

10 KETO FOODS TO KEEP ON HAND

The ketogenic diet—commonly known as the "keto diet" for short—is a low-carb, high-fat plan with many health benefits, including weight loss and heart health. This diet lowers blood sugar and insulin levels, shifting the body's metabolism away from carbs and toward fat and ketones. Similar to most diets, there can be challenges in having the right food on hand to stick to your plan. Below is a list of common keto-friendly foods to keep stocked in your kitchen.

1 FROZEN VEGETABLES

Often picked at prime freshness and flash frozen to preserve their nutrients, frozen vegetables are ready in minutes.

2 SNACK BARS

We all have days where all we can do is grab a snack on our way out the door. Keep up with your busy schedule and your diet by having keto-friendly snack bars on hand.

3 EGGS

These protein-packed staples can be included in a multitude of meals.

4 CANNED FISH

Tuna is a classic in this category, but salmon is also a crowd favorite.

5 DAIRY

Dairy is an essential part of your overall health. To keep calcium in your diet, keep products like Parmesan cheese and butter on hand. Almond and cashew milks are great substitutes for those who can't have dairy.

6 SWEETENERS

You will want some sweeteners, such as erythritol or stevia, to replace sugar in your low-carb diet.

7 NATURAL NUT BUTTER

Peanut butter and almond butter are great low-carb choices to start with.

Pro Tip: Buy a version with no added salt or sugar.

8 SPICES

Spices are one of the best ways to keep your healthy meals tasting flavorful. Cumin, oregano, allspice, garlic powder, pink Himalayan salt, pepper and cinnamon are great to have on hand.

9 OIL

Popular among low-carb dieters, olive and coconut oils are essential healthy sources of fats to fuel your body.

10 ELECTROLYTE PACKETS

Electrolytes are extremely important when on a keto diet, so make sure to add these into the mix.

Homemade Option: Try mixing a pinch of Himalayan pink salt into your water with a squeeze of lemon or lime.

