

VEGAN KETO food list

⚠ higher net carbs than other items in the section ♥ good protein source 🟡 good fat source 📄 see notes (last page)
👁 check your labels (net carbs are often higher↑ or lower↓ than national data suggests) ⚠ often non-vegan (check ingredients)

vegetables & mushrooms

EAT IN abundance

alfalfa sprouts ♥
arugula ♥
asparagus ♥
bamboo shoots, canned
basil ♥
beet greens ♥
Belgian endive
bok choy ♥
broccolini® ♥
broccoli raab ♥
celery
chard
chives ♥
cilantro ♥
collard greens ♥
cucumber
escarole ♥
frisée ♥
grape leaves, canned ♥👁
heart of palm, canned
kale ♥📄
lettuce
mushrooms: morel, portabella, straw (canned), and white ♥
mustard greens ♥
napa cabbage
radishes
spinach ♥
summer squash
watercress ♥
zucchini

EAT IN moderation

artichoke hearts, marinated in oil 👁👁
banana blossoms, in brine 👁
bean sprouts (mung bean)
broccoli
broccoli, incl. Tenderstem® ♥
cabbage, green and savoy
cauliflower
calabash gourd
chayote
eggplant
fennel
green beans
green bell pepper
green onions
jackfruit, young green, canned in brine 👁
jalapeño peppers
jicama
kale 📄
kohlrabi
mushrooms: cremini, enoki, maitake, oyster, and shiitake
okra
parsley
radicchio
red bell pepper
rhubarb
snow peas
tomatoes, incl. canned 📄
turnips
turnip greens
wax beans

EAT sparingly

artichoke hearts, cooked and canned 👁👁
beets
Brussels sprouts
cabbage, red
carrots
celeriac
chili peppers, green or red
fava beans, cooked from fresh
garlic ⚠
ginger root ⚠
onions
peas, green, canned 👁📄
pumpkin
rutabaga
spaghetti squash
yellow bell pepper

LIMIT

acorn and butternut squash
corn, canned ⚠👁📄
leeks ⚠
peas, green, fresh and frozen 👁📄
tomatoes, sun-dried, in oil ⚠👁

AVOID

corn, fresh, frozen, and popped ⚠
Jerusalem artichoke
parsnips
potatoes, white and sweet
shallots
yams

fruit (including avocados)

EAT IN abundance

açaí, unsweetened 👁
avocados 🟡

EAT IN moderation

blackberries
huckleberries
starfruit

EAT sparingly

cantaloupe
grapefruit, white
lemons, incl. juice
limes, incl. juice
peaches
pear, Asian
raspberries
strawberries
watermelon

LIMIT

apples ⚠
apricots
blueberries ⚠
cherries ⚠
cranberries
currants
dragon fruit ⚠
grapefruit, pink and red
guava

honeydew melon
kiwis, green
nectarines
oranges
papaya
pears
pineapple ⚠
plums

AVOID

bananas
dried fruit, esp. dates ⚠
figs

fruit juice ⚠
grapes
jackfruit, ripe

kiwis, sungold
lychees
mango

passionfruit
plantain ⚠
pomegranate

nuts & seeds (including coconut & peanuts)

For the most part, items in this category are good sources of both protein ♥ and fat ♡. However, coconut, macadamia nuts, and pine nuts are not particularly high in protein, and cashews and pistachios have a low protein content relative to their net carb content.

EAT IN abundance

Brazil nuts
chia seeds 🌱
flax seeds
hemp hearts 🌱
pecans
pili nuts
pumpkin seeds 🌱
sacha inchi seeds
sesame seeds, hulled (i.e. white)
sunflower seed butter 🌱 🌱

EAT IN moderation

almonds
coconut
hazelnuts
macadamia nuts
peanuts, oil-roasted 🌱🌱
pine nuts
poppy seeds
walnuts

EAT sparingly

peanuts, dry-roasted
peanut butter
sesame seeds, unhulled (i.e. brown and black)
sunflower seeds
tahini 🌱🌱

LIMIT

pistachios

AVOID

acorns ⚠️
cashews
chestnuts, roasted ⚠️

legumes & other protein-rich foods

Many items in this category will have nutritional profiles that are brand specific, vary widely by brand, and differ substantially from national nutritional data. Therefore, it is prudent to check your labels 🌱. Consumption suggestions are based on the use of lower-carb items.

EAT IN abundance

hemp seed tofu ♡
lupin, ground/flakes 🌱
lupini beans, some brands (e.g. Brami & Unico) 🌱
nori, dried
nutritional yeast flakes 🌱
pea milk, unsweetened
plant-based meats with 1-2g net carbs per 10g protein
pumpkin seed tofu (pumfu) ♡
protein powder, very low-carb varieties
soybeans, cooked from dried
soy yogurt, unsweetened
textured vegetable protein (TVP), pea-based
tofu, especially extra and super firm varieties 🌱
tortilla chips, pea protein-based (e.g. BeyondChipz)
yuba/fresh bean curd sheets

EAT IN moderation

edamame, incl. dry-roasted
Just® Egg, scramble
plant-based meats with 1-2g net carbs per 5g protein
seitan, lower-carb recipes
soybeans, dry or oil-roasted
soybean or edamame pastas
soymilk, unsweetened
tempeh 🌱
textured soy protein (TSP)
textured vegetable protein (TVP), soy-based
wraps/tortillas, certain low-carb high-protein varieties (e.g. Mission Hill & BFree)

PLANT-BASED "DAIRY"

Plant-based dairy alternatives tend to be low in protein and high in starch, and thus high in net carbs. Some low-carb options do exist. If an item is not low-carb, enjoy it sparingly.

EAT sparingly

lupini beans, some brands (e.g. Cento) 🌱
plant-based meats with 1-2g net carbs per 3g protein
soybeans, canned/jarred (e.g. Eden & Biona)
soy wrappers/norigami

LIMIT

beans (apart from soy and lupini)
lentils
plant-based meats with net carbs equal to protein
split peas

AVOID

grains and pseudograins: amaranth, barley, buckwheat, bulgar, couscous, kamut, kaniwa, millet, oats, quinoa, rice (incl. wild), rye, semolina, sorghum, spelt, teff, and wheat
plant-based meats with more net carbs than protein

baking ingredients

FLOURS & MEALS

With the exception of coconut flour and oat fiber powder, items in this section are good sources of protein ♥.

almond flour ♡
coconut flour
flaxseed meal ♡
lupin flour 🌱
oat fiber powder
peanut flour/peanut butter powder
protein powder, plain and flavored
sacha inchi powder
sesame seed flour
soybean flour
vital wheat gluten

MISCELLANEOUS

agar agar
aquafaba (i.e. chickpea water)
baking chocolate, unsweetened ♡
baking powder
baking soda
cacao nibs ♡
chocolate chips, dark, keto-friendly varieties ♡ ⚠️
cocoa/cacao powder, unsweetened
coconut milk and cream, canned ♡

cream of tartar
extracts/flavors, sugar-free
gums (guar, xanthan, etc.) 🌱
herbs & spices
oils and butters, all types ♡
pumpkin purée, canned, unsweetened
psyllium husks, whole and powdered 🌱
yeast, dry active

baking ingredients cont. →

baking ingredients cont.

SWEETENERS

allulose	monk fruit
Bocha Sweet	stevia
erythritol	xylitol 🐾

LIMIT

apple sauce, unsweetened
chickpea flour
starches/starch-like flours: arrowroot, cassava,
corn, potato, and tapioca

AVOID

carob
cornmeal/corn flour
dried fruit, esp. dates
grain and pseudograin flours
sugars and syrups, traditional natural types

other items

Items in this category often contain added sugar and can be quite high in net carbs ⚠️. For some items, it's not uncommon for the net carbs to be significantly higher than national nutritional data suggests. Check your labels 📖 and choose your products wisely. Avoid high-sugar items and use items that contain lesser amounts of sugar sparingly.

PICKLED & FERMENTED FOODS

capers
ginger, artificially sweetened
jalapeños, jarred/canned in brine
kimchi ⚠️
olives
pickles, cucumber, dill
sauerkraut

MISCELLANEOUS

algae powders, e.g. chlorella and spirulina ❤️
chocolate, very dark varieties (e.g. Lindt 90%) ⚠️🐾
kelp noodles
MCT oil powder ⚠️🐾
seaweed, certain varieties ❤️
shirataki/konjac noodles and rice

COOKING COMPLEMENTS

bouillon cubes/powder and vegetable broth ⚠️
coconut milk and cream 🍯
curry pastes ⚠️
herbs & spices
liquid smoke
marinara and tomato-based pasta sauces
miso paste
oils, all types 🍯
pesto 🍯🐾
sambal oelek ⚠️
tomato paste
Worcestershire sauce ⚠️

CONDIMENTS

aminos, incl. coconut
buttery spreads 🍯
hot sauce
ketchup
mayonnaise 🍯🐾
mustard
salsa, jarred, tomato-based
tamari/soy sauce ❤️
vinegars, most types (excl. balsamic)
wasabi paste

BEVERAGES

coffee, black
diet sodas and soda water 🐾
milks, plant-based (excl. oat) 🐾
tea, black and herbal

See note about alcohol consumption. 🐾

NOTES & TIPS 🐾

Kale underwent a nutritional transformation (5.0g → 0.2g net carbs per 100g) in 2019 when the USDA made changes to its database.

Canned and frozen vegetables often contain added sugar. Corn, green peas, and tomatoes are frequent targets. Check your labels.

Chia seed, hemp heart, pumpkin seed, and sunflower seed butter consumption recommendations are based on label data, which is consistently much lower in net carbs than national data.

Lupini beans and lupin derivatives may cause digestive distress to those not well-adapted to frequent bean consumption.

There is a link between peanut allergies and lupin allergies. Thus, approach lupini beans with caution if you have a peanut allergy.

The nutritional data on lupini beans varies vastly by brand. Reasons for this are unclear. Check your labels.

Nutritional yeast flakes come in fortified and unfortified varieties. You may wish you blend these varieties to avoid excessive intake of the micronutrients that nutritional yeast is commonly fortified with.

The net carb content of nutritional yeast can vary substantially, likely due in part to the substrate used for growing it. Check your labels.

Tofu net carb and protein content varies a lot by type. Firmer and non-silken varieties tend to be lower in carbs and higher in protein,

while softer and silken varieties tend to be higher in carbs and lower in protein. However, this is not always the case, so check your labels.

Tempeh can sometimes be very high in net carbs, and if so, can be eaten in abundance. Lightlife makes some very low-carb options.

The health consequences of aspartame consumption, a common sweetener in **diet sodas**, has recently come under scrutiny. However, at the time of writing, these new insights have not necessitated or led to a change in previously established intake guidelines.

When choosing **plant-based milks** look for low-protein milks that do not exceed 1g net carbs per cup (240ml) and higher-protein milks (i.e. pea and soy) that do not exceed 2g net carbs per cup (240ml).

Alcohol is not entirely off limits on a keto diet. Pure alcohols such as rum, vodka, gin, tequila, and whiskey contain no carbs. Dry wines and light beers are not overly carb heavy (about 4g net carbs for a 5-ounce [150ml] glass of wine and 2.5 to 6g for a 12-ounce [350ml] beer). Be aware that some people report a much lower alcohol tolerance when in ketosis, especially in the initial stages.

Gums and **psyllium husks** may cause digestive upset or urgency in some people, especially if consumed in large quantities.

Xylitol is toxic to dogs. Pet owners should exercise caution.

These pages are extracted from my book, **KETO FOR vegans**. If you'd like to learn more about the book, or download some of my other free resources, visit my website keto4vegans.com.