

# superfoods for therapeutic ketosis

**who** people seeking to achieve therapeutic ketosis for chronic conditions such as cancer, epilepsy, Alzheimer's or dementia

**how** Reduced insulin load while maximising nutrient density as much as possible

## nuts, seeds & legumes

- coconut milk
- macadamia nuts
- coconut cream
- coconut
- pecans
- brazil nuts
- sesame seeds
- flax seed
- hazel nuts
- sunflower seeds
- pine nuts
- walnuts
- almonds
- peanut butter
- almond butter
- peanuts
- pumpkin seeds
- butternuts
- sesame butter
- pistachio nuts

## dairy and egg

- cream
- butter
- sour cream
- cream cheese
- egg yolk
- cheddar cheese
- limburger cheese
- Swiss cheese
- brie
- camembert
- feta
- goat cheese
- blue cheese
- Monterey cheese

- muenster cheese
- gruyere cheese
- Colby
- whole egg
- edam cheese
- gouda cheese

## animal products

- bacon
- sweetbread
- liver sausage
- pepperoni
- bologna
- beef tongue
- kielbasa
- beef brains
- bratwurst
- salami
- blood sausage
- knackwurst
- pork ribs
- liver pate
- beef sausage
- meatballs
- frankfurter
- turkey bacon
- pork sausage
- duck
- chorizo
- lamb
- turkey
- lamb brains
- headcheese
- park sausage

## seafood

- mackerel
- cisco

- caviar
- sardines
- herring
- trout

## vegetables & fruit

- olives
- avocado
- alfalfa
- curry powder
- endive
- chicory greens
- escarole
- coriander
- broccoli
- poppy seeds
- paprika
- sage
- beet greens

## fats & oils

- sunflower oil
- peanut oil
- palm kernel oil
- coconut oil
- olive oil
- soybean oil
- grapeseed oil
- duck fat
- mayonnaise
- beef tallow
- lard
- walnut oil
- soy oil