

Foods you can eat in a Ketogenic Diet:

Sources of protein

- Eggs
- Chicken
- Pork
- Lamb
- Beef
- Bacon
- Fish (salmon, tilapia, haddock, tuna, bluefish, anchovies, herring, sardines)
- Shellfish (shrimp, clams, oysters, crab, lobster)
- Turkey
- Ham
- Full fat milk
- Creamcheese
- Greek yogurt
- Cheese



Sources of carbohydrates

- Vegetables like
cauliflower
- Broccoli
- Cabbage
- Asparagus
- Brussels sprouts
- Zucchini
- Eggplant



- Olives
- Spinach
- Mushrooms
- Cucumber
- Lettuce
- Onions
- Celery
- Leek
- Fennel
- Okra
- Radish
- Peppers
- Tomatoes
- Fruits like strawberries
- Raspberries
- Blackberries
- Blueberries

Sources of fat

- Almonds
- Walnuts
- [Brazil nuts](#)
- Hazelnuts
- Peanuts
- Macadamia
- Extra virgin olive oil
- Coconut oil
- Flax-seed oil
- Marine/fish oils



- Butter

Food you should **AVOID** eating on a keto diet:

Rich-sugar foods

- Soft drinks
- Candies
- Juices
- Chocolate
- Cakes
- Pastries
- Ice cream
- Breakfast cereals
- Bread
- Biscuits
- Muffins



High-carbohydrate foods

- Grains such as rice
- Barley
- Quinoa
- Oatmeal
- Oat bran
- Potatoes
- Pasta
- Legumes
- Most fruits
- Fruit juices



- Beans
- Flavored yogurts

Other foods and drinks

- Alcohol drinks such as beer
- Red or white wine
- Margarine



If you really liked this **ketogenic diet food list**, probably you will be interested in this complete [ketopia review](#).