

Keto and Carnivore Options at KFC

Navigating a menu at Kentucky Fried Chicken (KFC) while adhering to keto or carnivore diets requires careful selection, especially given the predominant use of breading and frying oils in many of their popular dishes. Here's a breakdown of what options might fit these diets, along with details about the oils and sauces used in preparation.

Grilled Chicken

Keto: KFC offers grilled chicken options, which are a good fit for a keto diet because they are lower in carbohydrates than their breaded items.

Carnivore: The grilled chicken can also be suitable for a carnivore diet, focusing on animal-based foods.

Cooking Oil: The grilled chicken at KFC does not use additional cooking oils in its preparation, making it a cleaner choice for both diets.

Original Recipe or Extra Crispy Chicken (Modified for Keto)

Keto: While not ideal due to the breading, in a pinch, you can peel off the skin and breading of the original recipe or extra crispy chicken to reduce carb intake. This isn't perfect, as some starches and sugars will have penetrated the meat, but it lowers the carb count.

Carnivore: Strictly, these would not be suitable due to the breading and seasonings.

Cooking Oil: KFC typically uses a blend of canola and soybean oil for frying its breaded chicken. This is worth noting for keto dieters concerned about the type of fats in their diet.

Sides (Modified for Keto)

Keto: Most sides at KFC are high in carbohydrates (e.g., mashed potatoes, biscuits, corn). A possible option could be to have green beans, though they contain some carbs.

Carnivore: Avoid all sides, as they do not fit the carnivore diet protocol.

Sauces

Keto: Must be chosen carefully; many sauces like BBQ sauce or honey mustard are high in sugars. It's best to avoid sauces or choose very low-carb options if available.

Carnivore: All sauces should be avoided as they are not animal-based and often contain sugars and other non-carnivore ingredients.

Ingredients: Typically, these sauces can contain a variety of oils, sugars, and vinegars, none of which are suitable for a strict carnivore diet and most of which are problematic for keto.

Tips for Ordering at KFC on Keto or Carnivore Diets

Prioritize Grilled Over Fried: Opt for grilled items over fried to avoid the carbs from breading and potentially unhealthy oils from deep frying.

Customize Your Order: Don't hesitate to order your chicken without breading or to peel it off yourself, especially if trying to stick to a keto diet.

Be Sauce-Savvy: Avoid sauces and dressings which are typically laden with sugars, defeating the purpose of sticking to keto or carnivore guidelines.

While KFC may not be the ideal place for those strictly adhering to keto or carnivore diets, there are ways to make it work in a pinch by focusing on grilled items and avoiding breaded products and sauces. Always check the latest nutritional information available from KFC, as recipes and cooking methods can change.