

## Keto-Friendly Mediterranean Foods



### Healthy Fats (Foundation of Keto)

- **Olive Oil** – The heart of Mediterranean diet, ideal for salads and dipping
- **Other Oils** – Flax oil, sesame oil, avocado oil
- **Avocados** – Loaded with heart-healthy fats and fiber. Avocados are also a top source of healthy fat, supporting brain health and reducing inflammation.
- **Nuts & Seeds** – Almonds, walnuts, macadamia nuts, and chia seeds offer protein and healthy fats.
- **Tahini (Sesame Paste)** – A Mediterranean staple rich in good fats and minerals.

### High-Quality Proteins

- **Lamb & Beef** – Perfect for grilling, roasting, or slow-cooking with Mediterranean spices.
- **Chicken & Turkey** – A leaner option packed with protein.
- **Fatty Fish (Salmon, Sardines, Mackerel)** – Omega-3-rich and perfect for brain and heart health.
- **Eggs** – A keto powerhouse, versatile and nutrient-dense.

- **Seafood** – shrimp, scallops, lobster, crab

### Low-Carb Vegetables

- **Leafy Greens** – Spinach, kale, arugula, and Swiss chard are rich in nutrients and fiber.
- **Cruciferous Vegetables** – Broccoli, cauliflower, and Brussels sprouts are low in carbs but high in fiber.
- **Zucchini & Eggplant** – Great for roasting, grilling, or spiralizing into noodles.
- **Olives & Pickled Vegetables** – Low in carbs and high in flavor.

### Dairy & Fermented Foods

- **Feta & Parmesan Cheese** – Keto-friendly and perfect for adding Mediterranean flavor.
- **Greek Yogurt (Full-Fat, Unsweetened)** – Great for gut health when consumed in moderation.

### Keto-Approved Fruits (in Moderation)

- **Berries (Raspberries, Blackberries, Strawberries)** – Low in sugar, high in fiber.
- **Lemons & Limes** – Great for flavoring dishes and enhancing digestion.

### Keto-Approved Sweeteners

- Stevia
- Monk Fruit
- ALLULOSE
- Erythritol

## **Foods to AVOID on the Keto Mediterranean Diet**

To stay in ketosis, AVOID high-carb Mediterranean staples. Limiting carbs is essential for entering and maintaining ketosis:

- **Grains & Breads** – Pita bread, rice, pasta, couscous, and whole grains. While whole grains are a staple of the traditional Mediterranean diet, they are avoided on the keto Mediterranean diet to limit carbs and maintain ketosis.
- **Starchy Vegetables** – Potatoes, corn, and chickpeas.
- **High-Sugar Fruits** – Bananas, grapes, mangoes, and figs.
- **Legumes** – Lentils, beans, and hummus (unless in very small amounts).
- **Sugary Foods** – Baklava, processed desserts, and sweetened yogurt.