

Keto Diet Guidelines

Allowed:

- High-fat foods: oils, nuts, seeds, cheese, avocado
- Low-carb vegetables: leafy greens, cauliflower, zucchini
- Meats and seafood
- Eggs
- Butter and cream

Avoid:

- Sugar and sweeteners (except keto-friendly ones like stevia)
- Grains and starches: bread, pasta, rice, potatoes
- Most fruits (except berries)
- Legumes
- High-carb vegetables: carrots, corn, peas