

## Keto Diet 101 for Vegans Food You Can Eat

### Description

There is something powerful about low carb diet, and many people take it on every month. You might think that every food that is allowed in the ketogenic diet is meat, but there are plenty of vegan alternatives.

### Chia Seeds

Chia seeds are certainly a better option than processed grains or white rice. While they are not free from carbs, they have much less than rice or pasta. If you use them to make yourself a keto snack or a dessert, you will be able to mix them with coconut flour and oil to get the right texture for your cake or biscuit. If you would like to make savory snacks, you might want to add nut and seed butter, instead.

### Tomato Sauce

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If you are adding tomato sauce to your keto meals, it is important that you check the packaging and opt for one that has no added sugar. Even if it is fully natural, fruit sugar will add up your carbs, so you will need to be careful how much tomato sauce you are using. It might be a good idea to make your own sauce with natural passata and seasoning, so you know exactly what is going into your condiments.

## Salad Dressing

If you consume a lot of fresh fruit and vegetables and experiment regularly with creating a new recipe, you might find that salad dressing is a [creative and delicious ways to enjoy Beta Hydroxybutyrate](#). You will, however, need to limit your consumption, so you can make the most out of your diet. If you are taking away certain foods from your body, it might start craving the flavor, and that is why you will need to [learn the art of seasoning](#) instead of reaching for the jar in the cupboard.

## Pumpkin Seeds

Seeds are supposed to be good for you, and [pumpkin seeds are loaded with Magnesium and Zinc](#), hard to come by if you are on a vegan diet. It is also full of good fat and protein, so you will get the Omega 2 and antioxidants into your diet. If you are using ground pumpkin seeds to make your own keto bread, you might want to add other ingredients that will improve the texture and taste of your bread..

## Nuts

Any type of nut will be good for you and contain Omega 3 fatty acids and antioxidants. You should, however, enjoy them in moderation. You will not only get the good bits, but also quite a few calories. If you are using almond milk, ground nuts for cakes and bread, you have to work out exactly how much you will need to make the most out of your cooking. There is not much of a difference between different types of nuts, but you should always go for the unsalted, roasted, and unseasoned version.

## Berries



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You can eat any type of berries in moderation, and they are both vegan and keto. You will be able to replace your high carb snacks with these, but be careful with the sugar, as the carb content can add up. Always consume fruit in its most natural form, instead of going for preserves and jam, unless you prepared them yourself. Some people can only consume berries with moderation, especially if they have hay fever. If you notice that you are getting an allergic reaction or a rash after eating berries, you might want to opt for a safer option, such as apples and pears. Eat loads of cranberry and blackcurrant to add iron to your vegan diet.

## Almond Yoghurt

Traditional yogurt is supposed to have loads of protein and healthy bacteria. Not many people know that you can actually make yogurt out of vegan ingredients. You can use cashew nuts, almond milk, or coconut milk, depending on what taste you prefer. A coconut yogurt will be much sweeter than another variety, while If you choose a low fat one with fruit in, you might end up consuming more. You should stick to the full fat a cultured soy yogurt will have a plainer taste. Use these alternatives if you would like to make the most out of your [meat free keto diet](#) and still get the nutrients and protein you need.

Staying within the guidelines of your keto diet can be challenging. If you would like to significantly reduce your carbohydrate intake, you might want to create a list of your favorite food and choose the makes and types that have the most essential nutrients.

### Date Created

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