



KETO FRIENDLY

Vegetables



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|------------------------|------------------------|---------------------------|
| ✓ Rocket (Arugula) | ✓ Celeriac | ✓ Tomatoes |
| ✓ Watercress | ✓ Radish | ✓ Bell Peppers |
| ✓ Mushrooms | ✓ Cabbage | ✓ Green Beans |
| ✓ Celery | ✓ Broccoli (calabrese) | ✓ Aubergines (egg plants) |
| ✓ Kale | ✓ Cauliflower | ✓ Onions |
| ✓ Lettuce | ✓ Brussels Sprouts | ✓ Garlic |
| ✓ Asparagus | ✓ Swiss Chard | ✓ Pumpkin |
| ✓ Spinach | ✓ Olives | ✓ Fennel |
| ✓ Courgette (zucchini) | ✓ Cucumber | ✓ Avocado |

NON-KETO FRIENDLY

Vegetables

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|------------------|--------------------|--------------|
| ✗ Potatoes | ✗ Parsnips | ✗ Beetroot |
| ✗ Sweet Potatoes | ✗ Carrots | ✗ Sweet Corn |
| ✗ Yams | ✗ Swede (rutabaga) | ✗ Peas |
| ✗ Legumes | ✗ Turnips | |