



# We're Taking the Guesswork Out of Keto Labels

CATEGORY	INGREDIENT	KETOGENIC FRIENDLY (KF)	KETOGENIC APPROVED (KA)	CERTIFIED KETOGENIC (CK)
FATS	Olive Oil	•	•	•
	Avocado Oil	•	•	•
	Coconut Oil	•	•	•
	MCT Oil	•	•	•
	Tallow	•	•	•
	Cacao Butter	•	•	•
	Grass Fed Butter	•	•	•
	Ghee	•	•	•
	Conventional Butter	•	•	
	Canola Oil	•		
	Vegetable Oils	•		
	High Oleic Safflower Oil	•		
MEATS/ PROTEINS	Collagen Protein	•	•	•
	Grass Fed, Hormone Free	•	•	•
	Manufactured Egg Protein	•	•	
	Pea Protein	•		
	Whey Protein	•		
PRODUCE	Low Glycemic	•	•	•
	Root Vegetables	•		
NUTS & SEEDS	Any	•	•	•
SWEETENERS	Stevia	•	•	•
	Erythritol	•	•	•
	Xylitol	•	•	•
	Monk Fruit	•	•	•
	Sucralose	•		
	Allulose	•		

**All products must be free of:** Agave, Brown Rice, Brown Rice Syrup, Brown Sugar, Cane Juice, Cane Sugar, Cassava, Cassava Flour, Coconut Palm Sugar, Coconut Sugar, Corn, Corn Oil, Corn Syrup, Date Sugar, Dextrin, Dextrose, Fructose, Glucose, Maltodextrin, Maltitol, Rice Syrup, Sucrose, Oats, Potato, Rice, Soy, Sucrose, Sugar, Tagatose, Tapioca Flour, Wheat, Wheat Flour

source: certifiedketogenic.com