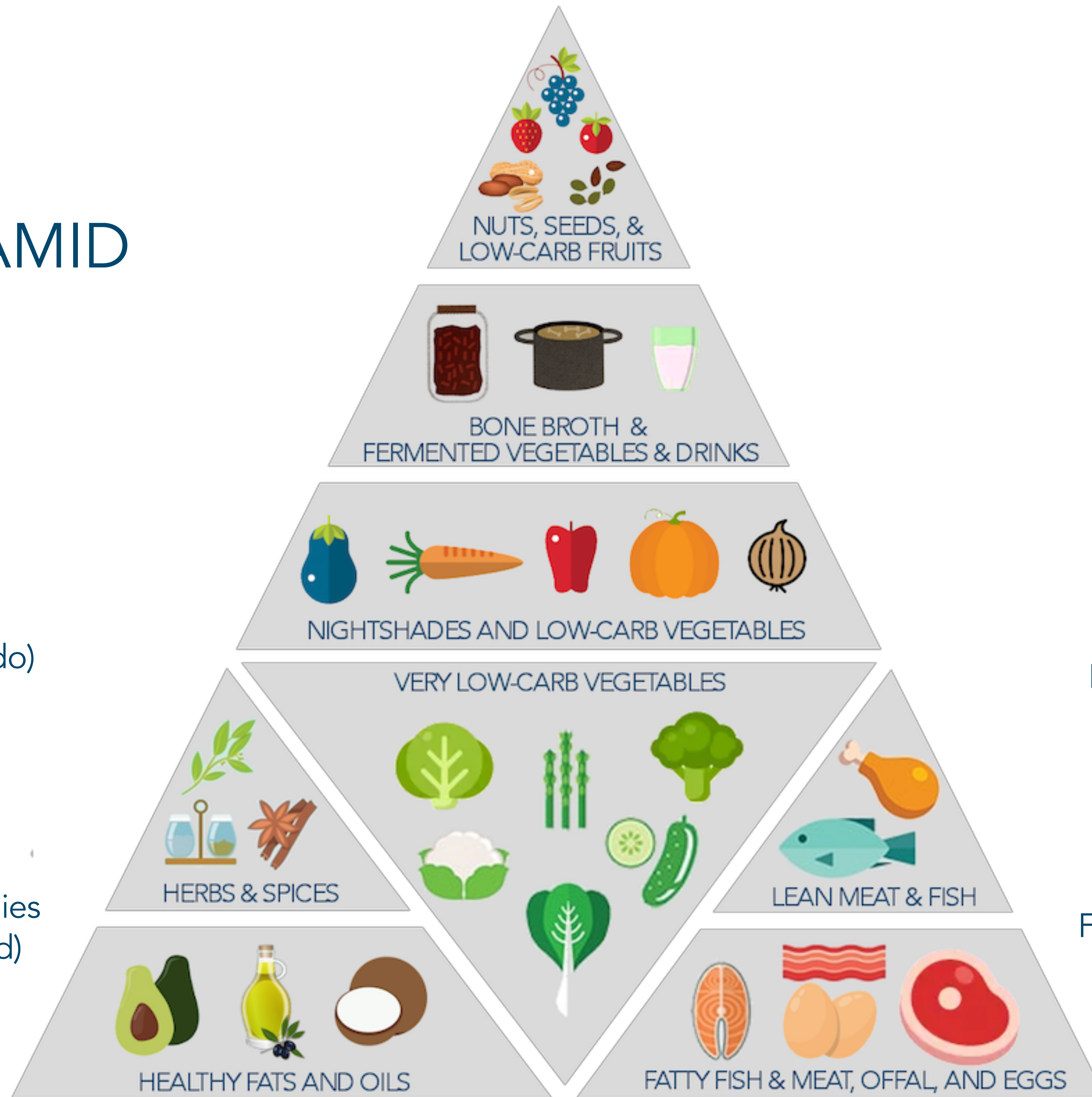


Keto

FOOD PYRAMID

YES

- Meat
- Fish
- Green Leafy Veggies
- Eggs
- Oils (Coconut & Avocado)
- Nuts & Seeds
- Avocados
- Cruciferous Vegetables
- Nightshade Vegetables
- Berries
- Some Non-Green Veggies
- Tea (decaf/unsweetened)
- Water (Very Important)



NO

- Bread
- Pasta
- Rice
- Starches (Potatoes, etc)
- Sugar
- High Fructose Corn Syrup
- Corn
- Wheat
- Flour
- Legumes
- Beans
- Fruit (Except some berries)
- Soda
- Milk (including skim)
- Artificial Sweeteners