

# KETO CHEAT SHEET

## KETOGENIC DIET APPROVED FOOD LIST

### VEGETABLES

Asparagus  
Avocado  
Broccoli  
Brussels Sprouts  
Cabbage  
Cauliflower  
Celery  
Cucumber  
Green Beans  
Kale  
Leeks  
Lettuce  
Mushroom  
Onions  
Peppers  
Tomatoes  
Zucchini

### DAIRY

Brie Cheese  
Cheddar Cheese  
Cottage Cheese  
Cream Cheese  
Greek Yogurt  
Heavy Whipping Cream  
Monterrey Cheese  
Mayonnaise  
Mozzarella Cheese  
Parmesan Cheese  
Sour Cream  
Swiss Cheese  
Whole Milk

### NUTS

Almonds  
Brazil Nuts  
Chia Seeds  
Coconut  
Flax Seeds  
Hazelnuts  
Hemp Seeds  
Macadamia Nuts  
Pecans  
Pistachios  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Walnuts

### FATS & OILS

Almond Butter  
Avocado Oil  
Coconut Oil  
Grapeseed Oil  
Olive Oil  
Lard  
Butter

### CONDIMENTS

Hot Sauce  
Ketchup (low sugar)  
Mayonnaise  
Mustard  
Relish  
Worcestershire

### MEATS/PROTEIN

Eggs  
Fish  
Catfish  
Cod  
Flounder  
Halibut  
Mackerel  
Salmon  
Trout  
Tuna  
Shellfish  
Clams  
Oysters  
Lobster  
Crab  
Scallops  
Mussels  
Beef  
Pork  
Poultry  
Bacon  
Sausage  
Turkey

### SWEETENERS

Erythritol  
Stevia  
Sucralose

### FRUITS

Blackberries  
Raspberries