

[WHAT TO EAT IF YOUR ON A DIET](#)



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So someone on an 1,800-calorie diet could eat up to 157 grams of protein -- the equivalent of 1 cup of skim milk, 1 cup cooked black beans, 2 ounces almonds, 1 cup low-fat yogurt, 2 eggs, 10 ounces of meat or fish, and 1 cup frozen yogurt. 15. Whole Grains.

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Ketogenic diet food list what to eat. In summary, eat real low-carb foods like meat, fish, eggs, vegetables and natural fats like butter or olive oil. As a basic beginner's rule, stick to foods with fewer than 5% carbs (numbers above 1).

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Here are the non-keto foods you want to avoid: Grains like corn, wheat, rice, and barley. Sugar in all its forms, like honey, agave, and maple syrup. Nearly all fruit, including apples, bananas, and oranges. Starchy vegetables and tubers like potato, squash, and yams.

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