

# PUERTO RICAN FOODS KETO CHEAT SHEET

## THE “MUST HAVE” PUERTO RICAN FOODS TO GET YOU STARTED IN KETO

If you are accustomed to eating Puerto Rican food but are interested in following a Ketogenic Diet, here is a list of typical ingredients that will help you stay in Ketosis, while enjoying some of our delicious foods.

### PROTEINS

- PORK (PORK CHOPS, ROAST, BACON)
- BEEF (GROUJD, STEAKS, TENDERLOIN)
- CHICKEN, DUCK, TURKEY, QUAIL
- SEAFOOD (LOBSTER, SHRIMP, SCALLOPS, OCTOPUS)
- GOOD QUALITY SAUSAGES LIKE LONGANIZA AND HAMS.

### DAIRY

- CHEESE (GOUDA, CHEDDAR, AND VARIETIES OF WHITE CHEESES)
- EGGS
- GREEK YOGURT
- NUT MILKS (ALMOND, COCONUT MILKS)

### NUTS AND SEEDS

- ALMONDS, BRAZIL NUTS, HAZELNUTS
- PEANUTS, PECANS, WALNUTS, MACADEMIA NUTS
- CHIA SEEDS, FLAXSEEDS, PUMPKIN SEEDS ADN SESAME SEEDS

### FRUITS AND VEGETABLES

- HERBS LIKE: CULNATRO, CILANTRO, PARSLEY, OREGANO, BASIL,
- SOFRITO INGREDIENTS LIKE: ONION, GARLIC, PEPPERS, LEMONS, AND LIMES
- AVOCADOS, BROCCOLI, CAULIFLOWER, CELERY, CARROTS
- JICAMA, COCONUT, CUCMBERS, GUAVAS, OLIVES, OKRA, GREEN BEAN
- CALABAZA ZUCCHINI, RADISHES, MUSHROOMS,

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## THE “MUST HAVE IN MODERATION” PUERTO RICAN FOODS IF YOU WANT TO STAY IN KETOSIS

I KNOW the holy trinity of Puerto Rican food are Rice, Beans, And Pan Sobao.

Following a Keto Diet removes these from the equation, but we will still have our Mamís and Tías telling us we are not eating enough. So use, absolute moderation if you cannot abstain from these goodies.

### PROTEINS

- HIGHLY PROCESSED DELI MEATS

- HOT DOGS (SPECIALLY THE CHEAP ONES)

- SAUSAGES (AGAIN, BY QUALITY NOT QUANTITY)

- WE DO NOT EAT TOFU IN PR, BUT TOFU IS A NO-NO

### DAIRY

- ANY SWEETENED VARIETY OF THE NUT MILKS AND CREAMS

- SOY MILK

- REGULAR YOGURTS, INCLUDING THE FRUIT ADDED ONES

- REGULAR COW'S MILK.

### NUTS AND SEEDS

- CASHEWS

- CHESTNUTS (PEPITAS DE PAN)

- PISTACHIOS

### FRUITS AND VEGETABLES

- BANANAS, BEANS (YES, ALL OF THEM), APPLES, APRICOTS

- CANTALOUPE, CHERRIES, CHICKPEAS, CORN, DATES

- EGGPLANT, PLANTAINS, ÑAME, YAMS, SWEET POTATOES

- GRAPES, MELONS, KIWI, MANGOES, ORANGES, PINEAPPLES

- POTATOES, TARO ROOT, RAISINS, PEACHES