

[Food List - What can you eat on Keto - Ketolish.us](https://ketolish.us)

Meat	Condiments	Seafood	Dairy	Vegetables	Vegetables (cont'd)
Beef	Mustard	Herring	Butter	Artichokes	Jicama
Ham	Mayo	Salmon	Cottage cheese	Asparagus	Kohlrabi
Lamb	Sugar-free ketchup	Sardines	Plain full-fat yogurt	Avocados	Lettuces & baby greens - all kinds
Pork	Sugar-free barbeque sauce	Sole	Kefir	Bamboo Shoots	Mushrooms
Veal	Soy sauce/Tamari/Aminos	Tuna	Parmesan/Romano cheese	Bean sprouts	Okra
Venison	Olive oil + vinegar dressing	Trout	Goat cheese	Beets/Beet greens	Pumpkin
	Sauerkraut	Cod	Cheddar cheese	Bell peppers	Radishes
Poultry	Pickles (not sweet)	Clams	Gouda cheese	Bok choy	Red/white onion/Shallots
Chicken	Olives	Crabmeat	Mozzarella cheese	Broccoli/Broccoli Rabe	Rhubarb (raw)
Duck	Sour cream	Mussels	Cream cheese	Brussels sprouts	Sauerkraut
Goose		Oysters	Swiss / Emmentaler cheese	Cabbage/Radicchio	Scallions/Chives/Leeks
Pheasant	Eggs	Shrimp	Mascarpone cheese	Cauliflower	Snow peas
Quail	Fried			Celery	Spaghetti squash
Turkey	Hard-boiled	Herbs & spices	Drinks	Chards/Collards	Spinach
Ostrich	Omelets	Cayenne pepper	Club soda	Greens/Kale	Summer Squash
	Poached	Cilantro	Cream, heavy or light	Cucumber	Tomatoes
Fats	Scrambled	Dill	Regular coffee and tea	Eggplant	Turnips/turnip greens
Mayonnaise	Soft-boiled	Oregano	Decaf coffee and tea	Fennel	Water Chestnuts
Olive oil	Baked	Tarragon	Diet soda	Garlic	Yellow squash
Avocado oil		Parsley	Herbal tea	Green Beans	Zucchini
Coconut oil	Sweeteners	Chives	Unflavored almond milk	Hearts of Palm	
Lard/leaf fat	Eryithrtol	Rosemary	Sugar-free sparkling water		
Suet/tallow	Sukrin	Sage	Seltzer		
Duck fat	Monkfruit	Black pepper			
	Alulose	Garlic	Alcohol *		
	Xylitol	Onion powder	Whiskey/whisky		
	Splenda	Marjoram	Vodka/clear unsweetened liquors		
	Sucralose	Coriander	* Zero carb, but still recognized by the body as sugar and prioritized before any fat can be burned. Use only in moderation.		

More keto tips, motivational articles & recipes at

<https://ketolish.us/>