



DR. BERG'S HEALTHY KETO™ ACCEPTABLE FOOD LIST



FAT

- Avocado
- Avocado Oil
- Blue Cheese
- Brie
- 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 & SEEDS

Almonds
Brazil Nuts
Chia Seeds
Hazelnuts
Hemp Seeds
Macadamia Nuts
Peanuts
Pecans

Pine Nuts
Walnuts
Pistachios
Nut Butters
Sesame Seeds
Tahini (*Sesame Butter*)
Pumpkin Seeds
Sunflower Seeds



FISH

Anchovies
Bass
Cod
Eel
Flounder
Grouper
Haddock
Halibut
Herring
Mackerel
Mahi-mahi
Orange Roughy
Perch
Red Snapper
Rockfish
Salmon
Sardines
Tilapia
Turbot
Trout
Tuna (Including Albacore)
Sole

SEAFOOD

Abalon
Caviar
Clams
Crab
Lobster
Mussels
Oysters
Scallops
Shrimps
Squid
Octopus



ORGAN MEATS

Bone Marrow
Heart
Kidney
Liver
Tongue
Tripe



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 & FRUITS

Blackberry
Blueberry
Cranberry
Lemon
Lime
Olives
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 / Luo 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

- Sweetened Almond Milk
- Any Meat Products with Sugar/Grains (*Meatballs, Breaded Meat, Meat with Sweet Sauce, etc.*)
- Barbecue (*with Sugar*)
- Cashews (*in excess*)
- Sweetened Coconut Milk
- Hot Dogs (*Unless organic/grass-fed*)
- Kefir (*Due to Sugar*)
- Commercialized Milk
- Processed Deli Meat (*Nitrates or Dextrose*)
- Sausage (*Unless organic/grass-fed*)
- Soy Milk (*GMO*)
- Yogurt (*Due to Sugar*)



STARCHES

- Potatoes
- Sweet Potatoes
- Yams

GRAINS

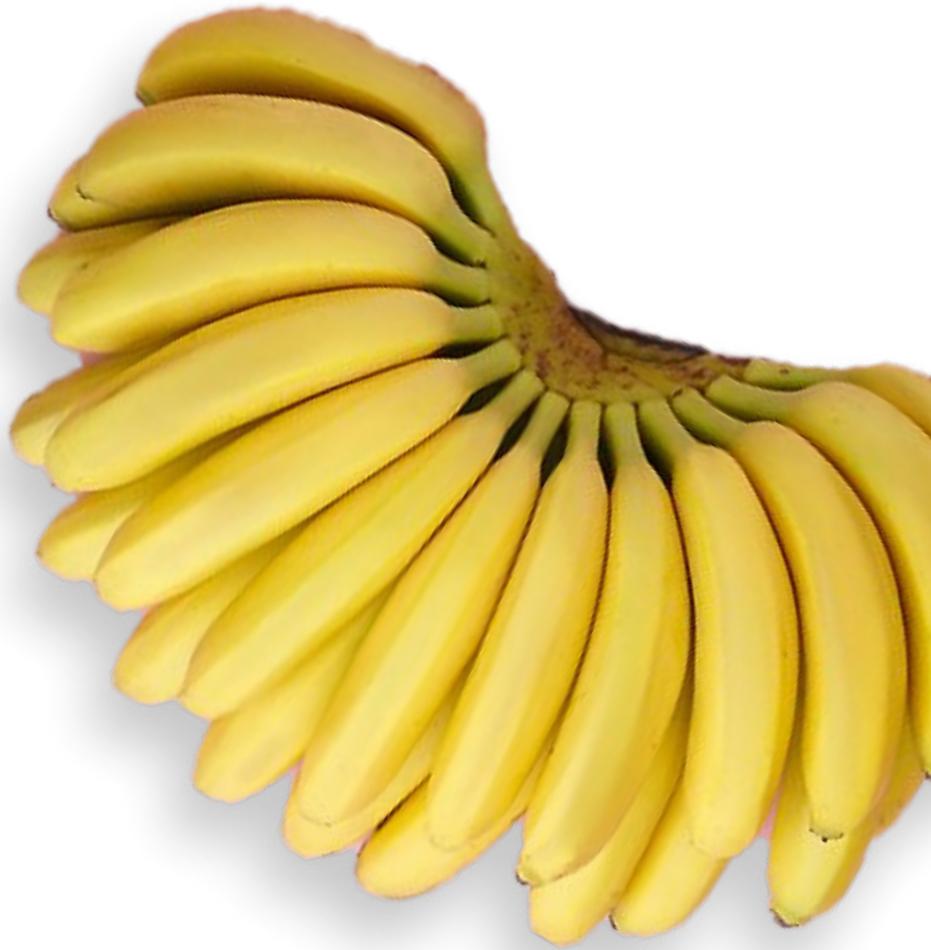
- Oats (*Oatmeal*)
- Rice
- Wheat
- Other Grains

VEGETABLES

- Corn and Popcorn

FRUITS

- Apples
- Apricots
- Bananas
- Cantaloupe
- Cherries
- Dates
- Dried Fruit *(Like Raisins)*
- Grapefruits
- Grapes
- Kiwi
- Mangos
- Melons
- Oranges
- Peaches
- Pineapples
- Plantains
- Plums



LEGUMES

- Beans *(All varieties)*
- Chickpeas *(Hummus is okay long as there is mixed oil)*
- Edamame

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Dr. Berg
THE KNOWLEDGE DOC