WHAT SHOULD I EAT?!

OUR 3-STEP GUIDE TO CHOOSING THE BEST KETO FOODS FOR YOUR BODY

This easy-to-use chart shows you how to make healthier nutrition choices for achieving your goals, while enjoying the Keto diet foods you love.

Keto diet edition

1 KNOW YOUR FOODS

Think of food on a spectrum. If you're on a strict keto diet, focus on "eat more" foods. If you're more flexible, the other categories can help you add variety.

EAT MORE

PROTEIN

- Eggs and egg whites
- Fish
- Shellfish
- Chicken
- Duck
- Turkey
- Beef
- Bison
- Lamb
- Pork
- Wild game
- Insects
- Other meats (e.g. goat, camel, kangaroo, crocodile)

Prioritize minimally-processed sources of protein.

CARBS

NONE

FATS

- Extra virgin olive oil
- Walnut oil
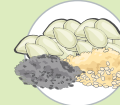- Marinades and dressings with oils in this category
- Avocado and avocado oil
- Cheese, aged > 6 months
- Egg yolks
- Seeds: chia, flax, hemp, pumpkin, and sesame
- Cashews
- Pistachios
- Almonds
- Brazil nuts
- Pecans
- Peanuts & natural peanut butter
- Olives
- Pesto made with extra virgin olive oil
- Nut butters from other nuts in this category
- Fresh unprocessed coconut
- Walnuts

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

Wondering about portions? Check out https://www.precisionnutrition.com/nutrition-calculator
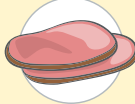
EAT SOME

PROTEIN

- Edamame
- Tofu
- Tempeh
- Plain Greek yogurt (full-fat)
- Cottage cheese (full-fat)
- Medium-lean meats
- Meat jerky
- Minimally-processed lean deli meat
- Poultry sausage
- Protein powders
- Seitan
- Tempeh bacon
- Textured vegetable protein

CARBS*

- Plain non-Greek yogurt
- Plain kefir
- Milk (full-fat)
- Fresh and frozen berries
- Bean and pulse pasta

Starchy vegetables

- Butternut squash
- Acorn squash
- Pumpkin
- Rutabaga
- Beets
- Yellow beets
- Green beans
- Jerusalem artichokes

*To stay in ketosis, keep carbs to about 10 percent of daily calories (or between 20 - 50 grams of carbohydrate / day).

FATS

- Virgin and light olive oil
- Expeller pressed canola oil
- Sesame oil
- Flaxseed oil
- Coconut oil / milk
- Fish and algae oil
- Dark chocolate
- Marinades and dressings with oils in this category
- Peanut oil and regular peanut butter
- Cream
- Cheese aged <6 months
- Flavored nuts and nut butters

- High oleic safflower oil
- High oleic sunflower oil

These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.

EAT LESS

PROTEIN

Fried meats

Chicken fingers, nuggets, and wings

Processed deli meats

Protein bars

Pepperoni sticks

High-mercury fish

Plant-based meats (e.g. burgers, sausages, hot dogs, tofurky)

CARBS*

Whole grains and products made from them (brown rice, barley, quinoa, oats, whole grain bread)

Refined carbohydrates and products made from them (white rice, pasta, bagels, wraps)

Starchy tubers (potatoes, sweet potatoes, taro, yuca)
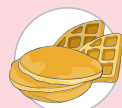
Beans and lentils
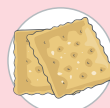
Fresh and frozen fruit (other than berries)

Flavored dairy (yogurt, kefir, milk)

Vegetable juices

Pancakes and waffles

Crackers and pretzels

Canned, dried, and pureed fruit

Bean and pulse pasta

Cereal bars and granola

Honey, molasses, syrups and jellies

Sugary drinks (sports drinks, juice, energy drinks)

Plant milks, sweetened

Soda

Sugar

Food with 10+ grams added sugar

*To stay in ketosis, keep carbs to about 10 percent of daily calories (or between 20 - 50 grams of carbohydrate / day).

FATS

Bacon

Sausage

Also sources of protein, though usually higher in less desirable fats.

Butter

Margarine

Processed cheese

Corn oil

Cottonseed oil

Sunflower oil

Canola oil

Soybean oil

Safflower oil

Marinades and dressings with oils in this category

Vegetable oil

Fat-rich foods with 10+ g added sugar

Hydrogenated oils and trans fats

Shortening

These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content.

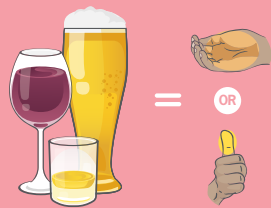Candy bars

Donuts

Cookies

Chips

Pastries

Muffins

Cakes

Fries

ALCOHOL

1 serving of wine, light beer, or spirits = or

Alcohol is a distinct macronutrient with unique risks and benefits. But if you're being mindful of energy balance and carbohydrate intake, we recommend including it in the "eat less" carb and/or fat category. In other words, 1 serving of most alcohol = 1-2 servings of carbohydrate AND/OR fat.
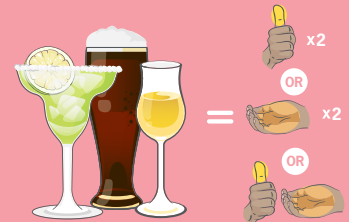
1 serving of mixed drinks, craft or high-alcohol beer, or dessert wine = x2 OR x2 OR

What does it mean to drink moderately? Learn more: https://www.precisionnutrition.com/quit-drinking

VEGETABLES

Non-starchy veggies are always an "eat more" food in the keto diet.
For a variety of nutrients, try to "eat the rainbow!"

Tomatoes

Radicchio

Rhubarb

Red cabbage

Red leaf lettuce

Red peppers

Red onions

Radish

Orange peppers

Carrots

Yellow peppers

Yellow carrots

Summer squash

Purple asparagus

Purple cauliflower

Eggplant

Purple carrots

Purple peppers

Purple cabbage

EAT THE RAINBOW

Shallots

White carrot

Cauliflower

Mushrooms

Garlic

Onions

Celery

Kale

Cabbage

Broccoli

Romaine lettuce

Cucumbers

Chinese cabbage

Arugula

Brussels sprouts

Snap peas

Asparagus

Green peppers

Collards

Spinach

Iceberg lettuce

Eating a variety of colorful fruit and starchy vegetables (like potatoes) also helps you "eat the rainbow," though these foods live in the carbohydrate category.

Not a veggie lover? Add herbs, spices, and aromatics, which enhance flavor and provide additional health benefits. To learn how, check out https://www.precisionnutrition.com/create-the-perfect-meal-infographic and https://www.precisionnutrition.com/dont-like-vegetables-infographic

2 BASE FOOD CHOICES ON YOUR GOALS

The proportions of your food intake that come from the "eat more," "eat some," and "eat less" categories will depend on how you eat now, and how strictly you want—or need—to follow keto.

🟢 "eat more" 🟡 "eat some" 🔴 "eat less"
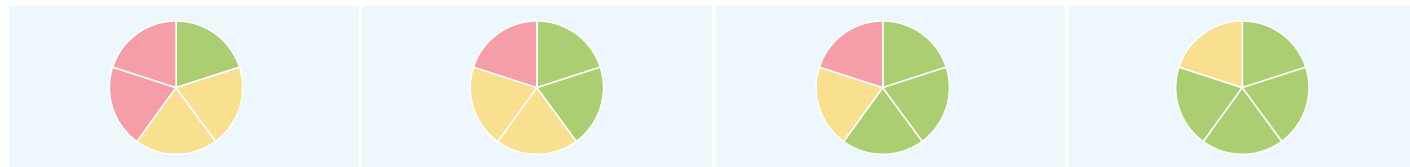
THESE PROPORTIONS MAY WORK FOR YOU IF...

• you want to generally improve your health. • you're new to exercise or exercise moderately. • you want to look, feel, and perform better.	• you want to significantly improve your health. • you exercise moderately, or are training for an event like a half-marathon or obstacle course. • you want to look, feel, and perform a little better than average.	• you want to significantly improve your health, or maintain a high degree of health. • you are training for a major athletic event like a marathon or ultramarathon. • you want above-average body composition, athletic performance, and/or recovery.	• you love eating this way. (This routine won't make you much healthier.) • you're preparing for a bodybuilding, physique, or elite athletic competition. • you are paid for your body's looks or performance. • you want to stay in ketosis.

3 ADJUST FOR YOUR PREFERENCES AND LIFESTYLE

Your "eat more," "eat some," and "eat less" list is unique to you and may evolve as your goals, likes, and dislikes shift over time. Use the table below to note your preferred foods.

CREATE YOUR OWN SPECTRUM

PROTEIN	CARBS	FATS	VEGGIES
Green foods I like or want to try:	Green foods I like or want to try:	Green foods I like or want to try:	Red, orange and yellow veggies:
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Green, blue and purple veggies:
1	1	1	1
2	2	2	2
3	3	3	3
Red foods I want to indulge in:	Red foods I want to indulge in:	Red foods I want to indulge in:	White veggies:
1	1	1	1
2	2	2	2

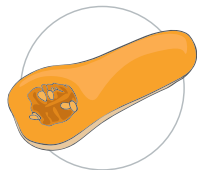# HOW TO ADD FOODS TO THE SPECTRUM

At some point, you're going to want to eat foods that aren't on our spectrums. Here's how to categorize them.

FIRST, FIGURE OUT THE MACRO CATEGORY:

- **Which macronutrient delivers the majority of the calories?**
  Classifying a food as the macronutrient that delivers the most calories is generally a safe bet.

- **Which eating style do you follow?**
  For example, with most approaches, butternut squash would count as a veggie. For someone eating low-carb or keto, it might be a source of carbohydrates.
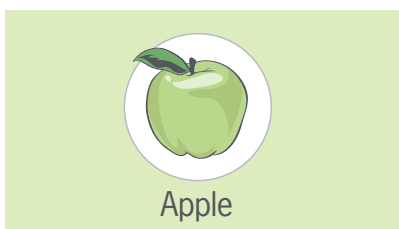
- **How is this food commonly eaten?**
  Perhaps as a protein, starchy side, or fat-rich topping?

NOW, DETERMINE ITS PLACE ON THE SPECTRUM:

How close is it to a whole food?
Generally, the more processed a food, the further it moves toward "eat less."

Apple	Applesauce	Apple juice

REMEMBER, YOU'RE THE BOSS

We've given you some ideas to get started. But YOU know best what works for you. Sustainable nutrition always prioritizes:

✓ **the foods and flavors you truly enjoy,**

✓ **the things you know how to cook or prep,**

✓ **and the portions that make sense for YOU.**

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