# 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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