

Keto Diet Food List:

This is a list of low-carb foods that fit into the keto diet.

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- Meat and poultry
- Low-carb veggies
- Fish and seafood
- Avocados
- Cheese
- Eggs
- Plain nuts, seeds and healthy oils
- Unsweetened coffee and tea
- Dark chocolate and cocoa powder
- Berries
- Plain Greek yogurt and cottage cheese

Meat and poultry

As a supply of lean protein, meat is regarded as essential to a ketogenic diet. Fresh meat and poultry are high in B vitamins and a variety of minerals, such as potassium, zinc, and selenium, and low in carbohydrates. Although processed meats such as sausage and bacon are permitted in a ketogenic diet, they are probably not the healthiest for your heart. Select beef, fish, and poultry more frequently; consume fewer processed meats.

Low-carb veggies

Vegetables that are not starchy have a low calorie and carb count but a high nutritional content, such as vitamin C and various minerals. Antioxidants found in them also aid in defending against free radicals, which can harm cells. Reduce the amount of net carbohydrates in a cup of nonstarchy vegetables to less than 8 grams. The total carbs less the fiber are known as net carbs. Broccoli, cauliflower, spinach, bell peppers, green beans, cabbages, and zucchini are all very low in carbs.

Fish and seafood

Protein-rich and low in carbohydrates, fish and seafood are also high in B vitamins, potassium, and selenium. Omega-3 fats, which have been shown to lower hemoglobin A1c levels, are abundant in fatty fish such as albacore tuna, sardines, mackerel, and salmon. Try to have two 3-ounce portions of fatty fish or more each week.

Avocados

Opt for heart-healthy fats like avocados, which are rich in potassium, a mineral that many Americans are deficient in, and monounsaturated fat. A half of a medium avocado has about 360 milligrams of potassium, or about 8% of your daily requirements, and about 6 grams of total carbohydrates, of which 4.5 g are fiber.

Cheese

Cheese is a great fit for the ketogenic diet because it is high in fat and low in carbohydrates. It has a lot of calcium and protein as well. Cheese is high in fat, so try not to eat too much of it.

Eggs

Eggs are rich in antioxidants, minerals, B vitamins, and protein. There are more than 12 grams of protein and zero carbs in two large eggs. In addition to helping you feel full, eggs contain antioxidants like lutein and zeaxanthin that are good for your eyes.

Plain nuts, seeds and healthy oils

Plain nuts and seeds are rich in fiber, protein, and healthy mono- and polyunsaturated fats. Additionally, they have very few net carbohydrates. The two types of oils that are advised on the ketogenic diet are coconut oil and olive oil. Because of its high oleic acid content, olive oil may help reduce the risk of heart disease. Despite having a high content of saturated fat, coconut oil also contains medium-chain triglycerides (MCTs), which have the ability to boost the production of ketones.

Unsweetened coffee and tea

Unsweetened tea and coffee are acceptable on the ketogenic diet because they have zero grams of fat, carbs, or protein. In addition to having many health benefits that may prevent cancer, lower blood pressure and blood sugar, and improve cognitive function, tea is high in antioxidants and contains less caffeine than coffee.

Dark chocolate and cocoa powder

Because of its abundance of antioxidants, cocoa has been dubbed a "superfruit." Additionally, dark chocolate contains flavanols, which can lower blood pressure and maintain healthy arteries, potentially lowering the risk of heart disease. Dark chocolate should be consumed in moderation and have a minimum of 80% cocoa solids, preferably more. Examine the label on these, as the quantity of carbohydrates varies based on the kind and quantity you eat.

Berries

Antioxidants found in berries help to prevent disease and reduce inflammation. They have a high fiber content and few carbohydrates.

Plain Greek yogurt and cottage cheese

Cottage cheese and plain Greek yogurt are rich in calcium and high in protein. About 8 grams of carbs and 20 grams of protein are found in seven ounces of plain Greek yogurt. A serving of eight ounces of cottage cheese contains twenty-eight grams of protein and slightly more than six grams of carbohydrates. Full-fat products are included in the ketogenic diet, and selecting yogurts and cottage cheese with higher fat content can help you feel fuller for longer.

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