

Keto Diet Foods: **WHAT TO AVOID & WHAT TO EAT**

INSTEAD OF

EAT THIS



White Rice



Cauliflower Rice



Pasta



Spiralized Zucchini



Grain Flours



Coconut Flour



Soda



Infused Sparkling Water



Grain Buns



Avocado Buns



Hummus



Blended Avocado
+ Cauliflower



Potato Chips



Tomato Chips,
Bacon Chips



Sugar



Stevia



Cereal



Chia Pudding



Oatmeal



Cauliflower Oats



High Carb Nuts
(Cashews, Pistachios, etc.)



Low Carb Nuts
(Macadamia, Pecans, etc.)



High Sugar + High Carb Fruit
(Grapes, Figs, Bananas, etc.)



Low Sugar + Low Carb Fruit
(Avocado, Berries, etc.)