superfoods for therapeutic ketosis

**who**  people seeking to achieve therapeutic ketosis for chronic conditions such as cancer, epilepsy, Alzheimer’s or dementia

**how**  Reduced insulin load while maximising nutrient density as much as possible

**nuts, seeds & legumes**
- coconut milk
- macadamia nuts
- coconut cream
- coconut
- pecans
- brazil nuts
- sesame seeds
- flax seed
- hazel nuts
- sunflower seeds
- pine nuts
- walnuts
- almonds
- peanut butter
- almond butter
- peanuts
- pumpkin seeds
- butternuts
- sesame butter
- pistachio nuts

**dairy and egg**
- cream
- butter
- sour cream
- cream cheese
- egg yolk
- cheddar cheese
- limburger cheese
- Swiss cheese
- brie
- camembert
- feta
- goat cheese
- blue cheese
- Monterey cheese

**animal products**
- muenster cheese
- gruyere cheese
- Colby
- whole egg
- edam cheese
- gouda cheese
- caviar
- sardines
- herring
- trout

**vegetables & fruit**
- olives
- avocado
- alfalfa
- curry powder
- endive
- chicory greens
- escarole
- coriander
- broccoli
- poppy seeds
- paprika
- sage
- beet greens

**fats & oils**
- sunflower oil
- peanut oil
- palm kernel oil
- coconut oil
- olive oil
- soybean oil
- grapeseed oil
- duck fat
- mayonnaise
- beef tallow
- lard
- walnut oil
- soy oil

**seafood**
- mackerel
- cisco

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