

The Best Keto Foods

If you are going to make Keto a lifestyle then we need to talk about some awesome super foods

Pastured Raised Eggs – the world's most perfect food especially if they come from pastured raised chickens; full of vitamins that are great for the heart, brain and even the eyes; help raise the healthy cholesterol HDL; contain choline (found in yolk) which is important for brain health

Avocado- contains fat soluble vitamins A,E,K, water soluble vitamins B and C, mono unsaturated fats, fiber, lutein (anti-oxidant) protects the eye, and keeps skin and hair healthy

Coconut Oil – antiviral properties, anti-bacterial properties, anti-fungal properties, great for the thyroid, fat burning, improves brain function

Extra Virgin Cold Pressed Olive oil – healthy fat that keeps you satiated and has anti-inflammatory benefits and also heart protective

Omega 3's EPA & DHA – important for neuron growth and activity, anti-inflammatory by suppressing cyclooxygenase (COX) which makes prostaglandin hormones that trigger inflammation; *EPA works systemically and DHA is more brain specific*

Macadamia nuts – contains Omega 7's (Palmitoleic Acid) which helps your body burn and *utilize white fats*; also have 1:1 ratio of omega 3:6; and reduce inflammation; lower systolic blood pressure

Organic Asparagus – full of antioxidants (Vitamin C, Vitamin E, Zinc, Manganese, Selenium and even beta-carotene) and glutathione, the master anti-oxidant, detoxifies the body and boost energy, cleanses the urinary tract; also contains the *amino acid asparagine* which is vital for brain function and development; when consumed raw or fermented (blending is the best option here) you get prebiotic benefits