
Keto-Friendly Shopping Guide

Practical choices. Clear labels. A plan before you shop.

Use this guide your way

Check the foods you want and choose portions that fit your plan. This is a shopping resource, not a prescribed diet or a guarantee of ketosis.

Read the label, not just “keto”

Check serving size, total carbohydrate, fiber, and added sugars. Multiply by the number of servings you actually eat. “Net carbs” commonly subtract fiber and sometimes sugar alcohols, but calculations and absorption vary; do not assume every sugar alcohol can be fully subtracted.

Keep food quality in the plan

Choose plenty of non-starchy vegetables, appropriate protein portions, and mostly unsaturated fats. A low carbohydrate count alone does not make a food a healthy everyday choice.

Before making a major diet change

Consult your clinician first, especially with diabetes, kidney or liver disease, pregnancy, or breastfeeding. Insulin and some diabetes medicines can cause low blood sugar. Avoid keto while taking SGLT2 medicines unless your prescriber has reviewed the ketoacidosis risk. Never adjust medication yourself.

Protein & dairy

Choose plain versions; marinades, breading, sauces, and brands change the label.

Meat & poultry

- | | |
|---|---|
| ☐ Beef / veal | ☐ Goat / lamb |
| ☐ Chicken / turkey | ☐ Pork / venison |

Choose portions that suit your plan. Keep processed meats occasional rather than the foundation of meals.

Fish & shellfish

- | | |
|---|--|
| ☐ Salmon / tuna | ☐ Shrimp |
| ☐ Mackerel | ☐ Mussels / oysters |
| ☐ Anchovies / sardines | ☐ Squid |
| ☐ Dungeness crab | |

Plain fish is generally very low in carbohydrate. Shellfish vary; check the type, serving, and preparation.

Eggs & dairy

- | | |
|--|---------------------------------------|
| ☐ Chicken or quail eggs | ☐ Cream cheese |
| ☐ Hard cheeses | ☐ Sour cream |
| ☐ Plain Greek yogurt | ☐ Heavy cream |
| ☐ Plain cottage cheese | |

Unsweetened does not mean carbohydrate-free. Compare labels, including natural milk sugars; full-fat is not a free pass on portions.

Vegetables & fruit

Choose variety and measure portions rather than sorting vegetables by color.

Non-starchy vegetables

- | | |
|---|--------------------------------------|
| ☐ Asparagus | ☐ Eggplant |
| ☐ Bell peppers | ☐ Green beans |
| ☐ Broccoli | ☐ Lettuce |
| ☐ Brussels sprouts | ☐ Spinach |
| ☐ Cabbage | ☐ Swiss chard |
| ☐ Cauliflower | ☐ Tomatoes |
| ☐ Cucumber | ☐ Zucchini |

Buy fresh or plain frozen vegetables. Check canned and prepared options for sauces and added sugar.

Flavor builders

- | | |
|---|---|
| ☐ Garlic / onion | ☐ Lemons / limes |
|---|---|

Count larger portions and avoid sweetened juice products.

Fruit & savory additions

- | | |
|---------------------------------------|--|
| ☐ Avocados | ☐ Blueberries |
| ☐ Blackberries | ☐ Unsweetened coconut |
| ☐ Raspberries | ☐ Green olives |

Berries and coconut still contribute carbohydrate. Choose a measured portion; dried or sweetened versions are not interchangeable.

Nuts, snacks & drinks

Choose simple ingredients; decide portions before opening the package.

Nuts & seeds

- | | |
|---|--|
| ☐ Almonds | ☐ Pecans / walnuts |
| ☐ Brazil nuts | ☐ Pistachios |
| ☐ Macadamia nuts | ☐ Chia / flaxseed |
| ☐ Hazelnuts | ☐ Pumpkin or hemp seeds |

Prefer unsweetened options. Measure a portion rather than eating from the bag; nuts and seeds are energy-dense.

Ready-to-eat snacks

- | | |
|--|--|
| ☐ Hard-boiled eggs | ☐ Vegetables with dip |
| ☐ Portioned cheese | ☐ Unsweetened dried seaweed |
| ☐ Olives or avocado | ☐ No-added-sugar jerky |

Jerky, dips, and seaweed snacks vary by recipe. Bacon, pork rinds, and “fat bombs” are optional extras, not everyday essentials.

Beverages

- | | |
|--|---|
| ☐ Water / sparkling water | ☐ Almond beverage |
| ☐ Unsweetened tea | ☐ Coconut beverage |
| ☐ Black coffee | ☐ Broth / bone broth |

Choose unsweetened beverages. Coconut drinks and canned coconut milk differ. Butter coffee, electrolyte drinks, and protein powders are not required.

Fats, flavor & pantry

Stock the ingredients you actually use across several meals.

Cooking fats & oils

- ☐ Extra-virgin olive oil
- ☐ Avocado oil
- ☐ Other unsaturated oils

Favor unsaturated oils over butter, ghee, tallow, lard, or coconut oil as everyday fats. Canola and other seed oils are not excluded simply because they are vegetable oils.

Condiments

- ☐ Mustard
- ☐ Hot sauce
- ☐ Mayonnaise
- ☐ Guacamole
- ☐ No-added-sugar ketchup
- ☐ No-added-sugar BBQ sauce
- ☐ Coconut aminos
- ☐ Unsweetened vinegar

Read the carbohydrate amount for your actual serving. “No added sugar” does not mean no carbohydrate; oil type is separate from carb content.

Pantry staples

- ☐ Canned sardines or tuna
- ☐ Canned chicken
- ☐ Unsweetened nut butter
- ☐ Shirataki noodles or rice
- ☐ Plain herbs and spices
- ☐ Unsweetened cocoa

Check sauces, seasoning blends, starch fillers, and serving sizes. Pork-rind crumbs can be an occasional alternative coating; compare sodium and ingredients.

MCT oil and specialty keto bars are optional, not essentials. Start with foods you enjoy and can afford.

Baking & foods to limit

A food can be nutritious and still use a large share of a low-carb allowance.

Baking ingredients

- ☐ Almond flour
- ☐ Coconut flour
- ☐ Ground flaxseed
- ☐ Lupin flour
- ☐ Psyllium husk powder
- ☐ Unsweetened cocoa

Use recipes developed for these ingredients. They are not interchangeable spoon-for-spoon; check the package for serving size, fiber, and carbohydrate.

Optional sweeteners

- ☐ Stevia-based sweetener
- ☐ Monk-fruit sweetener
- ☐ Erythritol-based sweetener

Read the whole ingredient list: blends may contain sugar or starch carriers. Sugar-alcohol absorption varies, and some products cause digestive discomfort.

Limit to fit your carbohydrate plan

Sugary foods and drinks: soda, juice, sweetened sports drinks, cakes, cookies, ice cream, honey, and maple syrup.

Grains and starches: bread, pasta, rice, corn, potatoes, sweet potatoes, taro, yams, and many baking mixes.

Legumes and higher-carb fruits: beans, lentils, chickpeas, peas, apples, bananas, grapes, mangoes, cherries, and melons.

Foods limited on keto may fit other healthy eating patterns. Dark chocolate and “keto” desserts still need portion and label checks.

Plan, shop & prepare

A reusable planning sheet for your next grocery trip.

Build a small, repeatable menu

Choose two proteins, several non-starchy vegetables, and one or two cooking fats or sauces. Reuse ingredients across meals, choose plain frozen foods where useful, and freeze extra portions.

Your shopping plan

Meals to prepare

Proteins

Vegetables & fruit

Pantry items

Items already at home

General education only, not an individualized medical nutrition plan. This guide does not diagnose, treat, or prevent disease. Independently adapted; no affiliation with or endorsement by Perfect Keto is implied.

Sources

1. Adapted food categories: Perfect Keto
<https://perfectketo.com/ketogenic-diet-grocery-list/>
2. Harvard Nutrition Source: ketogenic diet
<https://nutritionsource.hsph.harvard.edu/healthy-weight/diet-reviews/ketogenic-diet/>
3. SGLT2 medicines and ketoacidosis
<https://pmc.ncbi.nlm.nih.gov/articles/PMC8455044/>
4. Cleveland Clinic: keto and diabetes
<https://health.clevelandclinic.org/is-the-ketogenic-diet-safe-for-people-with-diabetes>
5. American Heart Association: cooking oils
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/healthy-cooking-oils>