

More Accepted



Erythritol



Stevia



Sucralose



Monk Fruit



Various Blends



Splenda

Maltitol



Low-Carb Products

Less Accepted

Some low glycemic index sweeteners do not raise blood sugar or insulin levels, so we do not count them.



CONSUME WITH



Reduced
Sugar
Ketchup



Yellow
Mustard



Ranch
Dressing

or other low-carb fatty condiments



DRIZZLE WITH



Mayonnaise



Oil+Herb
Vinaigrette
Dressing



Sriracha

or other low-carb fatty dressings



COOK WITH



Sambal
Oelek



Soy Sauce



Pre-Made
Marinara

or other low-carb flavorings/sauces



KICK IT UP WITH



Cinnamon



Cumin



Cayenne /
Chili
Powder



SPRINKLE WITH



Basil



Cilantro



Parsley



MARINATE WITH



Garlic
Powder

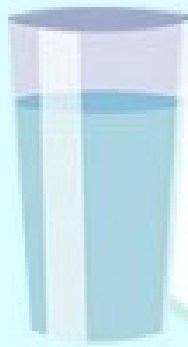


Rosemary



Thyme

Drink Freely



Water



Broth

Flavored Water



Flavored Carbonated Water

Tea



Coffee



Coconut / Almond Milk



Alcohol



Diet Soda



Drink Rarely

More Carbs

Unsweetened Coconut
8g

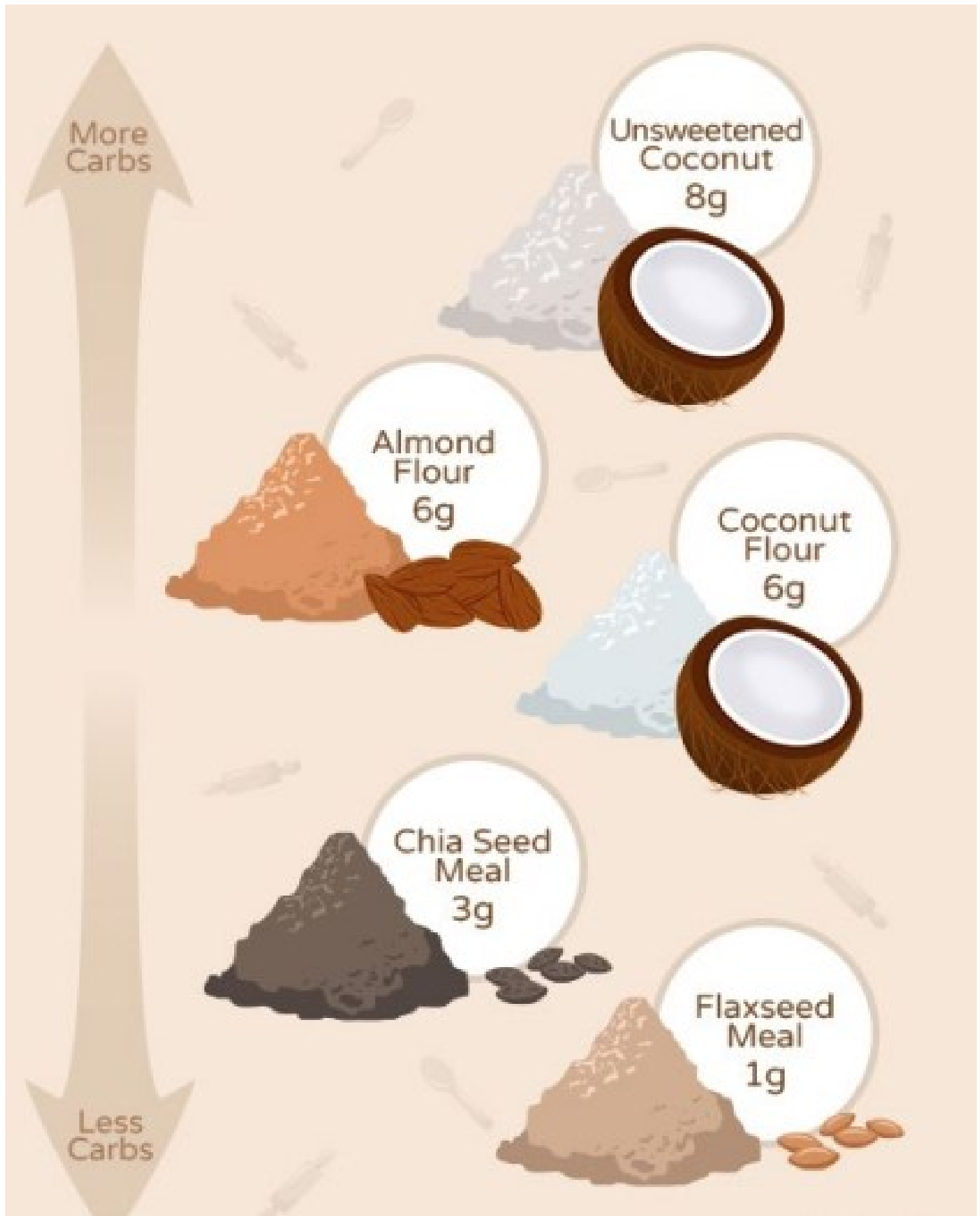
Almond Flour
6g

Coconut Flour
6g

Chia Seed Meal
3g

Flaxseed Meal
1g

Less Carbs



More Carbs

Walnuts
7g

Pine Nuts
6g

Almonds
5g



Nut Butter
varied carbs

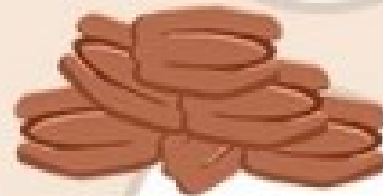
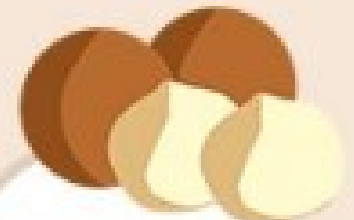
Macadamia
Nuts
3g

Brazil Nuts
3g

Hazelnuts
3g

Pecans
3g

Less Carbs



More Carbs

Cream Cheese
5.5g

Half n' Half
4.7g

Greek Yogurt
4g

Cottage Cheese
3.5g

Parmesan
3.5g

Aged Cheddar
3.2g

Mascarpone
3g

Heavy Cream
2.7g

Mozzarella
2g

Brie
1g

Mayonnaise
0.5g

Less Carbs



More Carbs



Yellow
Onion
7g

Blackberries
5g



Raspberries
5g



Broccoli
4g



Cauliflower
4g



Cabbage
3g



Green
Beans
2g



Romaine
Lettuce
2g



Green
Bell Peppers
2g



Baby Bella
Mushrooms
2g



Spinach
1g



Less Carbs

More Protein

Pork Chop
30g

Ribeye Steak
27g

Chicken Breast
26g

Shellfish
25g

Fatty Fish
23g

Ground Beef
20g

Ground Lamb
19g

Liver
19g

Chicken Thigh
17g

Egg (One)
6g

Bacon
13g

Less Protein

Remember that a ketogenic diet is moderate in protein. Over-consumption of protein can lead to lower levels of ketosis.



COOK WITH



Lard



Tallow



Coconut Oil



DRIZZLE WITH



Egg Yolk



Olive Oil



Avocado Oil



MIX WITH/PUT ON



Butter



Cocoa Butter



MCT Oil