



15 Healthy Food to Eat on a Ketogenic Diet

The [Ketogenic Diet](#) is one of the most effective and popular diets right now. People are gushing over the amazing result and health benefits of [keto diet](#).

Studies have found that not only [keto diet](#) is effective for weight loss but also this very low-carb, high-fat diet is effective for treating diabetes and epilepsy.

It is also very beneficial in treating other diseases too such as cancers, Alzheimer's disease, and many more.

There are a lot of [health benefits of keto diet](#). Although some might even say that there are some [side effects of ketogenic diet](#) but those are mostly [short-time side effects](#). The [health benefits](#) surely outweigh the side effects. This is the reason most physicians and dietitians prefer keto diet over other diet plans.

While dieting can be challenging sometimes, [keto diet](#) is comparatively very easy to follow and will help you lose weight in no time. The best part is – you won't even feel hungry when dieting.

A [ketogenic diet](#) typically limits carbs to 20–50 grams per day. You don't have to count calories as many nutritious foods can easily fit into this way of eating.

Here are some healthy foods that you eat on a ketogenic diet.

- **Meat:** Red meat, steak, ham, sausage, bacon, chicken and turkey.
- **Fatty fish:** Such as salmon, trout, tuna and mackerel.
- **Eggs:** Look for pastured or omega-3 whole eggs.
- **Butter and cream:** Look for grass-fed when possible.
- **Cheese:** Unprocessed cheese (cheddar, goat, cream, blue or mozzarella).
- **Nuts and seeds:** Almonds, walnuts, flax seeds, pumpkin seeds, chia seeds, etc.
- **Healthy oils:** Primarily extra virgin olive oil, coconut oil and avocado oil.
- **Avocados:** Whole avocados or freshly made guacamole.
- **Low-carb veggies:** Most green veggies, tomatoes, onions, peppers, etc.
- **Condiments:** You can use salt, pepper and various healthy herbs and spices.