



# DR. BERG'S HEALTHY KETOSIS™ ACCEPTABLE FOODS LIST

## FAT

Avocado	Coconut butter	Half and half	Sesame oil
Avocado oil	Coconut oil	Lard	Sour cream ( <i>organic</i> )
Blue cheese	Cream cheese	Macadamia oil	Tallow
Brie cheese	Duck fat	MCT oil	Walnut oil
Butter	Egg yolks	Olive oil	Whole cream
Cocoa butter	Ghee	Red palm oil	

## PROTEIN

Bacon	Duck	Moose	Salami
Beef	Eggs	Pepperoni	Sausage
Beef jerky	Elk	Pheasant	Sheep
Bison	Goat	Pork	Turkey
Cheese	Goose	Pork rinds	Veal
Chicken	Hot dogs	Quail	Wild boar
Cottage cheese	Lamb	Rabbit	Wild turkey
Deer			

## NUTS & SEEDS

Almonds	Macadamia nuts	Pistachios	Tahini ( <i>sesame butter</i> )
Brazil nuts	Nut butters ( <i>unsweetened</i> )	Pumpkin seeds	Walnuts
Chia seeds	Peanuts	Seed butters ( <i>unsweetened</i> )	
Hazelnuts	Pecans	Sesame seeds	
Hemp seeds	Pine nuts	Sunflower seeds	

# FISH

Anchovies	Haddock	Perch	Tilapia
Bass	Halibut	Red snapper	Trout
Cod	Herring	Rockfish	Tuna ( <i>including albacore</i> )
Eel	Mackerel	Salmon	Turbot
Flounder	Mahi-mahi	Sardines	
Grouper	Orange roughy	Sole	

# VEGETABLES

Artichoke	Chard	Leeks	Sauerkraut
Arugula	Chives	Microgreens	Scallions
Asparagus	Cucumber	Mushrooms ( <i>all kinds</i> )	Seaweed ( <i>all sea vegetables</i> )
Bean sprouts	Dandelion greens	Mustard greens	Shallots
Beet greens	Eggplant	Okra	Spaghetti squash
Bok choy	Endive	Olive	Spinach
Broccoli	Fennel	Onion	Swiss chard
Brussels sprouts	Garlic	Parsley	Tomatoes ( <i>moderate amount</i> )
Butterhead lettuce	Green beans	Peppers ( <i>all kinds</i> )	Turnip greens
Cabbage	Jicama	Pumpkin	Watercress
Carrots	Kale	Radicchio	Zucchini
Cauliflower	Kimchi	Radishes	
Celery	Kohlrabi	Rhubarb	
	Leafy greens	Romaine lettuce	

# SEAFOOD

Abalone	Crab	Octopus	Shrimp
Caviar	Lobster	Oysters	Squid
Clams	Mussels	Scallops	

# BERRIES & FRUIT (berries in small quantities)

Blackberries	Chokeberries	Lime	Sea-buckthorn
Black currant	Cultivated European gooseberry	Raspberries	Strawberries
Blueberries	Lemon	Red currant	Tart cherries

# HERBS

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

# ORGAN MEATS

Bone marrow	Kidney	Tongue
Heart	Liver	Tripe

# LIQUIDS

Almond milk ( <i>unsweetened</i> )	Herbal teas	Sparkling mineral water
Broth (chicken, beef, bone)	Kombucha ( <i>2g of sugar</i> )	Tea ( <i>unsweetened</i> )
Club soda	Lemon and lime juice ( <i>small amounts</i> )	Water
Coconut milk ( <i>unsweetened</i> )	Seltzer water	Water with lemon ( <i>unsweetened</i> )
Coffee ( <i>unsweetened</i> )		

# ADDITIONALS

Almond flour/meal	Fermented vegetables	Mustard ( <i>no sugar</i> )
Cacao nibs	Fish sauce	Pickles ( <i>no sugar</i> )
Cacao powder	Gelatin	Shredded coconut
Coconut aminos	Gluten-free tamari sauce	Stevia
Coconut flour	Hot sauce ( <i>no sugar</i> )	Vanilla extract
Cod liver oil (fish oil)	Mayonnaise ( <i>made with good oils—see list of fats</i> )	Vinegar
Dark chocolate 100%	Monk fruit	

# VEGAN PROTEIN

Hummus	Protein powder (pea, hemp, brown rice)	Spirulina
Mushrooms	Seed butters ( <i>unsweetened</i> )	Sprouted beans
Nut butters ( <i>unsweetened</i> )	Seeds (sunflower, sesame, pumpkin)	Tofu/tempe ( <i>organic</i> )
Nutritional yeast		

# FOODS TO AVOID

## PROTEIN

Almond milk *(sweetened)*  
Barbecue *(with sugar)*  
Cashews *(in excess)*  
Coconut milk *(sweetened)*  
Hot dogs *(unless organic / grass-fed)*  
Kefir *(unless plain and full-fat )*  
Meat products with sugar/grains  
*(meatballs, breaded meat, meats with  
sweet sauce, etc.)*  
Milk *(commercial)*  
Processed cheese  
Processed deli meat *(nitrates or dextrose)*  
Sausage *(unless organic / grass-fed)*  
Soy milk *(even regular, because it's GMO)*  
Yogurt *(due to sugar)*

## VEGETABLES

Corn (and popcorn)  
Lentils *(you can have lentils if you are vegan)*

## STARCHES

Potato  
Sweet potato  
Yam

## GRAINS

Bread  
Oats (oatmeal)  
Pasta  
Rice  
Wheat  
Other grains

## FRUITS & BERRIES

Apples	Dates	Mangos	Plantain
Apricots	Dried fruit <i>(like raisins)</i>	Melons	Plums
Bananas	Grapefruit	Orange	Watermelons
Cantaloupe	Grapes	Peaches	
Cherries	Kiwi	Pineapple	

## LEGUMES

Beans *(all varieties)*  
Chickpeas *(hummus is okay as there is mixed oil)*  
Edamame