## WHAT SHOULD I EAT?!

**OUR 3-STEP GUIDE TO CHOOSING** THE BEST KETO FOODS FOR YOUR BODY

**Keto diet** edition

**FATS** 

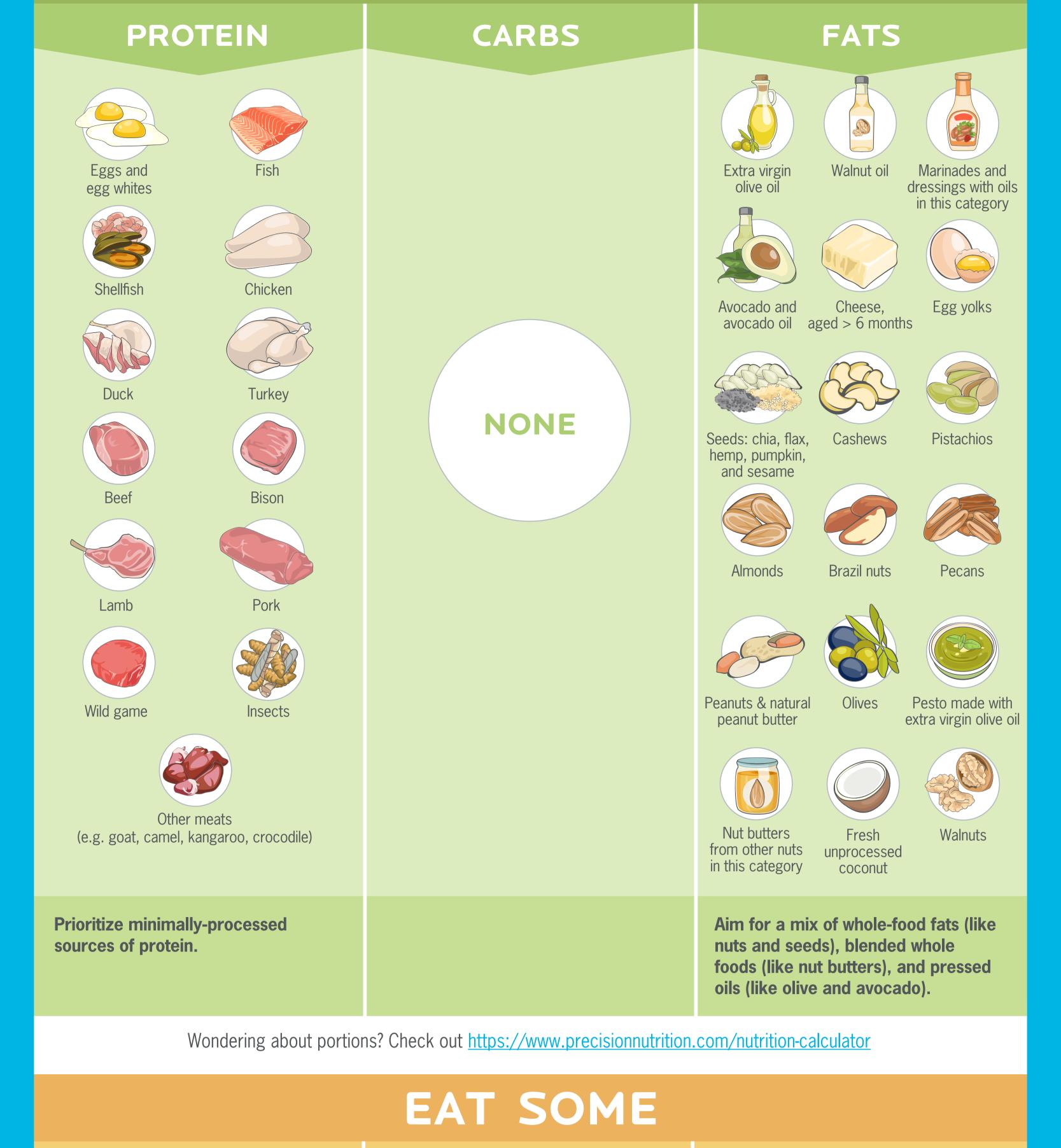
This easy-to-use chart shows you how to make healthier nutrition choices for achieving your goals, while enjoying the keto diet foods you love.

**PROTEIN** 

## Think of food on a spectrum. If you're on a strict keto diet, focus on "eat more" foods. If you're

**KNOW YOUR FOODS** 

more flexible, the other categories can help you add variety. EAT MORE



CARBS\*



grams added sugar

**Donuts** 

Muffins

Orange

peppers

These foods are also rich sources of fats, so be mindful

of both their carbohydrate and fat content.

Cookies

Cakes

Chips

Fries

1 serving of mixed drinks, craft or

high-alcohol beer, or dessert wine

Carrots

Yellow

carrots

Yellow

peppers

White carrot

Mushrooms

Onions

Summer

squash

**Shallots** 

Garlic

Iceberg

lettuce

Cauliflower

Cucumbers

Spinach

lettuce

Collards

\*To stay in ketosis, keep carbs to about 10 percent of daily calories (or between 20 - 50 grams of carbohydrate / day).

Candy bars

**Pastries** 

Alcohol is a distinct macronutrient with unique risks and benefits.

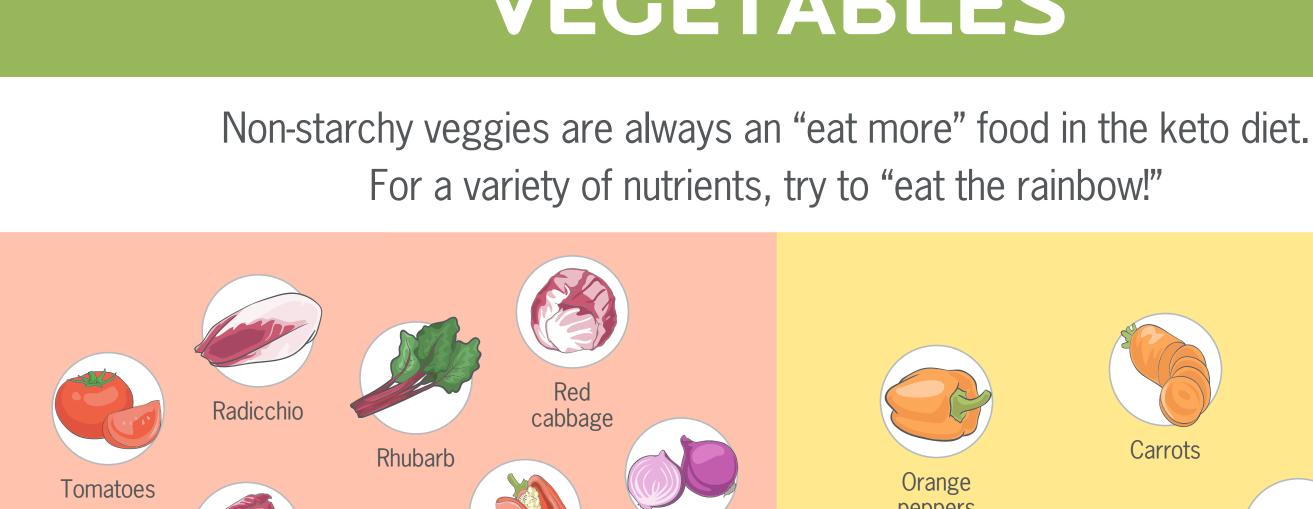
But if you're being mindful of energy balance and carbohydrate

intake, we recommend including it in the "eat less" carb and/or

What does it mean to drink moderately? Learn more: <a href="https://www.precisionnutrition.com/quit-drinking">https://www.precisionnutrition.com/quit-drinking</a>

VEGETABLES

fat category. In other words, 1 serving of most alcohol = 1-2



Red leaf

lettuce

Purple

cauliflower

Purple

asparagus

Eggplant

Purple cabbage

Chinese

you want to generally

improve your health.

you're new to exercise or

you want to look, feel, and

**PROTEIN** 

Green foods I like

or want to try:

Yellow foods

I want to incorporate:

Red foods

I want to indulge in:

3

exercise moderately.

perform better.

1 serving of wine,

light beer, or spirits



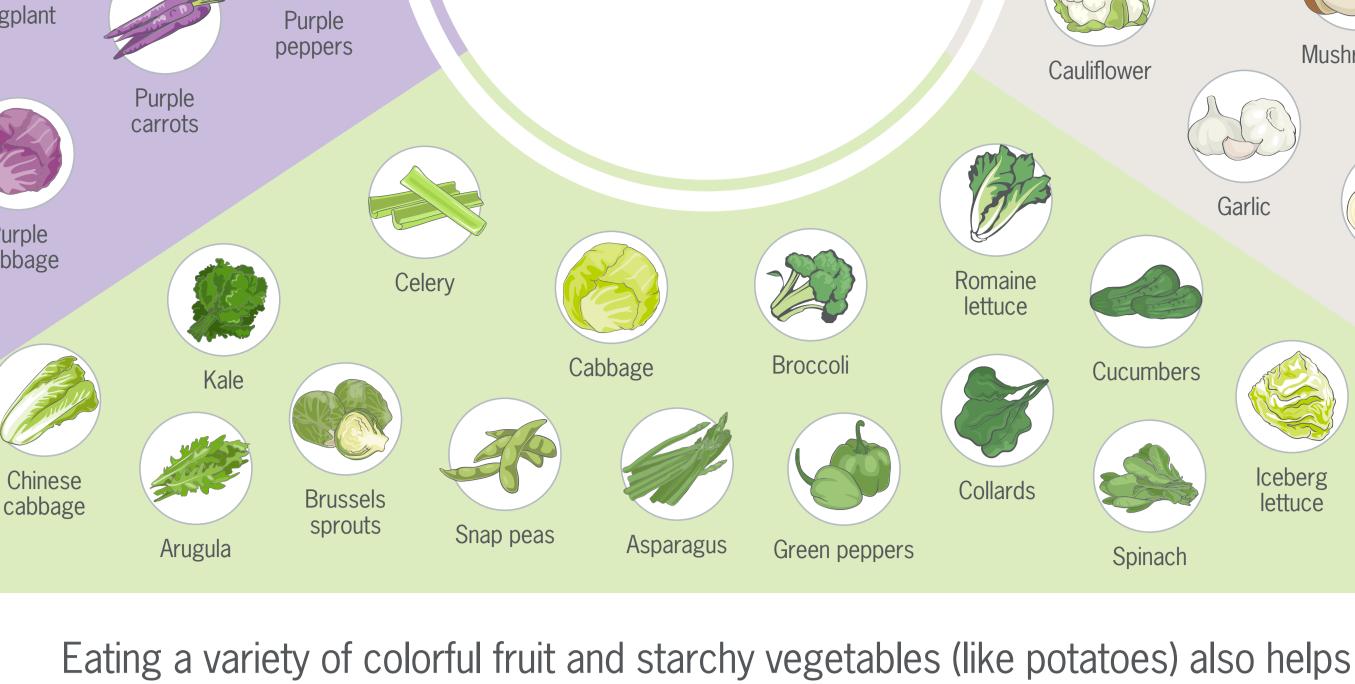
**ALCOHOL** 

servings of carbohydrate AND/OR fat.

Red onions Red peppers Radish

EATTHE

RAINBOW



**BASE FOOD CHOICES ON YOUR GOALS** The proportions of your food intake that come from the "eat more," "eat some," and "eat less" categories will depend on how you eat now, and how strictly you want—or need—to follow keto. "eat more" "eat some"

THESE PROPORTIONS MAY WORK FOR YOU IF... you want to significantly you want to significantly improve your health, or improve your health. maintain a high degree of • you exercise moderately, or are training for an event like a half-marathon or you are training for a major obstacle course. athletic event like a marathon or ultramarathon. you want to look, feel, and

you want above-average

performance, and/or

recovery.

**ADJUST FOR YOUR** 

PREFERENCES AND LIFESTYLE

Your "eat more," "eat some," and "eat less" list is unique to you and may evolve as your

goals, likes, and dislikes shift over time. Use the table below to note your preferred foods.

1

3

4

body composition, athletic

**FATS** 

Green foods I like

or want to try:

Yellow foods

I want to incorporate:

Red foods

I want to indulge in:

perform a little better than

**CARBS** 

Green foods I like

or want to try:

N/A

Yellow foods

I want to incorporate:

Red foods

I want to indulge in:

2

average.

you "eat the rainbow," though these foods live in the carbohydrate category. Not a veggie lover? Add herbs, spices, and aromatics, which enhance flavor and provide additional health benefits. To learn how, check out <a href="https://www.precisionnutrition.com/create-the-perfect-meal-infographic">https://www.precisionnutrition.com/create-the-perfect-meal-infographic</a> and <a href="https://www.precisionnutrition.com/dont-like-vegetables-infographic">https://www.precisionnutrition.com/dont-like-vegetables-infographic</a> "eat less"

**CREATE YOUR OWN SPECTRUM VEGGIES** Red, orange and yellow veggies: 1 2

Green, blue and

purple veggies:

White veggies:

3

4

2

you love eating this way.

you much healthier.)

• you're preparing for a

you are paid for your

body's looks or

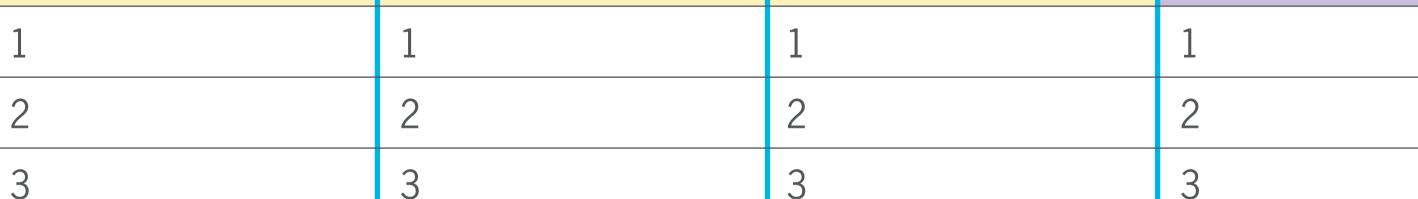
performance.

(This routine won't make

bodybuilding, physique, or

elite athletic competition.

• you want to stay in ketosis.



HOW TO ADD FOODS TO THE SPECTRUM At some point, you're going to want to eat foods that aren't on our spectrums. Here's how to categorize them. FIRST, FIGURE OUT THE MACRO CATEGORY: Which macronutrient delivers the majority of the calories? Classifying a food as the macronutrient that delivers the most calories is generally a safe bet. Which eating style do you follow? For example, with most approaches, butternut squash would count as a veggie. For someone eating low-carb or keto, it might be a source of carbohydrates. How is this food commonly eaten? Perhaps as a protein, starchy side, or fat-rich topping?

2

NOW, DETERMINE ITS PLACE ON THE SPECTRUM:

How close is it to a whole food?

Generally, the more processed a food, the further it moves toward "eat less."

Applesauce

REMEMBER, YOU'RE THE BOSS

We've given you some ideas to get started. But YOU know best

what works for you. Sustainable nutrition always prioritizes: the foods and flavors you truly enjoy,

the things you know how to cook or prep,

For the full article explaining this infographic, visit:

www.precisionnutrition.com/keto-food-list-infographic

Apple

**Precision** Nutrition

Apple juice