

well formulated ketogenic diet foods

These foods will help you achieve therapeutic ketosis by decreasing dietary insulin load while maximising the nutrients that are harder to find on a high fat ketogenic diet (i.e. choline, potassium, zinc, niacin, magnesium, calcium, selenium riboflavin & folate).

vegetables & fruit

- endive
- alfalfa
- coriander
- olives
- avocado
- beet greens
- blackberries
- mustard greens
- banana pepper
- zucchini
- collards
- sauerkraut
- eggplant
- arugula
- spinach
- asparagus
- raspberries
- parsley
- pickles
- cucumber
- radishes
- turnip greens
- lettuce

spices

- curry powder
- poppy seeds
- sage
- paprika
- marjoram
- mustard seed
- caraway seed
- thyme
- basil
- nutmeg

offal

- liver
- brains
- sweetbread
- heart

animal products

- bacon
- bratwurst
- pepperoni
- blood sausage
- knackwurst
- kielbasa
- pork ribs
- headcheese
- salami
- lamb rib
- turkey bacon
- meatballs
- frankfurter
- chorizo
- duck
- beef sausage
- pork sausage
- turkey
- T-bone steak
- ground turkey
- ham
- beef loin
- ground beef

seafood

- mackerel
- cisco
- caviar
- sardine
- herring
- anchovy

dairy & egg

- cream
- butter
- egg yolk
- sour cream
- cream cheese
- limburger cheese
- camembert
- cheddar cheese

- whole egg
- feta cheese
- brie
- Monterey cheese
- blue cheese

nuts & seeds

- brazil nuts
- flax seed
- coconut milk
- sesame seeds
- coconut cream
- pecans
- macadamia nuts
- coconut meat
- sunflower seeds
- hazelnuts
- pine nuts
- walnuts
- pumpkin seeds
- almonds
- peanuts
- peanut butter
- butternuts
- tofu
- pistachio nuts
- cashews

fats and oils

- duck fat
- beef tallow
- lard
- palm kernel oil
- almond oil
- walnut oil
- peanut oil
- sunflower oil
- soybean oil
- hazel nut oil
- grapeseed oil
- coconut oil