction



Society of Metabolic
Health Practitioners

Main Principles of a Low Carbohydrate Ketogenic Diet

Eat only when hungry. Eat until you are full. **Goal: <20g TOTAL carbohydrates/ day.** This is one example of a prescription strength ketogenic diet. Talk to your provider before starting the diet.

Nutrition Facts

Serving Size 1 package (28g)

Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 20mg	20%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 9g	

NO Starchy or Sugary Foods

Foods to avoid and not have in the home!

- ☐ Flour/ starch: in foods, breading, or sauces
- ☐ Fruit, berries (Or ask your provider)
- ☐ Starchy roots and veggies: corn, carrots, parsnips, peas, potatoes, sweet potatoes, French fries
- ☐ Bread, tortillas/ wraps, bagels, pasta, muffins
- ☐ Grains: whole grains, rice, beans, cereal, oatmeal
- ☐ Crackers, potato or tortilla chips
- ☐ Sweets: cake, pies, pastries, doughnuts, candy
- ☐ Milk, ice cream, flavored yogurts
- ☐ Fruit juice, drinks with sugar
- ☐ Beer, wine, hard liquor
- ☐ Honey, white sugar, brown sugar, maple syrup, molasses, corn syrup, ketchup, relish
- ☐ Nuts, nut flours, nut butters



>20g

Low Carb Foods (limited amounts per day)

These foods are low in carbs but can be overeaten and may hinder your metabolic health journey.

- ☐ Cheese: hard, aged cheeses such as swiss, cheddar, brie, camembert, bleu, mozzarella, gruyere, cream cheese, goat cheese. *Be sure to check the carbohydrate count.*
- ☐ Creams and oils: butter, half & half, whipping, light, or sour cream
- ☐ Mayonnaise
- ☐ Olives
- ☐ Avocado
- ☐ Lemon/ lime juice
- ☐ Soy Sauces
- ☐ Pickles

Leafy Greens (limited amounts per day)

Difficult to overeat, but still has carbs. Reassess amount if not meeting goals.

- ☐ Includes: arugula, bok choy, cabbage (all varieties), chard, chives, endive, greens (all varieties including beet greens, collards, mustard, and turnip), kale, lettuce (all varieties), parsley, spinach, radicchio, radishes, scallions, and watercress. *If it is a leaf, you can eat it*

Non-Starchy Vegetables (limited amounts per day)

These have more carbs than leafy greens. Reassess amount if not meeting goals.

- ☐ Includes: artichokes, asparagus, broccoli, brussels sprouts, cauliflower, celery, cucumber, eggplant, green beans, jicama, leeks, mushrooms, okra, onions, peppers, pumpkin, rhubarb, shallots, snow peas, sprouts, sugar-snap peas, summer squash, tomatoes, zucchini



1-10g

Zero Carb Foods (unlimited)

Eat these zero-carb, nutrient rich foods until you are satisfied.

- ☐ Meat: Beef, pork, ham, bacon, lamb, veal, sausage, pepperoni, hot dogs, other meats
- ☐ Poultry: Chicken, turkey, duck, other fowl
- ☐ Fish & Shellfish: Tuna, salmon, catfish, bass, trout, other fish, shrimp, scallops, crab, lobster
- ☐ Eggs (fried, scrambled, deviled, etc)

Zero Carb Alternatives (sparingly)

Use these foods sparingly as replacements for high-carb snacking.

- ☐ Zero carb snacks: Sugar-free jello, pork rinds, pepperoni slices, ham, turkey, beef jerky
- ☐ Drinks: Diet sodas, diet iced tea, sugar-free drink mixes, sparkling water, water, coffee
- ☐ Natural/ Artificial sweeteners: Ask your provider. If acceptable, natural allulose may be preferred.



0g