



Dr. Berg

THE KNOWLEDGE DOC™

# KETO vs. NON-KETO

by Dr. Eric Berg, DC

## KETO FOODS

### Keto fats

- Avocado
- Cheeses, heavy cream, butter
- Nuts and seeds
- Nut/seed butters
- Lard (pig fat), tallow (beef fat)
- Coconut oil

### Keto proteins

- Eggs
- Fatty fish, fatty meat
- Seafood
- Fowl with skin
- Organ meats
- Sausage

### Keto carbs

- Leafy greens
- Most veggies (except starches)
- Fermented veggies
- Lemons and limes
- Berries in small quantities
- Hummus in small quantities

## EXAMPLES OF KETO FOODS

- Arugula, kale, lettuce
- Asparagus, onions
- Avocado, hummus
- Bacon, pork
- Beef, lamb, chicken
- Broccoli, cauliflower
- Butter, cheese, sour cream
- Cabbage, mushrooms
- Celery, cucumbers
- Brussels sprouts
- Coconut oil, MCT oil
- Tomatoes/carrots (moderate)
- Eggplant, zucchini
- Peppers, radishes
- Salami, pepperoni
- Blueberries, raspberries
- Almonds, pecans, walnuts, pine/macadamia nuts, pistachios
- Broth (beef, chicken, bone)
- Nut milks (unsweetened)

## NON-KETO FOODS

- Wheat products (bread, pasta, pastry, etc.)
- Sweetened nut milks
- Sweet fruit (apples, mangos, grapes, etc.)
- Sauces with sugar
- Beans and chickpeas
- Grains (rice, wheat, quinoa, buckwheat, oats, etc.)
- Cashews
- Sweet cherries
- Dates and dried fruit
- Oranges and grapefruit
- Melon and watermelon
- Commercial milk
- Yogurt/kefir with fruit
- Starches (potatoes, yams)
- Coconut water
- Processed cheese / deli meats
- Honey, sugar, coconut sugar
- High-fructose corn syrup

## SO-CALLED KETO FOODS AND INGREDIENTS TO AVOID

- Aspartame
- Casein
- Corn fiber
- Dextrose
- Agave nectar
- Isomaltooligosaccharide (IMO)
- Cassava
- Gluten
- Maltitol
- Maltodextrin
- Margarine
- MSG or modified food starch
- Textured vegetable protein (TVP)
- Seed oils
- Soy protein isolate
- Tapioca

For more information  
go to [DrBerg.com](http://DrBerg.com)

Cut out and insert in your wallet

