

Foods To Avoid On Keto

Fruits

- Cherries
- Pears
- Watermelon
- Grapes
- Oranges
- Mangoes
- Dates
- Raisins
- Grapefruits
- Bananas
- Papaya
- Melon
- Apples
- Pineapples
- Apricots
- kiwi
- Figs

Grains

- Wheat bread
- Rice
- Rye
- Oats
- Corn
- Quinoa
- Barley
- Millet
- Bulgur
- Amaranth
- Buckwheat

Condiments

- Ketchup
- Honey mustard
- BBQ sauce (with added sugar)

Sweeteners

- Raw cane sugar
- Honey
- Maple syrup
- Agave nectar
- Molasses
- Cinnamon Sugar
- High-fructose corn syrup
- Coconut sugar
- Brown sugar
- Granulated white sugar
- Powdered sugar
- Muscavado sugar

Vegetables

- Sweet potatoes
- Regular potatoes
- Tomatoes
- Yams
- Parsnips
- Carrots
- Taro Root
- Beets
- Pumpkin

Beans & legumes

- Lentils
- Peas
- Black beans
- Pinto beans
- Fava beans
- Chickpeas
- Kidney beans
- Split peas
- Sprouted beans

Dairy & Milk Products

- Whole milk
- Evaporated milk
- Condensed milk
- Milk powder
- Milk chocolate
- Sweetened yogurt
- Hot chocolate powder
- High sugar ice cream

Miscellaneous

- French fries
- Muffins (with flour that contains gluten)
- Pancakes (with flour that contains gluten)
- Bread (with flour that contains gluten)
- Croissants (with flour that contains gluten)
- Bagels (with flour that contains gluten)
- Buns
- Granola
- Pasta dishes
- Sodas
- Candy
- Chocolate
- Cakes
- Pastries
- Couscous
- Porridge
- Oatmeal
- Musseli
- Crackers
- Crisps
- Chips
- Popcorn
- Pizza
- Wine
- Beer