

# KETO:

## What Foods to Avoid

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### Veggies

Carrots  
Cherry Tomatoes  
Corn  
Parsnips  
Peas  
Potatoes  
Squash  
Sweet Potatoes  
Yams

### Grains

Barley  
Buckwheat  
Corn  
Millet  
Oats  
Quinoa  
Rice  
Rye  
Wheat

### Fats

Canola Oil  
Corn Oil  
Peanut Oil  
Safflower Oil  
Sesame Oil  
Soybean Oil  
Sunflower Oil  
Trans Fat

### Sugar & Sweeteners

Aspartame  
Equal  
High Fructose  
Corn Syrup  
Honey  
Maple Syrup  
Nectar  
Saccharin  
Sucralose  
Sugar

### Beans & Legumes

Black Beans  
Black Eyed Peas  
Chickpeas  
Green Peas  
Kidney Beans  
Lentils  
Lima Beans  
Pinto Beans  
White Beans

\*Breads, pastas, and cereals made from the above

### Dairy

Fat-free Yogurt  
Low-fat Cream  
Cheese  
Milk  
Shredded Cheese

### Fruits

Apples  
Bananas  
Grapes  
Oranges  
Pineapples  
Fruit Juice  
Dried Fruit

### Drinks

Beer  
Cider  
Diet Soda  
Fruit juice  
Most Cocktails  
Regular Soda  
Sweet Wine