

nutrient dense low carbohydrate foods

These foods have a low insulin load to help stabilise blood sugars and generate nutritional ketosis while prioritising harder to find nutrients on a ketogenic diet (i.e. choline, omega 3, vitamin D, calcium, potassium, magnesium, phosphorus, zinc, thiamine & niacin). From a macronutrient perspective, these foods are 28% protein, 50% fat, and 10% net carbohydrates.

vegetables

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

spices

- basil
- curry powder
- sage
- paprika
- thyme

fruit

- avocado
- olives
- blackberries
- raspberries

seafood

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

nuts & seeds

- flax seed
- coconut milk
- sesame seeds
- tofu
- brazil nuts
- coconut cream
- pumpkin seeds
- coconut meat
- pecans
- macadamia nuts
- pine nuts
- sunflower seeds
- hazelnuts
- almonds
- peanuts
- walnuts

offal

- brains
- sweetbread
- liver
- heart
- pate
- kidney

animal products

- bacon
- turkey
- salami
- bratwurst
- meatballs
- bologna
- ground turkey
- knackwurst
- ham
- pepperoni
- lamb
- chorizo
- roast ham
- steak
- pork ribs
- lamb
- pork loin
- duck
- steak

dairy & egg

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