Dr. Berg’s Healthy Ketosis™ Acceptable Foods List

**FAT**
- Avocado
- Avocado oil
- Blue cheese
- Brie cheese
- Butter
- Cocoa butter
- Coconut butter
- Coconut oil
- Red palm oil
- Salad dressing
- Cream cheese
- Duck fat
- Egg yolks
- Ghee
- Half and half
- Lard
- Macadamia oil
- MCT oil
- Olive oil
- Palm shortening
- Sesame oil
- Tallow
- Walnut oil
- Whole cream

**PROTEIN**
- Bacon
- Beef
- Beef jerky
- Bison
- Cheese
- Chicken
- Cottage cheese
- Deer
- Deli meat
- Duck
- Elk
- Goat
- Goose
- Hot dogs
- Lamb
- Moose
- Pepperoni
- Pheasant
- Pork
- Pork rinds
- Quail
- Rabbit
- Salami
- Sausages
- Sheep
- Turkey
- Veal
- Wild boar
- Wild turkey
NUTS and SEEDS

Almonds
Brazil nuts
Chia seeds
Hazelnuts
Hemp seeds
Macadamia nuts
Peanuts
Pecans
Pine nuts
Pistachios
Pumpkin seeds
Nut butters
Sesame seeds
Sunflower seeds

FISH

Anchovies
Bass
Cod
Eel
Flounder
Grouper
Haddock
Halibut
Herring
Mackerel
Mahi-mahi
Orange roughy
Perch
Red snapper
Rockfish
Salmon
Sardines
Talapia

SEA FOOD

Abalone
Caviar
Clams
Crab
Lobster
Mussels
Oysters
Scallops

ORGAN MEATS

Bone marrow
Heart
Kidney
Liver
Tongue
Tripe
### SEA FOOD

- Abalone
- Caviar
- Clams
- Crab
- Lobster
- Mussels
- Oysters
- Scallops
- Shrimp
- Squid
- Octopus
- Tahini (sesame butter)
- Walnuts

### VEGETABLES

- Artichokes
- Arugula
- Asparagus
- Beet greens
- Bok choy
- Broccoli
- Brussels sprouts
- Butterhead lettuce
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Chives
- Cucumber
- Dandelion greens
- Eggplant
- Endives
- Fennel
- Garlic
- Green beans
- Jicama
- Kale
- Kimchi
- Kohlrabi
- Leeks
- Leafy greens
- Mushrooms (all kinds)
- Mustard greens
- Okra
- Olive
- Onions
- Parsley
- Peppers (all kinds)
- Pumpkin
- Radicchio
- Radishes
- Rhubarb
- Sauerkraut
- Scallions
- Seaweed (all sea vegetables)
- Shallots
- Spaghetti squash
- Spinach
- Swiss chard
- Tomatoes
- Turnip greens
- Watercress
- Zucchini
- Romaine Lettuce

### BERRIES and FRUIT

- Blackberry
- Blueberry
- Cranberry
- Lemon
- Lime
- Olive
- Raspberry
- Strawberry
HERBS

Allspice
Basil
Cardamom
Cayenne pepper
Chili powder
Cilantro/Coriander
Cinnamon
Cloves
Cumin
Curry powder
Dill
Ginger
Italian seasoning
Nutmeg
Oregano
Paprika
Parsley
Rosemary
Sage
Thyme
Turmeric

LIQUIDS

Almond milk
Broth (chicken, beef, bone)
Club soda
Coconut milk
Unsweetened coffee
Herbal teas
Seltzer water
Sparkling mineral water
Lemon and lime juice (small amounts)
Unsweetened tea
Water

ADDITIONALS

Almond flour/meal
Cacao nibs
Cacao powder
Coconut aminos
Coconut flour
Cod liver oil (fish oil)
Dark chocolate 100%
Eggs (of any animal)
Fermented vegetables
Fish sauce
Gelatin
Gluten-free tamari sauce
Mayonnaise (made with good oils – see list of fats)
Monk fruit / Lo han guo
Hot sauce (no sugar)
Mustard
Pickles
Shredded coconut
Stevia
Vanilla extract
Vinegars
VEGAN PROTEIN

Hummus  
Lentils  
Mushrooms  
Nut butters  
Nutritional yeast  
Seed butters  

Protein powder (pea, hemp, brown rice)  
Seeds (sunflower, sesame, pumpkin)  
Spirulina  
Sprouted beans  
Tofu/tempe (organic fermented)

Foods to avoid

PROTEIN

ALMOND MILK (sweetened)  
ANY MEAT PRODUCTS WITH SUGAR/ GRAINS (meatballs, breaded meat, meats with sweet sauce, etc.)  
BARBECUE (with sugar)  
CASHEWS (in excess)  
COCONUT MILK (sweetened)  
HOT DOGS (unless organic / grass-fed)  
KEFIR (due to sugar)  
MILK (commercial)  
PROCESSED DELI MEAT (nitrites or dextrose)  
SAUSAGE (unless organic / grass-fed)  
SOY MIK (even regular, because it’s GMO)  
YOGURT (due to sugar)

VEGETABLES

CORN (and popcorn)
FRUITS
APPLES
APRICOTS
BANANAS
CANTALOUPE
CHERRIES
DATES
DRIED FRUIT (like raisins)
GRAPEFRUIT
GRAPES
KIWI
MANGOS
MELONS
ORANGE
PEACH
PINEAPPLE
PLANTAIN
PLUM

STARCHES
POTATO
SWEET POTATO
YAM

GRAINS
OATS (oatmeal)
RICE
WHEAT
OTHER GRAINS

LEGUMES
BEANS (all varieties)
CHICKPEAS (hummus is okay as there is mixed oil)
EDAMAME