

VEGETABLES

Artichoke
Beets
Cherry Tomatoes
Corn
Parsnips
Peas
Potatoes
Sweet Potatoes
Yam
Yucca

PROCESSED GOODS

Baked Goods
Candy
Chips
Crackers
Donuts
Microwaveable Meals
Pretzels
Cookies
Snack Foods

GRAINS

Barley
Buckwheat
Bulgur
Corn
Gluten-free Baked Goods
Millet
Oats
Sorghum
Rice
Rye
Quinoa
Wheat

FATS

Canola Oil
Corn Oil
Grapeseed Oil
Margarine
Peanut Oil
Soybean oil
Sunflower Oil

FRUITS

Apples
Bananas
Cherries
Dried Fruit
Grapes
Guava
Leeches
Passion Fruit
Peaches
Pineapple
Pomegranate
Raisins
Tangerines

SWEETENERS

Agave
Brown Sugar
Cane Sugar
Coconut Sugar
Confectioner's sugar
High-fructose Corn Syrup
Honey
Maple Syrup
Molasses
Palm Sugar
White Sugar

CONDIMENTS

Barbecue Sauce
Bean Dip
Blue Cheese Salad Dressing
Cesar Salad Dressing
French Salad Dressing
Italian Salad Dressing
Ketchup
Jam/Jelly
Malt
Tomato Paste
Tomato Sauce
Ranch Salad Dressing

DAIRY

American Cheese
Buttermilk
Casein
Canned spray cheese
Chocolate Milk
Chocolate Syrup
Cottage Cheese
Condensed Milk
Creams (Heavy/Whipped)
Half-and-Half
Icecream
Pudding
Ricotta Cheese
Whey Protein
Whole Milk
Yellow Cheese
Yogurt (Fat-free/Low fat) with artificial sweeteners and flavors

BEANS AND LEGUMES

Black Beans
Black-eyed Peas
Cannellini Beans
Chickpeas
Fava Beans
Green Peas
Kidney Beans
Lima Beans
Lintels
Pinto Beans
Navy Beans
White Beans (Great Northern)

BEVERAGES

Beer (Non-light)
Blended Drinks
Cocktails & Mixed Drinks
Dessert/Port Wine
Frappuccino
Fruit Juice
Fruit Smoothie
Hot Chocolate
Lemonade
Mocha
Soda
Sports Drinks
Tonic Water



NOTE:

Some of the listed foods are acceptable for the keto diet in limited quantities.

View the post for more details.