

VEGAN KETO fat sources

Unless calories are severely restricted, a ketogenic diet is inherently a high-fat diet. When carbohydrates are limited to a ketogenic range of 20-50g net, another macronutrient must provide calories in its place. Fat serves this role. The table to the right displays foods that contain notable quantities of fat. These items, as well as their derivatives (e.g. butters and flours), can be incorporated into your diet as needed.

If you're transitioning to a keto diet from a low-fat dietary pattern of eating, adding fat to your meals can be challenging. It may also create digestive upset, in which case gradually increasing the fat content of your meals may be wise. Nuts, seeds, and avocados can be enjoyed as snacks and sprinkled on salads, bowls, curries, roasted veggies, etc. They can also be blended with plant-based milks to create cheeses and sauces. Nut and seed flours and butters can be used in baking. Oils and coconut milk can be used for cooking, in sauces, and in salad dressings.

Most fatty acids in your diet will be of 3 types: monounsaturated (MU), polyunsaturated (PU), and saturated (SAT). While foods often contain all of these to some extent, they typically contain much more of one type. In the table, the dominant type of fat is highlighted in purple. The fat type breakdown is not given for an oil when it has been given for the whole food itself. Refer to the whole food's data for reference.

Dietary fats are a topic of much debate. Monounsaturated fats are generally considered healthful, as are fats eaten as part of whole plant foods. Conversely, there are well-documented links between high saturated fat intake, elevated "bad" cholesterol, and the development of atherosclerosis and heart disease. That said, the response to saturated fat intake shows some degree of individual variation. Those prone to, or concerned with, developing high cholesterol may wish to limit their saturated fat intake. Getting regular blood work can shed light on your personal response to a high (saturated)-fat diet. The healthfulness of polyunsaturated fats, particularly the Omega-6 type, and especially when consumed in *vegetable* or *industrial seed oils*, has recently come under some scrutiny. However, it should be noted that, at present, national health agencies, whose guidelines are informed by a large body of scientific literature, do not consider these oils to be detrimental to health. Omega-3 fatty acids, which are another type of polyunsaturated fat, are widely accepted as beneficial to health. Foods high in these are marked with Ω³ [their % of total fat]. At the end of the day, it is up to the individual to evaluate available information, the credibility of the source, and decide which fats to consume or avoid.

NOTES & TIPS

Relative to other items listed here, **olives**, **soybeans**, and **tofu** are low in fat. However, they contain more fat than many other plant foods.

Brazil nuts are high in selenium. One nut provides adequate daily intake. More than 4 nuts (≈20g) exceeds the recommended upper limit.

Cashews and **pistachios** are significantly higher in net carbs than other nuts and may not fit into a keto diet unless one has a high carb limit.

The net carbs in **tahini** may be significantly lower. Check your labels.

Nutritional data provided here is for raw foods unless stated otherwise. Cup, tablespoon (Tbsp), and teaspoon (tsp) measurements are for whole, shelled items with the exception of sesame seeds, which are unhulled (i.e. brown or black). These measurements are derived from the corresponding gram measurement and are approximate. Most of the information provided here has been sourced from the USDA (United States Food & Drug Administration) database via Cronometer. Macro and practical reference gram values have been rounded for ease of use.

The color coding of the **net carbs (NC)** column corresponds with the **EAT... IN abundance/ IN moderation/ sparingly, LIMIT, and AVOID** categories in the food list, which is available on the website.

FOOD ITEM	MACROS		PRACTICAL REFERENCE POINT	FAT TYPE (%)				
	(g) PER 100 GRAMS FOOD			MU	PU	SAT		
	FAT	NC						
HIGH-FAT FRUITS & CHOCOLATE								
avocado	15	2	1 medium ≈ 135g	64	12	14		
chocolate, baking	50	12	1-ounce square ≈ 30g	31	3	62		
coconut, canned milk	20	2	1 cup (240ml) ≈ 240g	6	0	85		
coconut, fresh	35	6	1 cup shredded ≈ 80g	4	1	89		
olives, black	10	4.5	1/4 cup ≈ 40g	70	6	21		
olives, green	6	0.2	1/4 cup ≈ 40g	74	9	13		
NUTS & PEANUTS								
almonds & almond butter	50	9	1/4 cup ≈ 40g 1 Tbsp butter ≈ 15g	63	25	8		
Brazil nuts	65	4	1/4 cup ≈ 40g	36	36	24		
cashews	45	27	1/4 cup ≈ 35g	54	18	18		
hazelnuts	60	7	1/4 cup ≈ 35g	75	13	7		
macadamia nuts	75	5	1/4 cup ≈ 35g	78	2	16		
peanuts, dry-roasted & peanut butter	50	13	1/4 cup ≈ 35g 1 Tbsp butter ≈ 15g	53	20	16		
pecans	70	4.5	1/4 cup ≈ 30g	57	30	9		
pistachios	45	17	1/4 cup ≈ 30g	51	32	13		
walnuts Ω ³ [14]	65	7	1/4 cup ≈ 25g	14	72	9		
SEEDS								
chia seeds Ω ³ [58]	25	1	1 Tbsp ≈ 10g	8	77	12		
flax seeds Ω ³ [54]	40	1.5	1 Tbsp meal ≈ 8g	18	68	9		
hemp hearts Ω ³ [19]	50	2	1 Tbsp ≈ 10g	11	78	9		
pine nuts	60	8.5	1 Tbsp ≈ 8g	38	42	15		
poppy seeds	40	8.5	1 tsp ≈ 3g	14	69	11		
pumpkin seeds	45	5	1 Tbsp ≈ 10g	32	40	17		
sesame seeds & tahini	50	12	1 tsp ≈ 3g 1 Tbsp tahini ≈ 15g	38	44	14		
sunflower seeds	50	11	1 Tbsp ≈ 9g	36	45	9		
LEGUMES								
soybeans, cooked	9	2	1/2 cup ≈ 85g	22	56	14		
tofu, extra-firm	5	1	a serving = 85g	25	51	17		
OILS & BUTTERS (PER 100 GRAMS [110ML] - FAT 100g ; NC 0g)								
	FAT TYPE (%)	MU	PU	SAT	FAT TYPE (%)	MU	PU	SAT
canola oil		63	28	7	palm kernel oil	37	9	49
cocoa/cacao butter		33	3	60	rice bran oil	39	35	20
corn oil		28	55	13	safflower oil	23	58	16
cottonseed oil		18	52	26	soybean oil	14	75	6
grapeseed oil		16	70	10	mayonnaise (100g ≈ 75g fat)			will vary