

# WHOLE-FOODS KETOGENIC DIET FOOD LIST

## PROTEIN

All non-dairy animal foods are allowed as they contain virtually no carbohydrate:

- Red meat
- Pork
- Poultry
- Fish and shellfish
- Eggs
- Organ meats
- Tofu\*

Note: most brands of jerky and many processed meats (bacon, cold cuts, sausages) contain added sugar.

\*Tofu is a low-carb, complete protein and can be a good source for those following a plant-based diet. However, be aware that soy contains plant compounds called phytoestrogens (which can disrupt normal hormonal function), goitrogens (which interfere with normal thyroid function, increasing risk for hypothyroidism), and phytates (which can reduce mineral absorption). For more information see Georgia Ede's article "[Foods that cause hypothyroidism](#)."

## FAT

- **Animal fats:** all non-dairy animal fats: duck fat, tallow, lard, etc.
- **Plant fats:** Olive oil, avocado oil, palm fruit oil, coconut oil.

## DAIRY

I recommend avoiding dairy entirely, but if you choose to include dairy in the plan, stick to **butter, hard cheeses, ripened cheeses, and aged cheeses**, and limit quantity to small servings as they can stimulate appetite, cravings, and weight gain.

## VEGETABLES

- All **low-carbohydrate vegetables** are fine. DietDoctor features a wonderful visual guide to vegetable choices: "[Keto vegetables – the best and the worst](#)."
- Most starchy root vegetables and winter squash should be avoided/minimized because they are all naturally high in carbohydrate.

## FRUIT

Most fruits are too high in sugar to include on a keto diet, but here are some exceptions:

- Lemon and lime
- Small amounts of berries (except blueberries)

## NUTS AND SEEDS

Nuts and seeds can be included as tolerated.

## SPICES AND SEASONINGS

All **spices, herbs, and seasonings** are fine. Avoid prepared spice mixes that contain sugar, wheat, soy, or dairy proteins.

## BEVERAGES

- **Unsweetened seltzer or water** (can be flavored with natural fruit essences). Avoid sweetened, sugar-free beverages because these can raise insulin levels, lower ketone levels, and stimulate cravings.
- **Unsweetened hot or iced tea and coffee**
- **Bone broth, bouillon**
- **Unsweetened coconut milk or nut milks** (choose brands free of seed oils)

## CONDIMENTS

In addition to whole-foods condiments like **salsa** and **guacamole**, unsweetened condiments that use healthy fats like avocado or olive oil are allowed, such as **unsweetened mustard, tapenades, relishes, tart vinegars, and mayonnaise**.

## COMPLETELY AVOID

- All sugars, syrups, and sweeteners whether natural or artificial, even if they contain no calories.
- Dried fruit, fruit juice (except lemon, lime), and smoothies.
- All grains and legumes
- Sweetened condiments, sauces, dressings, marinades such as honey mustard, ketchup, barbecue sauce, balsamic vinaigrette, etc.
- Whey protein
- Seed oils (soybean, safflower, etc.)