

What can you eat on the ketogenic diet?

Here are some lists of foods that you can eat and foods you need to avoid:

Animal products: Bacon, eggs, fatty meats, fish, sea food, sausages, cheese, butter, ghee, whipping cream, sour cream, full fat greek yogurt

Avoid low fat cuts of meat and make sure that protein in diet does not go too high. Avoid milk. regular yogurt and cottage cheese as these are higher in carbs.

Nuts: Pecans, Brazil nuts, macadamia nuts, almonds, hazelnuts, walnuts

Avoid or use sparingly pistachios and cashews which are higher in carbs.

Vegetables: Spinach, lettuce, asparagus, tomatoes, cucumbers, peppers, avocados, olives, cabbage, celery, broccoli, cauliflower, zucchini, yellow squash, eggplant

Avoid or use sparingly vegetables that grow under the ground and starchy vegetables. These are much higher in carbs: potatoes, yams, onions, carrots, beets, acorn squash, butternut squash, and pumpkin.

Fats: Olive oil, coconut oil, butter, ghee, low carb natural salad dressings

Avoid grain oils like canola, corn, soy. The saturated fats are much healthier for you.

Sweeteners: Stevia and Erythritol

Avoid all sweeteners as they are all very high in carbs: sugar, high fructose corn sweetener, honey, agave, maple syrup, evaporated cane juice, fruit juice, etc. Also avoid the alcohol sugars. They have less carbs but still enough to avoid or use sparingly: mannitol, sorbitol, xylitol, etc. Erythritol can be used as it does not trigger the insulin response as much as the other alcohol sugars. Also avoid all chemical sweeteners: aspartame, sucralose, saccharin, etc.

Condiments: herbs, spices, tamari, mustard, vinegar, sea salt

Avoid ketchup, mayonnaise, pickle relish. All have added sugar. Make these at home with stevia instead of added sugar. Many recipes can be found online.

Beverages: herb tea, black tea, green tea, coffee, water

Avoid sodas, fruit juices, sweetened ice tea.

Other foods to avoid:

Fruit (Berries are OK if used sparingly and infrequently)

Grains – wheat, corn, rice, quinoa, rye, barley, etc. – even whole grain have too many carbs

Legumes – beans, lentils, split peas, chick peas, etc. – all legumes are very high in carbs

Khalsa Chiropractic Center
Santokh Singh Khalsa, D.C.
2801 E. Foothill Blvd., Pasadena, CA 91107
(626) 345-9750
www.khalsachiropracticpasadena.com