

Keto Friendly Swaps

FOR COMMON HIGH CARB FOODS

High Carb Food

Low Carb/Keto Brand

CEREAL	CATALINA CRUNCH , RATIO , MAGIC SPOON
PANCAKE MIX	BIRCH BENDERS
WAFFLES	BIRCH BENDERS
BREAD	LEWIS BAKE SHOP HEALTHY BREAD
CUPCAKE/CAKE MIX	KING ARTHUR , SCOTTYS EVERYDAY , LAKANTO
GRANOLA	KISS MY KETO , RATIO FOODS
MAPLE SYRUP	CHOC ZERO , RX SUGAR , LAKANTO
SALAD DRESSINGS	PRIMAL , WALDEN FARMS
BBQ SAUCE	G.HUGHES , PRIMAL
PIZZA SAUCE	RAOS
PASTA SAUCE	RAOS
KETCHUP	PRIMAL
YOGURT	TWO GOOD , RATIO
CHOCOLATE	LILY'S , CHOCZERO
CANDY	KISS MY KETO , HIGH KEY
CHIPS	QUEST
COOKIES	QUEST , HIGH KEY , CATALINA CRUNCH
CRACKERS	HIGH KEY , FAT SNAX
PEANUT BUTTER	PURE PB FIT , CRAZY RICHARD'S PB
JELLY	GOOD GOOD
FROZEN ENTREES	REAL GOOD FOODS
PASTA	PALMINI , GREAT LOW CARB BREAD CO.
PROTEIN BARS	QUEST , KETO KRISP
GRANOLA/BAKED BARS	RATIO , GOOD TO GO
PIZZA CRUST	CALI'FLOUR , SCOTTY'S EVERYDAY
TORTILLAS	MISSION , FOLIO , EGG LIFE

Note: These are personal recommendations, not a complete list of keto brands. Other brands do exist. All links are affiliate links which means that I may receive a small commission if you make a purchase using these links at no extra cost to you.