

# well formulated ketogenic diet foods

These foods have a low insulin load to help with conditions that require therapeutic ketosis (e.g. cancer, epilepsy, Alzheimers and dementia) while prioritising the harder to find nutrients on a ketogenic diet (i.e. vitamin D, choline, omega 3, potassium, calcium, magnesium, zinc, niacin and thiamine). From a macronutrient perspective, these foods are 16% protein, 73% fat, and 4% net carb with an energy density of 423 calories per 100g.

## vegetables

- endive
- chicory greens
- alfalfa
- escarole
- coriander
- beet greens
- banana pepper
- mustard greens
- collards
- zucchini
- eggplant
- spinach
- lettuce
- sauerkraut
- parsley
- asparagus
- pickles
- cucumber
- arugula
- chard
- red peppers
- turnip greens
- summer squash
- chayote
- radishes
- Chinese cabbage
- okra
- chives
- edamame
- artichokes
- portabella mushrooms
- cauliflower
- broccoli

## fruit

- olives
- avocado
- blackberries
- raspberries

## seafood

- mackerel
- caviar
- herring
- sardine
- sturgeon
- anchovy
- trout
- salmon
- fish roe

## nuts, seeds & legumes

- flax seed
- coconut milk
- pili nuts
- sesame seeds
- macadamia nuts
- pecans
- brazil nuts
- coconut cream
- coconut meat
- pine nuts
- hazelnuts
- sunflower seeds
- pumpkin seeds
- almonds
- walnuts
- almond butter
- peanuts
- peanut butter
- butternuts
- sesame butter
- pistachio nuts
- cashews

## offal

- sweetbread
- brains
- pate
- liver
- heart

## animal products

- bacon
- lamb
- bologna
- kielbasa
- pepperoni
- bratwurst
- salami
- knackwurst
- pork sausage
- meatballs
- blood sausage
- headcheese
- pork ribs
- chorizo
- beef sausage
- lamb rib
- duck
- frankfurter
- turkey
- ground turkey
- ham
- steak
- ground beef
- lamb

## dairy & egg

- butter
- cream
- egg yolk
- sour cream
- cream cheese
- whole egg
- cheddar cheese
- limburger cheese
- brie
- camembert
- feta cheese
- goat cheese
- Swiss cheese
- blue cheese