



### WHAT IS THE KETOGENIC DIET?

The ketogenic diet is based on the principle that by depleting the body of carbohydrates, which are its primary source of energy, you can force the body to burn fat for fuel, thereby maximizing weight loss. When you consume foods that contain carbohydrates, the body converts those carbohydrates into glucose, or blood sugar, which it then uses for energy. Because glucose is the simplest form of energy for the body to use, it's always used for energy before your body turns to stored fat for fuel. On a ketogenic diet, the goal is to restrict carbohydrate intake so that the body must break down fat for energy. When this occurs, fat is broken down in the liver, thereby producing ketones, which are by-products of your metabolism. These ketones are then used to fuel the body in the absence of glucose.

### HOW DO YOU FOLLOW THE KETOGENIC DIET?

There are several types of the keto diet, but essentially, to achieve a state of ketosis, you have to severely reduce the amount of carbs you eat. (You can use this ketogenic calculator to create a custom food plan.) Data suggest the average American man over age 20 consumes 47.4 percent of his daily calories from carbs, and the average American woman over age 20 consumes 49.6 percent of her daily calories from carbs. (3) But in the classic ketogenic diet, which was originally used for the management of seizure disorders, 80 to 90 percent of calories come from fat, 5 to 15 percent come from protein, and 5 to 10 percent come from carbohydrates. A modified version of the ketogenic diet, which allows you to eat protein more liberally — at 20 to 30 percent of your total calories — with the same carbohydrate restriction, is the more commonly used version of the diet today. Some of the aims of the latest version of the ketogenic diet are weight loss, weight management, and improved athletic performance.

Information borrowed from [www.healthline.com](http://www.healthline.com)

### FOR MORE INFORMATION:

[www.healthline.com](http://www.healthline.com)

### IF YOU HAVE SUGGESTIONS OR REQUESTS PLEASE EMAIL:

[specialdiets@ringbrosmarketplace.com](mailto:specialdiets@ringbrosmarketplace.com)

OR CALL: [508-394-2244](tel:508-394-2244)

To our knowledge these products are all keto friendly. We are not responsible for a listing which is not keto friendly. Manufacturers may change a product's ingredients at any time. This list does not include information regarding cross contamination. As such please use this list at your own risk.

# Ketogenic Diet Guide

## Ring Bros. Marketplace

For those looking to follow a ketogenic diet, this is a *partial* list of keto friendly items that we carry. Although there are many more keto friendly items in our store, they are not all listed here. Items change frequently so we apologize if an item on this list has been discontinued. Please look out for new items which are being added weekly.

# KETO FRIENDLY

# Keto Friendly Products

## **Baking Ingredients / Fillings**

In The Raw Monk Fruit Keto Sweetener  
Sweet Leaf Stevia Drops  
Lakanto Golden Sweetener **NEW**  
Lakanto Simple Syrup **NEW**  
Birch Benders Keto Pancake & Wfl Mix **NEW**  
Bob's Red Mill Almond Flour  
Let's Do Org Unsweetened Shredded Coconut  
Keto & Co Cake Mix, Chocolate **NEW**  
Keto & Co Brownie Mix, Fudge **NEW**  
Organic Valley Organic Ghee

## **Baked Goods / Breads**

Base Culture Keto Bread **NEW**

## **Snacks / Chips / Bars**

Munk Pack Keto Granola Bars **NEW**  
Cello Whisps Cheese Crisps: All  
Moon Cheese: All  
Siete Grain Free Tortilla Chips  
Rhythm Cauliflower Snack Bites **NEW**  
Rhythm Kale Chips: All  
Bhu Keto Bars: All **NEW**  
Love Good Fats Bars: All **NEW**  
Vermont Smoke & Cure Original Beef Sticks  
Think! Keto Protein Bars **NEW**  
Good To Go Keto Bars **NEW**

## **Cookies / Crackers**

Evolved Keto Cups: All  
Lesser Evil Mini Cookies, Soft Baked **NEW**  
BHU Keto Chocolate Chip Cookie Bites **NEW**

## **Breakfast Foods**

Catalina Snacks Crunch Cereal: All **NEW**  
Laird Superfood Creamer, Original  
Lakanto Maple Flavored Syrup **NEW**  
Keto & Co. Granola: All **NEW**

## **Soups / Broth / Chili**

Kettle & Fire Keto Soups: All  
Power Provisions Soup Cups: All **NEW**

## **Condiments / Sauces / Dressings**

Primal Kitchen Avocado Oil, XV Olive Oil **NEW**  
Primal Kitchen Avocado Oil Mayonnaise  
Primal Kitchen Salad Dressings: All  
Primal Kitchen Pasta Sauces: All  
Primal Kitchen Sauces, Steak, BBQ, & Teriyaki

Primal Kitchen Seafood Sauces **NEW**  
Primal Kitchen Ketchup **NEW**  
True Made Ketchups: All  
True Made BBQ Sauce  
Spectrum Naturals Coconut Oil, Unrefined  
Spectrum Naturals Keto Blend Oil **NEW**  
Nutiva Coconut Manna  
Sir Kensington's Ranch Dressing  
Yo Mama's Chianti Wine Pasta Sauce  
Wholly Avocado Guacamole  
Red Boat Fish Sauce  
Franks Red Hot Original  
McIlhenny Co. Tabasco  
Thai Kitchen Red Curry Paste  
Rao's Alfredo Sauce  
Justin's Almond Butter  
Terrapin Ridge Sauces and Aiolis  
Tessemæ's Salad Dressings: All  
Tessemæ's Buffalo Sauces: All  
Good Food For Good BBQ Sauce **NEW**

## **Wellness**

Plantfusion Protein Powder 1:1 Fats Choc **NEW**  
Bulletproof Brain Octane Oil  
Primal Kitchen Collagen Chai Latte **NEW**

## **Rice / Beans / Grains**

Manitoba Harvest Hemp Heart Seeds, Shelled

## **Beverages**

La Croix Sparkling Water (Check Ingredients)  
Kitu Super Coffee: All

## **Pasta / Quick Meals**

Miracle Noodle Konjak Pasta: All **NEW**

## **Refrigerated Foods**

Organic Valley Mozzarella Cheese Stringles  
Green Mountain Creamery Greek Yogurt: All  
Hood Cottage Cheese: All  
Philadelphia Cream Cheeses: All  
Picnik Coffee Creamer  
So Delicious Coconut milk Creamer, Original  
Horizon Heavy Whipping Cream  
Vital Farms Eggs  
Kite Hill Cream Cheese Style Spread  
Vermont Creamery Crème Fraiche  
Good Culture Cottage Cheese **NEW**

Kerrygold Pure Irish Butter

## **Frozen Foods**

Osso Good Soups: All  
Bonafide Provisions Bone Broths: All  
Caulipower Chicken Nuggets **NEW**

## **Ice Cream / Frozen Yogurt**

Mammoth Crmry Peanut Butter Frozen Dessert

## **Fruits / Vegetables**

Lettuce  
Spinach  
Kale  
Microgreens  
Chard  
Arugula  
Cauliflower  
Asparagus  
Broccoli  
Bok choy  
Cabbage  
Celery  
Cucumber  
Bell peppers  
Mushrooms  
Cabbage  
Zucchini  
Summer Squash  
Strawberries  
Blueberries  
Raspberries  
Blackberries  
Avocado

**Note: When the word "ALL" is used it refers to only the varieties we carry in our store.**