MONT BELVIEU FAMILY WELLNESS

Keto Diet: Food Guide

Original patient education from our chiropractic team. Keto is a very-low-carbohydrate eating pattern. Portions and ingredients matter; this guide is not a universal meal prescription.

Foods to build meals around

Vegetables: Spinach, lettuce, kale, broccoli, cauliflower, zucchini, cucumber, asparagus, mushrooms and peppers. Keep variety and fiber in your meals.

Protein: Eggs, fish, shellfish, chicken, turkey and other meats. Include adequate protein; do not assume that eating unlimited fat is the goal.

Fats: Olive oil, avocado, nuts and seeds are useful unsaturated-fat choices. Butter, cream, coconut oil and fatty processed meats add saturated fat; use these sparingly.

Nuts and seeds: Walnuts, pecans, almonds, macadamias, chia, flax and pumpkin seeds. Measure portions, since carbohydrate content and calories add up.

Dairy, if tolerated: Plain unsweetened yogurt, cottage cheese and cheese may fit in measured portions. Milk, yogurt and flavored products vary in carbohydrate content.

Fruit: Avocado, olives and small portions of berries are commonly used. Account for their carbohydrates rather than treating them as unlimited.

Drinks and convenient foods

Choose water, unsweetened sparkling water, tea or coffee. Unsweetened nut milks vary by brand. Coconut water, juices, sweetened coffees and many sports drinks contain carbohydrates.

Frozen vegetables, canned fish and simple packaged foods can be practical choices. Read ingredients and the Nutrition Facts panel; a low-fat label or packaging alone does not determine suitability.

Foods that usually need limiting

Bread, pasta, rice, oats, potatoes, corn, beans and many fruits contribute substantial carbohydrates. Sugary drinks, sweets and sweetened sauces can quickly use up a daily carbohydrate allowance. These foods are not inherently harmful; limits depend on the chosen eating pattern.

Keep the plan nutritionally complete

Discuss adequate fiber, calcium, vitamin D and other nutrients with your healthcare team. Favor unsaturated fats and avoid industrial trans fats. Seed oils are not automatically unhealthy.

Before you begin

Keto may be unsuitable in some health conditions or life stages. Speak with your healthcare team before starting, especially if you use diabetes medication. Do not adjust medications or take electrolyte supplements on your own. General education only—not a diagnosis or treatment plan.