

Low Carb Food List – What You Can Eat & Drink on Keto

Low Carb Food List

Take this list with you shopping! It's a handy guide to what and what not to buy.

Every Day Basics

OK to eat on a daily and weekly basis: healthy fats and oils, meat, fish, veggies, eggs and unsweetened dairy.

Definitely avoid: sugar, grains, vegetable oils, trans fats, fast foods, margarine, low-fat/diet products and processed foods in general.

Detailed Shopping List

- ✓ Healthy Fats & Oils: Coconut oil, butter, lard & bacon fat, olive oil, etc. Avoid bad fats like vegetable oils.
- ✓ Meats: All are fine. Chicken, beef, lamb, pork, venison, etc. Grass-fed is the healthiest.
- ✓ Fish & Seafood: All are fine. Salmon, cod, shrimp, octopus, tuna, tilapia, bass and others.
- ✓ Vegetables: All non-starchy veggies are fine. Spinach, zucchini, broccoli, etc. Vegetables other than potatoes and corn are low in carbs and should be consumed multiple times daily.
- ✓ Eggs: Omega-3 enriched, pasture-raised organic are best.
- ✓ Full-fat Dairy: Cheeses, unsweetened almond milk, heavy cream, yogurt, butter. Any dairy low in carbs and high in saturated and/or monounsaturated is generally good.
- ✓ Nuts and Seeds: Almonds, walnuts, macadamia nuts, cashews, sunflower seeds.
- ✓ Flour Replacements: Almond flour, almond meal and coconut flour.
- ✓ Berries: Blueberries, raspberries, blackberries, strawberries, lemons, limes.
- ✓ Sweeteners & Sugar Alcohols: Erythritol, stevia, Truvia, xylitol. It's recommended to consume sweeteners with minimal calories, no carbs and a low Glycemix Index.

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Low Carb Indulgence Food List

Dark Chocolate: 70% cocoa or higher has about 10 carbs per ounce.

Low Carb Ice Cream: Breyers CarbSmart is only 4 net carbs per 1/2 cup and tastes great! Enlightened is also a great brand that is sweetened with erythritol!

Sugar-free Jello w/ Whipped Cream: Simple but sweet and keeps you low in carbs.

Quest Bars: These aren't too high in carbs but may spike blood sugar according to some people. Try putting them in a toaster oven for a few minutes on each side. You'll love them!

Peanut Butter: Always good but in small doses. Buy an all-natural brand with only two ingredients: peanuts, salt.

Pizza (toppings only): If you can't live without pizza (and don't want to make a keto pizza), just eat the toppings and sauce. Those are the best parts anyway! Or make your own Low Carb Pizza!

Breaded foods: Calamari, mozzarella sticks, chicken wings and anything else breaded is okay in small doses.

Losing Weight or Simply Eating Right

Regardless of the reason you switched to a low carb diet, it's important to be mindful of your daily macros and caloric intake. Watch alcohol intake because it is additional, and empty, calories and will hinder you reaching your goals. Alcohol metabolism stalls fat burning until it's out of your system. Something we expand on further in our Guide to Keto Alcohol.

Being healthy is all about getting the right nutrients and vitamins from your food so always include variety in your diet. Have plenty of meat (or fish), dairy and veggies on a daily basis based on this low carb food list. Use coconut oil and olive oil when you cook and in your salads (respectively) and have a handful of nuts or berries from time to time.

Low Carb Alcoholic Drinks

You can have alcohol on keto! The stronger liquors are 0 carbs. They will add to your caloric intake but keep your carb count low. Below is a list of liquors and lower carb beers and wines for easy reference when picking your poison!

Vodka	Scotch
Whiskey	Brandy
Tequila	Cognac

Select beers:

Rolling Rock Green Light (2.4 carbs)
Michelob Ultra (2.6 carbs)
Bud Select (3.1 carbs)
Miller Lite (3.2 carbs)
Coors Light (5 carbs)
Amstel Light (5 carbs)

Wine:

Reds (per glass on average)
Merlot (3.7 carbs)
Pinot Noir (3.4 carbs)
Cabernet (3.5 carbs)

Whites

Chardonnay (3.7 carbs)
Pinot Grigio (3.2 carbs)
Riesling (5.5 carbs)
Champagne (1.5 carbs)

Low Carb Drinks (non-alcoholic)

Water, water, water! You need to drink more water on keto, or any healthy lifestyle, for that matter. Staying hydrated is extremely important. Here are a few options you can enjoy while keeping your carbs and sugar in check:

Water

Coffee

Tea

Protein shakes

Vegetable Juices (fresh squeezed and unsweetened)

Carbonated water or soda

Bai5 or other erythritol/stevia sweetened beverages

