

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



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



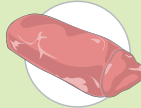
Beef



Bison



Lamb



Pork



Wild game



Insects



Other meats
(e.g. goat, camel, kangaroo, crocodile)

CARBS

NONE

FATS



Extra virgin olive oil



Walnut oil



Marinades and dressings with oils in this category



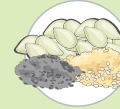
Avocado and avocado oil



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

Prioritize minimally-processed sources of protein.

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).

EAT SOME

PROTEIN



Edamame



Tofu



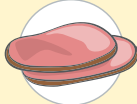
Tempeh



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



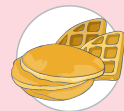
Fresh and frozen fruit (other than berries)



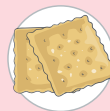
Flavored dairy (yogurt, kefir, milk)



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

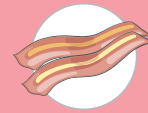


Sugar



Food with 10+ grams added sugar

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

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

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



Candy bars



Donuts



Cookies



Chips



Pastries



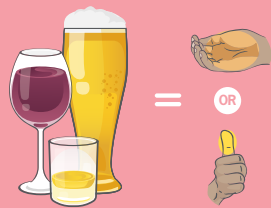
Muffins



Cakes



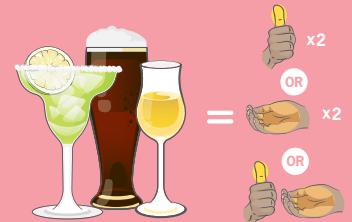
Fries



1 serving of wine,
light beer, or spirits

ALCOHOL

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

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!"



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.

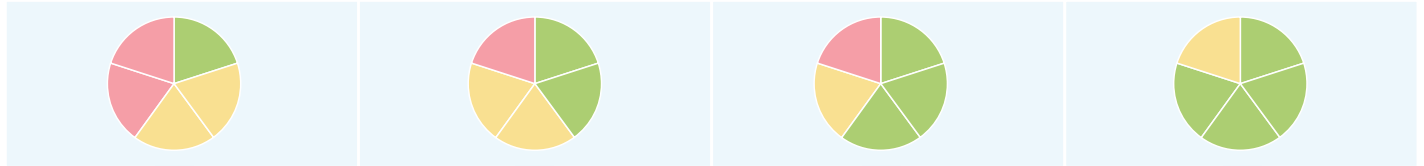
Not a veggie lover? Add herbs, spices, and aromatics, which enhance flavor and provide additional health benefits. To learn how, check out <https://www.precisionnutrition.com/create-the-perfect-meal-infographic> and <https://www.precisionnutrition.com/dont-like-vegetables-infographic>

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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.

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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	N/A	1	1
2		2	2
3		3	3
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

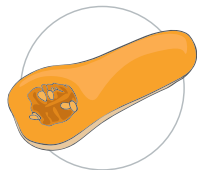
At some point, you're going to want to eat foods that aren't on our spectrums. Here's how to categorize them.

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.



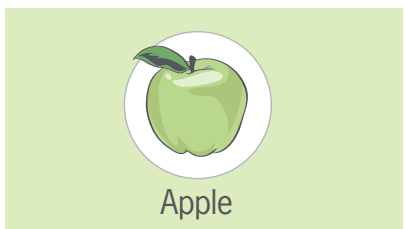
- **How is this food commonly eaten?**

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.

