



KETO FRIENDLY



Fruits

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|----------------|---------------------------|-------------------------|
| ✓ Raspberries | ✓ Aubergines (egg plants) | ✓ Gooseberries |
| ✓ Blackberries | ✓ Olives | ✓ Courgettes (zucchini) |
| ✓ Strawberries | ✓ Tomatoes | ✓ Pumpkins |
| ✓ Avocados | ✓ Cucumbers | ✓ Lemons |

NON-KETO FRIENDLY

Fruits

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|------------|--------------|--------------|
| ✗ Apples | ✗ Bananas | ✗ Peaches |
| ✗ Pears | ✗ Dates | ✗ Nectarines |
| ✗ Grapes | ✗ Figs | ✗ Oranges |
| ✗ Mangoes | ✗ Pineapples | ✗ Tangerines |
| ✗ Sultanas | ✗ Raisins | ✗ Watermelon |
| ✗ Cherries | ✗ Plums | |

MIDDLE GROUND

Fruits

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|--------|---------------|-----------|
| ▼ Kiwi | ▼ Pomegranate | ▼ Coconut |
|--------|---------------|-----------|