
Keto Diet Foods List

“0” Sugar Juices: Ice 0 Calorie fruity drinks, Crystal Lite, Kellogg’s K2O Protein Water Mix

“0” Calorie Soda: Pepsi 1, Diet Coke & Coke Zero, Sprite Zero, Diet Sunkist, Diet Canada Dry, Sugar free tonic water and flavored seltzers

Milk: Fairlife Lactose & Fat Free Milk (6 net carbs, lowest sugar milk), Fat Free Lactaid (12 net carbs!), soy milk, Fat Free half & half, unsweetened almond milk, Coffee Mate original packets

Protein Shakes: Premier Protein, Muscle Milk light, Atkins Advantage, EAS Advant Edge

Condiments:

- Mustards (almost zero carbs)
- Ketchup: Heinz reduced sugar ketchup (1g carb)
- Mayo (1 carb or less)
- Butter (0 carbs); I Can’t Believe Its Not Butter, Smart Balance
- Olive oil sprays (1-4 cal/spray): PAM, Bertoli, Pompeian (cooking & salads)

Artificial sweeteners: Pure Via, Whole Earth, Splenda, Equal, Truvia, Stevia

Cereals: NONE

***Fast Breakfast:** *Special K Quiches, Thin Slim Foods: No carb waffles, pancakes, bagels, breads*

Fast Lunches: Lean Cuisine, Healthy Choice Simple (200 cal, 4 carbs, 27 protein), Lunch-On-the-Go-Tuna, Chicken in cans

Protein Bars: One Bar, Pure Protein, Quest, Detour, Atkins Morning Bars, Extend Bar, Russell Stover Sugar Free Bar, Think Thin Bar, Kirkland (Costco, cheapest bar)

***Breads:** *Thin Slim Zero Carb Bread and Bagles*

Low Carb Wraps: La Tortilla Factory (6 net carbs), Toufayan, Flatout Light Flatbread (9 net carbs), Joseph’s Low Carb Pita

Soups: Lipton’s Cup of Soup, Progresso light, Campbell’s Select Harvest

Snacks: Sugar-free Fudgesicles, Popsicles, no sugar pudding, jello, Dannon Lite & Fit diabetic friendly yogurt (2 net carbs, all others have net carbs from 5 to 15g)

Vegetable Carbs: Cauliflower rice and potatoes from Birdseye, Green Giant, Trader Joes, Zucchini Pasta, Zucchini & Squash

Cheese: Polly-O, Alpine Lace, Jarlsberg Lite, Land O' Lakes Snack-to-GO, Kraft Singles & Cheese Sticks, Laughing Cow, Swiss Knight, Cracker Barrel Cottage Cheese, Breakstone's, Light & Lively

Dressings: Walden Farms "0" Sugar/Fat, Ken's, Newman's, Wishbone, Hidden Valley, or Kraft fat free (aim for 60 calories/2 tbsp.)

Alcohol:

- **Low Carb Beer:** Michelob Ultra, Rolling Rock Green Lt, Bud Select 55, Busch Light, Miller Lite (all less than 3 net carbs)
- **Light Margaritas and Mojitos:** from Skinny Girl, Cuervo (4 oz: 140 cal, 3-9 net carbs)
- **Straight Alcohol:** 0 carbs
- **Wine (red & white):** 3 net carbs/5 oz