

Live Fit Keto

# KETO FOOD LIST

LiveFitKeto.com





# Live Fit Keto Food List

Welcome, and thank you for visiting LiveFitKeto.com. We hope this keto food list will help make it a little easier to select healthy food options on your journey to living fit on keto. Please continue to visit our digital dairy-free keto food list as we will be periodically updating the links to our top recommended products, and offering valuable discounts.

## Guide Key

**Bold** - (Nightshades) - Nightshades are a family of plants that contain specific alkaloid compounds that can be irritating to those suffering from joint pain and inflammation.

*Italics* - (Goitrogenic) - Some vegetables create their own natural pesticides called glucosinolates, which are broken down during digestion into both goitrogenic and non-goitrogenic byproducts. Goitrogenic substances can interfere with iodine uptake in the thyroid and can be problematic for people with thyroid disorders.

\* - (High FODMAPS) - Stands for Fermentable-oligo-di-monosaccharides-and-polyols. These are types of carbohydrates that can be difficult for some people to digest resulting in symptoms ranging from gas and bloating, to diarrhea or constipation. Reactions to these compounds are often related to imbalances in gut bacteria, and/or stomach acids, and are different than other types of food intolerances.

^ - (Buy Organic) - Buying organic is always recommended but may not always be possible on a tight budget. A general rule of thumb - if you are peeling off a thick skin or outer layer of produce before eating it, you can choose non-organic. If you are consuming the portions of the produce that would be exposed to pesticides, or herbicides, or if the produce has thin or porous skin, organic options are recommended.

## Meat, Seafood & Eggs

Whenever possible, try to select meats, eggs and seafood that is grass-fed, pasture-raised, wild-caught, humanely-raised, and free of toxins, antibiotics, and hormones. Organ meats such as liver, kidneys, heart, etc. are particularly nutritious.

Beef	Ostrich	Anchovy	Herring	Sardines
Bison	Pheasant	Catfish	Lobster	Scallops
Boar	Pork	Carp	Mackerel	Seabass
Chicken	Quail	Clam	Mahi mahi	Shrimp
Duck	Rabbit	Cod	Mussels	Sole
Eggs	Sheep	Crab	Octopus	Squid
Elk	Squab	Crawfish	Oysters	Swordfish
Goat	Turkey	Grouper	Prawns	Trout
Goose	Veal	Haddock	Red Snapper	Tuna
Lamb	Venison	Halibut	Salmon	Walleye
Mutton				

## Vegetables (Use Liberally)

Asparagus*	Chard	Ginger	Olives	Seaweed
Arugula	<i>Collard Greens</i> ^	Green beans	Parsley	<i>Spinach</i> ^
<i>Bok Choy</i>	Cucumbers	Green onions*	<b>Peppers</b> *^	<b>Tomatillos</b>
<i>Broccoli</i> *	Dandelion greens*	<i>Kale</i> ^	Purslane	Turnip greens
<i>Brussel Sprouts</i> *	<b>Eggplant</b> *	Lettuce^	Radichio	Turnips
<i>Cabbage</i> *	Endive	Mushrooms*	<i>Radishes</i>	<i>Watercress</i>
<i>Cauliflower</i> *	Fennel*	Mustard greens*	<i>Rapini</i>	Zucchini
Celery^	Garlic*	Okra*	Rhubarb	

## Vegetables (Use Sparingly)

Acorn squash	Jicama*	Rutabagas
Artichoke*	Kabocha squash	Shallots*
<b>Bell peppers</b> *^	<i>Kohlrabi</i>	Snap peas
Butternut squash	Leeks*	Spaghetti squash
Carrots	Onions*	Sprouts (no grains or legume)
Chayote	Pumpkin	<b>Tomatoes (technically a fruit)</b>
Jerusalem artichoke*	Red onion*	

## Fruit

Avocados\*  
 Blackberries\*  
 Blueberries^  
 Cranberries  
 Lemons  
 Limes  
 Raspberries  
*Strawberries*^

## Nuts & Seeds

Almonds  
 Brazil nuts  
 Cashews\*  
 Chestnuts  
 Chia seeds  
 Flax seeds  
 Hazelnuts  
 Hempseeds/hearts  
 Macadamia nuts  
 Pecans  
 Pili nuts  
 Pine nuts  
 Pistachios\*  
 Pumpkin seeds  
 Sesame seeds  
 Sunflower seeds  
 Walnuts

## Oils & Fats

Almond oil	Coconut oil	Olive oil (cold pressed)
Avocado oil	Duck fat	Palm oil
Bacon fat/lard	Ghee (Certified dairy-free)	Salad dressings
Butter flavored coconut oil	Lard	Sesame oil (cold pressed)
Chicken schmaltz	Macadamia nut oil	Suet
Cacao butter	Mayonnaise	Tallow
Coconut butter/manna	MCT oil (C8)	Walnut oil
Coconut milk/cream	Nut and seed butters	

## Flours & Baking

Almond flour/meal	Coconut flour	Pecan flour
Arrowroot	Flavor extracts	Pistachio flour
Baking powder & soda	Flax meal	Psyllium husk/flour
Cacao/cocoa powder	Glucomannan/konjac	Pumpkin seed flour
Cashew flour	Guar gum	Sesame flour
Chia flour	Hazelnut flour	Sunflower seed flour
Chestnut flour	Inulin fiber	Walnut flour
Chocolate chips (no sugar)	Macadamia flour	Xanthan gum
Coconut flakes	Hemp flour	

## Liquids & Beverages

Almond milk	Macadamia milk
Bone broth	Mineral water
Cashew milk	Seltzer/club soda
Coconut milk	Tea
Coffee	Water (purified)
Flax milk	Water enhancer (stevia)
Hemp milk	

## Sweeteners

Erythritol
Monk fruit
Stevia (powder)
Stevia (liquid drops)
Xylitol
Yacon syrup

## Herbs & Spices

Anise	<b>Chili pepper</b>	Fenugreek	Mace	Spearmint
Annatto	<b>Chipotle pepper</b>	Galangal	Marjoram	Star anise
Basil	Chives	Garlic*	Mint	Tarragon
Bay leaf	Cilantro	Ginger	Mustard	Thyme
Caraway	Cinnamon (Ceylon)	Horseradish*	Oregano	Turmeric
Cardamom	Clove	Juniper berry	<b>Paprika</b>	Vanilla
Carob	Coriander	Kaffir lime leaves	Parsley	<i>Wasabi*</i>
<b>Cayenne pepper</b>	Cumin	Lavender	Pepper (black)	Za'atar
Celery seed	Curry	Lemongrass	Peppermint	
Chervil	Dill	Lemon verbena	Rosemary	
Chicory*	Fennel*	Licorice	Saffron	

## Condiments & Support Foods

Apple cider vinegar	Dill relish	Jam	Nutritional yeast	Shirataki noodles
BBQ sauce	Dulse	Kelp	Pizza sauce	Syrup
Bone broth soup	Egg white powder	Ketchup	Pork rinds	Vinegars
Capers	Fermented foods	Konjac	Protein powders	
Coconut aminos	Gelatin	Marinara sauce	Salad dressings	
Collagen powder	Hearts of palm	Mayonnaise	Salsa	
Culinary stock	Hot sauce	Mustard	Sea salt	

## Condiments & Support Foods

Beef liver (organs)	MCT oil powder	<b>Athletic Performance</b>
Chlorella	Omega-3 (krill oil)	Beta-alanine
Curcumin (turmeric)	Omega-3 (algae oil)	Branched chain amino acids
Collagen powder	Prebiotics & probiotics	Creatine monohydrate
Digestive enzymes	Reds powder	DHEA
DIM	Spirulina	HMB
Electrolyte powder	Trace minerals	Protein powder
Folate	Vitamin D3	L-glutamine
Greens powder	Vitamin K2	Tongkat Ali (Longjack)
Kale powder	Water lentil powder	
Magnesium (chelated)	Wheat grass juice powder	
MCT oil (C8)		

Please note that you must look for low-carb sugar free versions of the items included on this list. We have done the research for you in many cases and have provided links to our top recommended products and resources on the digital version of this list. We will also continue to update these links routinely, and include discounts whenever possible.

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