

The Official “Page 4” Food List No Sugar, No Starch, Keto Diet

IF YOU HAVE A MEDICAL CONDITION OR ARE TAKING MEDICATIONS, DO NOT FOLLOW PAGE 4 UNLESS YOU ARE UNDER THE SUPERVISION OF A TRAINED MEDICAL SPECIALIST.

Stay to the foods on this page. Keep the dietary carbohydrate to less than 20 total (not net) grams per day (not per meal). If you stay to this list, you don't need to count carbs, because it will keep you under 20 per day. It doesn't matter how the food is cooked, just be sure any coating is low in sugar or starch (no flour). Drink zero carb liquids.

WHEN HUNGRY, EAT AS MUCH AS YOU WANT OF THESE FOODS, until you are comfortably full:

Meat: Beef (hamburger, steak), ~~pork, ham, bacon,~~ lamb, ~~sausage, pepperoni, hot dogs,~~ or other meats.

Poultry: Chicken, turkey, duck, or other fowl.

Fish & Shellfish: Any fish including tuna, salmon, ~~catfish,~~ tilapia, trout, ~~shrimp, scallops, crab, and lobster.~~

Eggs: Whole eggs, including yolks and whites.

Don't avoid fat in real foods. Don't add fat if you are trying to lose fat weight.

Eat a limited amount of salad greens and non-starchy vegetables every day:

Leafy greens: 2 cups (measured uncooked) a day. Includes: arugula, bok choy, cabbage (all varieties), chard, chives, endive, greens (including beet greens, collards, mustard and turnip greens), kale, lettuce (all varieties), parsley, spinach, radicchio, radishes, scallions, and watercress. (If it is a leaf—you can eat it.)

Non-starchy vegetables: 1 cup (measured uncooked) a day. Includes: artichokes, asparagus, broccoli, Brussels sprouts, cauliflower, celery, cucumber, eggplant, green beans (string beans), jicama, leeks, mushrooms, okra, onions, peppers, pumpkin, rhubarb, shallots, snow peas, sprouts (bean & alfalfa) sugar-snap peas, summer squash, tomatoes, wax beans, zucchini.

During the first few days, some people, not everyone, experience “keto-flu” (headache, fatigue).

To reduce your chances of “keto-flu,” be sure to drink when thirsty, and use bouillon.

Bouillon: dissolve in hot water up to 2 times daily for sodium replenishment.

IF YOU HAVE HIGH BLOOD PRESSURE OR HEART FAILURE DO NOT USE BOUILLON.

FOODS THAT ARE ALLOWED IN LIMITED AMOUNTS:

Cheese: up to 4 ounces a day. Includes: hard, aged cheeses such as Swiss, cheddar, brie, camembert, bleu, mozzarella, Gruyere, cream cheese, goat cheeses. Be sure to check the carbohydrate count.

Cream and oils: up to 2 tablespoons a day. Includes butter, half & half, whipping, light, or sour cream.

Mayonnaise: up to 2 tablespoons a day.

Olives: up to 6 a day.

Avocado: up to 1/2 of a fruit a day.

Lemon/lime juice: up to 2 teaspoons a day.

Soy sauce: up to 2 tablespoons a day.

Pickles, dill or sugar-free: up to 2 servings a day.

Zero carb snacks (unlimited): ~~Sugar-free jello, pork rinds, pepperoni slices,~~ low carb jerky, boiled eggs.

Take a daily multivitamin without iron (unless your doctor recommends that you take iron).