# Keto Diet Food List

**Best:** Foods that contain less than 3 grams of net carbs per 100 grams of food.  
**Good:** Foods that contain 3-6 grams of net carbs per 100 grams of food.  

## Produce area

**Best:**  
- Lettuce (Boston, butter, endive, field greens, iceberg, matcha, romaine, and watercress)  
- Greens (collard, kale, mustard, spinach, Swiss chard, and turnip)  
- Asparagus, avocados, bok choy, celery, eggplant, herbs, kohlrabi, mushrooms, radishes, rapini (broccoli raab), tomatoes, and zucchini

**Good:**  
- Artichokes, broccoli, broccolini, Brussels sprouts, cabbage, cauliflower, cucumbers, fennel, green beans, jicama, okra, snap peas, snow peas, and turnips  
- Blackberries and raspberries

## Meat-fish-seafood counters

**Best:**  
- Beef, chicken, game, lamb, pork, and veal  
- Bacon, hotdogs*, organ meats, and sausage  
- Fatty fish and white fish  
- Crab, lobster, mussels, octopus, oysters, scallops, shrimp, and squid

**Good:**  
- Sliced cheese  
- Bologna and mortadella

## Deli counter

**Best:**  
- Sliced chicken, corned beef, ham, pancetta, pastrami, prosciutto, roast beef, speck, and turkey  
- Sliced chorizo, pepperoni, salami, and soppressata  
- Prepared chicken salad*, egg salad*, and tuna salad*

**Good:**  
- Harder cheeses (cheddar, feta, havarti, mozzarella, parmesan, and pepper jack)  
- Full fat crème fraîche, cottage cheese, Greek yogurt (plain), mascarpone, ricotta, and sour cream  
- Whole milk

## Dairy case

**Best:**  
- Butter and ghee  
- Heavy cream  
- Softer cheeses (blue, buffalo mozzarella, brie, camembert, colby, cream cheese, goat, gouda, muenster, provolone, and Swiss)  
- Eggs

**Good:**  
- Brazil nuts, macadamia nuts, pecans, and pili nuts  
- Seeds (chia, flax, hemp, and pumpkin)  
- Beef jerky* and meat bars*  
- Canned coconut milk  
- Artichoke hearts, hearts of palm, pickles*, pizza sauce*, tomato sauce*, and soy sauce*  
- Cold brewed Bulletproof coffee

*Be sure to check label and avoid brands with unwanted sugars and starch

## The rest of the store

**Best:**  
- Avocado oil, cocoa butter, coconut oil, nut oils, and olive oil  
- Duck fat, lard, schmaltz (chicken fat), and tallow  
- Canned fish or seafood (anchovies, crab, salmon, sardines, and tuna)  
- Canned or jarred olives* and sauerkraut  
- Hot sauce*, mayonnaise*, mustard*, and vinegar*  
- Bouillon cubes and broth  
- Dried herbs, psyllium husk powder, and spices  
- Pork rinds* and parmesan crisps  
- Club soda, coffee, tea, and unsweetened cold brewed coffee or iced tea

**Good:**  
- Club soda, coffee, tea, and unsweetened cold brewed coffee or iced tea

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