

# Keto Food List

(Print and take with you to the market)



**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

## 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:

- Sliced cheese
- Bologna and mortadella

## 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:

- 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

## 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:

- 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**