



# Ketogenic (Keto) Diet

**High Fat; Moderate in Protein; Very low in Carbs**

*This list is to be used as a guideline only and is not an all-inclusive representation of the Ketogenic Diet.*

	Yes	No
<b>Grains</b>	None (Grain Free Diet)	All grains, gluten-containing or not, including wheat, quinoa, corn, oats, rice and barley
<b>Beans and Legumes</b>	None	While a good source of protein, beans and legumes are also very high in carbohydrates
<b>Nuts and Seeds</b>	Almonds, Brazil nuts, Hazelnuts, Macadamia nuts, Peanuts, Pecans, Pine nuts, Walnuts  Chia seeds, Flax seeds, Hemp seeds, Pumpkin seeds, Sesame seeds, Sunflower seeds  Nut and seed butters	Cashews and Pistachios are higher in carbohydrates and should only be eaten in small quantities  Avoid nut and seed butters with added sugar, or that contain mixtures of nuts that include cashews
<b>Oils and Butters</b>	Saturated and Monounsaturated fats such as Olive oil, Coconut oil, Avocado oil, Flaxseed oil, Sesame oil  Ghee (clarified butter with milk solids/ proteins removed) lower in lactose  Coconut butter	Polyunsaturated fats. Safflower and Sunflower oils can be highly polyunsaturated or highly monounsaturated. Look for the term “high-oleic” which indicates that the oil is at least 70% monounsaturated.
<b>Herbs, spices and salt</b>	Fresh or dried herbs and spices, without any additives	
<b>Sweeteners</b>	Natural sweeteners such as Stevia and Monkfruit  Sugar alcohols such as xylitol and erythritol	Artificial sweeteners such as aspartame, saccharin, glucose, maltodextrin  Processed sugars including raw, coconut and cane sugars  Everything else, including honey, fruit, fruit juices, molasses, syrups
<b>Beverages</b>	Unsweetened non-dairy nut & seed milks, tea or coffee Coconut milk Unsweetened flavoured water Club soda, zero calorie drinks	Beverages with processed sugars or additives Coconut water Fluid dairy milks Rice and soy milks
<b>Condiments</b>	Vinegar without added sugar, ketchup, mayonnaise and mustard without any sugar or other additives	Ketchup with added sugar, tomato sauce with sugar, soy sauce and other seasonings that may include starches, sugars or grains/gluten