



Keto Eating Guide

KICKSTART YOUR WELLBEING AND PREKURE YOUR HABITS



THE PREKURE FOOD GUIDELINES

Real food for real people,
based on real evidence

1. Enjoy nutritious foods every day that are whole and unprocessed.
 - Choose vegetables, fruit, eggs, meat, seafood, poultry, organ meats, dairy, nuts, seeds and legumes (as tolerated).
 - Favour traditional oils fats and spreads over refined and processed versions.
 - Keep total sugar – especially added sugar – to a minimum in all foods and drinks.
2. Make the majority of your purchases foods that don't come in packages. If you do buy packaged foods, choose items with less than 5 ingredients.
3. Choose mostly locally-grown food.
4. Choose ethically-sourced food where possible.
5. Plan your time to make food and eating important in your life.
6. Prepare, cook and eat minimally processed traditional foods with family, friends and your community.
7. Eat your meals slowly and consciously with no distractions.
8. Enjoy treats on special occasions and without guilt.
9. Keep well hydrated: drink water mainly and other drinks with minimal added sugar.
10. Keep more than half of your week alcohol-free. Don't drink alcohol if you are pregnant or planning to become pregnant.

Keto

WHAT SHOULD I EAT?

- Good-quality whole foods that are minimally processed: non-starchy vegetables, low-sugar fruits such as berries and tomatoes.
- Protein from minimally processed meat, fish, chicken, eggs, dairy, nuts, seeds.
- Fat from whole, minimally processed plants and animal sources, including avocado, olive oil, nuts, fatty fish, dairy products, fat/skin on meat, butter, coconut products.

WHAT SHOULD I BE CAUTIOUS OF?

- Highly processed meats and cheese.
- Naturally or artificially sweetened foods and drinks, packaged “low-carb” bars.

WHAT SHOULDN'T I EAT?

- Legumes, starchy vegetables and high-sugar fruits.
- Refined and processed junk foods and drinks containing sugar.
- Refined, nutrient-poor, packaged carbohydrate-rich foods, including grains such as breads, cereals, pasta, rice, muesli bars and crackers. This includes sugary sauces such as tomato and sweet chilli.

If you are someone who likes to follow the rules to the letter – then we have a specific GREEN list of ‘what’s in’ and a RED list of ‘what’s out’ for you here as well.



What's IN, what's OUT

For those interested in counting their total daily carb intake, the carb count is listed in brackets after each food. A Ketogenic diet is usually <50g carbs per day and an LCHF diet typically <100g carbs per day.

VEGETABLES

1 serving = ½ cup, unless otherwise stated

YES

- Vegetables: Non-starchy, fresh or frozen
- Alfalfa sprouts, raw (0.1g)
- Artichoke hearts, cooked (1.1g)
- Asparagus, cooked (1.6g)
- Avocado (0.6g)
- Beans, green, cooked (1.9g)
- Beetroot, cooked (5.6g)
- Broccoli, cooked (0.1g)
- Brussels sprouts, cooked (1.0g)
- Bok choy, cooked (0.4g)
- Butternut, cooked (7.0g)
- Cabbage, cooked (1.1g)
- Capsicum – red, raw (3.2g)
- Capsicum – green, raw (1.2g)
- Carrot, raw (2.3g)
- Cauliflower, cooked (1.8g)
- Celeriac, cooked (1.6g)
- Chinese cabbage, cooked (0.8g)
- Courgette (zucchini), cooked (1.0g)
- Celery, raw (1.8g)
- Chives, raw (0.7g)
- Cucumber, raw (1.3g)
- Eggplant (aubergine), cooked (1.1g)
- Endive, raw (1.3g)
- Fennel, raw (0.6g)
- Garlic (1 clove = 0.5g)
- Herbs and spices (trace)
- Kale, cooked (3.0g)
- Kohlrabi, raw (2.8g)

- Leek, cooked (3.2g)
- Lettuce, raw (0.4g)
- Mushroom, raw (0.1g)
- Okra, raw (1.2g)
- Olives (1.3g)
- Onion, cooked (3.0g)
- Peas, cooked (5.9g)
- Radish, raw (1.6g)
- Silverbeet, cooked (2.4g)
- Spinach, cooked (1.3g)
- Spring onion, 1 raw (1.5g)
- Snap peas, raw (7.1g)
- Tomato, raw (2.6g)
- Turnip, cooked (1.4g)
- Watercress, raw (0.04g)
- Witloof, 1 head, raw (2.1g)

YES, but only a little!

- Vegetables: Starchy, fresh or frozen
- Corn on the cob, cooked (14.8g)
- Kumara, cooked (13.7g)
- Pumpkin, cooked (9.9g)
- Parsnip, cooked (9.7g)
- Potato, cooked (10.8g)
- Squash – buttercup, cooked (20.0g)
- Taro, cooked (18.7g)
- Yam, cooked (19.5g)

NO

- Any vegetable deep-fried in highly-processed vegetable oils

FRUIT

1 serving = 1 medium piece, unless otherwise stated

YES

- Apricot, fresh (4.6g)
- Avocado, ½ (0.5g)
- Berries, mixed (frozen or fresh), ½ cup (4.5g)
- Coconut, fresh, ½ cup (1.7g)
- Figs, fresh (4.8g)
- Tamarillo (2.3g)

YES, but only a little

- Apple (13.0g)
- Cherries, fresh, ½ cup (10.5g)
- Feijoa (1.7g)
- Grapes, ½ cup (13.2g)
- Grapefruit (11.8g)
- Kiwifruit (8.0g)
- Lemon, 1 small (10.0g)
- Lime, 1 small (9.0g)
- Mandarin (8.5g)
- Mango, ½ cup (12.9g)
- Melon, ½ cup (4.4g)
- Nectarine (11.2g)
- Orange (11.0g)
- Papaya/pawpaw (5.1g)
- Peach (9g)
- Pear (19g)
- Pineapple, ½ cup (9.3g)
- Plum (6g)
- Watermelon, 1 slice (10.9g)

NO

- Any fruit with sugar coating or deep-fried with highly-processed vegetable oils (e.g. toffee apples, deep-fried bananas)
- Banana (31g)
- Fruit, canned in juice, drained, eg. ½ cup canned peaches (9.6g)

- Fruit, canned in juice, not drained, ½ cup (12.4g)
- Fruit, canned in syrup, drained, ½ cup (13g)
- Fruit, canned in syrup, not drained, ½ cup (28.9g)
- Dried fruit, mixed, ½ cup (59g)

ANIMAL PROTEIN SOURCES

All these foods have minimal, if any, carbohydrate in them, therefore no values have been listed.

YES

- Eggs
- Fish: all species
- Good-quality bacon and sausages from any type of meat (no gluten or lactose fillers)
- Organ meats: liver, kidney, heart
- Poultry: any cuts or pieces of the chicken, duck, pheasant, turkey (save the carcass/bones to make a bone broth)
- Red meat: all types, any cuts – beef, lamb, pork, ham, venison, veal, goat
- Seafood: mussels, prawns, crayfish, scallops, paua, marinara mix

YES, but only a little

- Crumbed meats: frozen crumbed fish fillets, fish cakes
- Cured/pickled/smoked meats and fish
- Processed meats: bacon, salami/pepperoni, chorizo, ham, sausages

NO

- Highly processed/deep-fried meats (e.g. nuggets, canned Spam)

DAIRY

1 serving = ½ cup unless otherwise stated

YES

- Butter (trace)
- Cheese, any type (trace)
- Cream (3.5g)
- Crème fraîche (3.1g)
- Milk, full fat/raw (5.7g) Please note that if you are pregnant it is generally recommended to avoid unpasteurised (raw) milk.
- Sour cream (3.3g)
- Yoghurt, plain, unsweetened, full-fat (3-8g)
- Yoghurt, fruit, low-fat (4.7g)

YES, but only a little

- Cheese, processed (trace)
- Yoghurt, plain, unsweetened, low-fat (5.3g)

NO

- Ice-cream (21-26g)
- Yoghurt, frozen (18g)
- Yoghurt, fruit/plain, low-fat, sweetened (11-17g)
- Flavoured milk (12.3g)

NON-DAIRY

1 serving = ½ cup unless otherwise stated

YES

- Coconut milk (1-3g)
- Coconut cream (3-5g)
- Unsweetened almond milk (0.4g)

YES, but only a little

- Goat's milk (5.4g)
- Rice milk (5.5g)
- Soy milk (4.7g)

NO

- Non-dairy creamer, 1 tsp (1g)

Note: Non-dairy creamer might be low in carbs, but it is made up of many processed and unhealthy non-food ingredients.

NUTS, SEEDS AND LEGUMES

1 serving = ½ cup, unless otherwise stated

Legumes vary widely in their carb content; some are very high, so watch your portions.

YES

- Almonds, raw (5g)
- Almond meal (3g)
- Brazil nuts, raw (2.9g)
- Butter beans, cooked (1.4g)
- Cashew, raw (13.0g)
- Chia seed, 1 tbsp (6g)
- Linseed, 1 tbsp (0.5g)
- Macadamia, raw (3.2g)
- Mung beans, raw, sprouted (3.2g)
- Nut butter, 1 tbsp (0.5-4g)
- Peanuts (6.2g)
- Pecan, raw (11.0g)
- Pine nut, raw (10.6g)
- Pistachio, raw (8.9g)
- Pumpkin seed (pepita), 1 tbsp (1.6g)
- Sesame seed, 1 tbsp (0.7g)
- Sunflower seed, 1 tbsp (0.6g)
- Tofu, cooked (0.7g)
- Walnut, raw (2.3g)

YES, but only a little

- Black beans, cooked (13.4g)
- Edamame beans, cooked (7.5g)
- Haricot beans, cooked (13.7g)
- Kidney beans, cooked (13.1g)
- Lentils, cooked (10-13g)

NO

- Processed seed-based oils: sunflower, grape-seed, safflower, sesame
- Adzuki beans, cooked (24.5g)
- Chickpeas, cooked (23.3g)
- Pearl barley, cooked (20.7g)
- Split peas, cooked (21.6g)

FATS AND OILS

All these foods have minimal, if any, carbohydrate in them, therefore no values have been listed.

YES

- Avocado oil
- Butter
- Coconut oil
- Duck fat
- Hemp oil
- Lard
- Macadamia/other nut-based oil
- Olive oil

YES, but only a little

- Sesame oil
- Peanut oil

NO

- Highly-processed vegetable oils: canola, sunflower, rice-bran, soya-bean, corn, grape-seed, safflower, palm (environmental reasons)
- Margarine



CONDIMENTS, SAUCES AND DRESSINGS

1 serving = 1 tbsp, unless otherwise stated

A word on dressings. While many dressings and sauces are low in carbs (e.g. blue cheese, Caesar, ranch, French, Italian, etc), store-bought varieties are often made with processed vegetable oils such as canola and sunflower oil. Try to find some that have olive oil only, or make your own.

YES

- Aioli, olive oil-based (1.1g)
- Coconut milk/cream, ½ cup (2-3g)
- Curry paste (1.0g)
- Fish sauce (0.8g)
- Lemon/lime juice (0.3g)
- Mayonnaise, olive oil-based, low sugar (0.2-3g)
- Mustard (1.7g)
- Oyster sauce (1.2g)
- Pesto (0.7g)
- Salad dressings made from good oils and vinegar
- Soy/tamari sauce (1.2g)
- Tahini (0.2g)
- Vinegars (0.1g)
- Wasabi/horseradish sauce (1.7g)
- Worcestershire sauce (3.1g)

YES, but only a little

- Commercial, high-sugar mayonnaise or aioli that contains processed vegetable oils
- Chutney (6.3g)
- Hummus (1-3g)
- Salsa (1-7g)
- Tomato relish (2-7g)
- Tomato sauce, commercial (4g)

NO

- Honey (16.5g)
- Mint jelly (10g)
- Pasta sauce, 1 cup (26g)
- Syrup (11.4g)

BEVERAGES

1 serving = 200ml (1 small cup)

YES

- Coffee, brewed (0.8g)
- Tea (0g)
- Water, still or sparkling (0g)

YES, but only a little

- Diet drinks (0g)
- Diet soda (0g)

NO

- Cordial, concentrate, syrup, 2 tbsp (17.5g)
- Energy drinks (21.4g)
- Flavoured milk (19.7g)
- Fruit juice (16-23g)
- Soft drinks (22.5g)

CONFECTIONERY

These items are all high in sugar; part of embracing the LCHF lifestyle is about altering the “sweet” palate, so limit overall intake.

YES, but only a little

- Dark chocolate: 55% cocoa, 2 squares, 20g (1-10g)
- Dark chocolate: 70% cocoa, 2 squares, 20g (7-9g)
- Dark chocolate: 85% cocoa, 2 squares, 20g (5-8g)
- Dark chocolate: 90% cocoa, 2 squares, 20g (4-6g)
- Sugar-free chewing gum (0g)

NO

- Chocolate: Dairy milk or other variety, 2 squares, 20 g (11-15g)
- Lollies, eg. 10 small jellybeans (10.3g)
- 2 jelly snakes (40g)

SWEETENERS

All sweeteners have minimal, if any, carbohydrate in them, therefore no values have been listed.

YES, but only a little

- Natural sweeteners: stevia, Natvia
- Xylitol

NO

- Artificial sweeteners: Equal, Sucaryl, Sugromax, Splenda

MISCELLANEOUS

YES

- Japanese Konjac noodles (carb-free, made from an Asian fibrous vegetable), ½ cup (1g)

YES, but try not to!

- Carb-less protein bars, 1 bar (4-6g), watch for hidden carbs



Meal Planner

IDEAS AND INSPIRATION FOR ANY EATING PLAN

MEAL	MEAL IDEAS	MEDITERRANEAN	KETO	LCHF	VEGETARIAN/FLEXITARIAN
Recipe Inspiration		Nadia Lim (whole foods) My Food Bag	Diet Doctor Always Delicious	What The Fat: Pete Evans	Modify any recipe Minimalist Baker
BREAKFAST	Egg omelette	Egg omelette with spinach, tomato and feta	Egg omelette with spinach, tomato and cheese Tip: add a grated courgette for added volume and high sources of vit c, potassium and folic acid	Egg omelette with courgette, tomato and cheese	Egg omelette with spinach, cheese and mushroom Optional to have with toast – we recommend sourdough or wholegrain
	Smoothie	Coconut, banana and berry smoothie	Coconut milk and berry smoothie	Coconut milk and berry smoothie	Banana and peanut butter smoothie
	Cereal	Homemade granola, 1 piece of fruit, with full fat plain yogurt (or coconut yogurt)	Keto granola / mixed nuts and seeds with full fat plain yogurt (or coconut yogurt)	Homemade granola, 1 piece of fruit, with full fat plain yogurt (or coconut yogurt)	Homemade granola, 1 piece of fruit, with full fat plain yogurt (or coconut yogurt)
LUNCH	Salad	Lettuce greens with cabbage, brown rice, tomato, chicken, feta and olives, with a sprinkle of EVOO	Lettuce greens with grated courgette, cabbage, avocado and chicken – top with toasted nuts/seeds for added crunch Tip: use full fat yogurt, garlic and ground sumac as a dressing	Lettuce greens, with grated courgette, cabbage, pumpkin, avocado and chicken - top with toasted nuts/seeds for added crunch	Lettuce greens with pumpkin, capsicum, feta, chickpeas and quinoa
	Sandwich	Wholegrain bread with lettuce, tomato, cheese, and your choice of meat – chicken, salmon, tuna, egg, etc	Keto bread (WTF recipe or Home St keto bun) with avocado, lettuce, and your choice of meat – chicken, salmon, tuna, etc	Keto or paleo bread with avocado, lettuce, and your choice of meat – chicken, salmon, tuna, etc	Wholegrain bread with lettuce, egg and cottage cheese (like egg-mayo), sprouts and tomato
	Leftovers				
DINNER	Spaghetti bolognaise	Wholegrain spaghetti	Zucchini 'zoodles'	Zucchini 'zoodles'	Wholegrain spaghetti; use tempeh to make 'mince' or make a tomato-based sauce with lentils / legumes
	Chicken and vege stir fry	Wholegrain brown rice	Cauliflower rice or courgette noodles or kelp noodles	Cauliflower rice or courgette noodles or kelp noodles	Pulse pasta or 'zoodles'
	Fish	Home-made fish 'n' chips with kumara chips and zesty slaw (Nadia Lim)	Fish and zesty slaw	Fish and zesty slaw	Marinated tofu, kumara chips and slaw
