

# Functional Foods for a Therapeutic Ketogenic Diet

## FRUITS & VEGETABLES

- Artichoke
- Arugula ☆
- Asparagus 🍳👁
- Avocado
- Beets 🍳
- Bell pepper 🍳
- Bok choy ☆
- Broccoli (Broccoli sprouts, broccoli rabe, rapini, broccolini, romanesco, etc) ☆✅
- Brussels Sprouts ☆
- Berries ☆🍳
- Cabbage (Savoy cabbage, napa cabbage, red cabbage, etc) ☆
- Capers ☆
- Carrot ☆🍳
- Cauliflower (broccoflower, romanesco, etc) ☆
- Chayote
- Celery
- Celariac root 🍳
- Chard (swiss, rainbow, etc) ☆
- Coconut
- Collard greens ☆
- Cucumber
- Eggplant/ Aubergine 🍳👁
- Endive
- Edamame/ Whole soy beans
- Fennel ☆
- Garlic ☆✅
- Ginger ☆
- Green apple 🍳
- Green beans (string beans, snap beans) 🍳
- Jackfruit
- Jicama
- Lemon 🍳
- Lime 🍳
- Kale ☆
- Kiwi 🍳
- Kohlrabi ☆
- Konjac yam
- Leeks 🍳
- Maca ☆
- Mushrooms (all types)🍳☆
- Mustard
- Nettles 🍳
- Olives
- Okra
- Onion (red, green, etc) 🍳
- Radicchio
- Radish (daikon, etc)
- Sauerkraut
- Sea vegetables (seaweed, kelp, dulse, etc) ☆
- Spinach
- Summer squash (chayote, yellow, etc)
- Tomato 🍳👁
- Turnip
- Watercress
- Zucchini/ Courgette

## HERBS, SPICES & SWEETENERS

- Basil
- Cacao ☆
- Capers ☆
- Chilis/ Red pepper ☆
- Cilantro/ Coriander ☆
- Cinnamon ☆✅
- Dill
- Galangal
- Garlic ☆✅
- Ginger ☆
- Lemongrass
- Monkfruit 🍳
- Mustard ☆
- Parsley ☆
- Oregano ☆
- Rosemary ☆
- Sage
- Salt, non-iodinized (Pink, Celtic gray)
- Stevia 🍳
- Thyme
- Turmeric ☆✅

## OIL, VINEGAR & SEASONINGS

- Apple cider vinegar ☆✅
- Avocado oil
- Coconut oil
- Flaxseed/ Linseed oil ☆✅
- Olive oil ☆✅
- MCT oil
- Sesame oil
- Vinegar (Balsamic 🍳 white, wine, red)

## NUTS & SEEDS

- Almonds
- Brazil Nuts ☆✅ (no more than 2-3 per day)
- Chia seeds ☆
- Coconut
- Flax seed/ Linseed ☆✅
- Hazelnuts/ Filberts
- Hemp seeds
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Walnut

## OTHER

- Green tea ☆✅
- Miso 🍳
- Nutritional yeast
- Tamari
- Other fermented food like sauerkraut, sugar-free kimchi, tempeh, water kefir, coconut yogurt, etc) ☆✅
- Select other teas, powders & tinctures (ashwaganda root, turkey tail extract, black seed oil, etc) ☆✅

☆ a star indicates real functional nutrition stars to focus diet around.

✅ a checkbox indicates powerful benefits, consider eating them daily

🍳 a pan indicates those foods that are best eaten cooked

🍴 a pinch indicates foods that should be eaten in smaller amounts as they fit your macros