

THE KETO TRANSFORMATION

Discover how a diet high in healthy fats can improve your health and lose weight with fewer food cravings



*EVERYTHING YOU
NEED TO KNOW
ABOUT KETO*

*DISCOVER HOW TO
MAKE KETO A
LIFESTYLE CHOICE*

*HOW TO OVERCOME
THE BARRIERS TO
ACHIEVE SUCCESS*

The Keto Transformation

Discover how a diet high in healthy fats can improve your health and help you lose weight with fewer food cravings

Gareth Churchill
Erudite Lifestyle Magazine

Disclaimer: Erudite Lifestyle is not a medical company or organization. The Keto Transformation program provides information with respect to healthy living, recipes, nutrition and diet, and is intended for informational purposes only. Nothing contained within this book or sent via email from Erudite Lifestyle or its owner is medical advice, nor should it ever be construed as medical advice. Erudite Lifestyle recommends that you consult with your doctor before using this program. Any information generated, produced or disseminated by Erudite Lifestyle should not and cannot be held as a substitute for consultation, evaluation, or treatment by your doctor. Always seek the advice of your doctor or other qualified health provider with any questions you may have regarding a proposed diet or nutrition program. Do not disregard professional medical advice or delay in seeking it because of anything you may have read in this publication. All the photos used are stock images purchased under license or are labeled for reuse.





Why I Created this Guide

Welcome to 'Keto Transformation', a program that's helped scores of people lose their excess pounds, gain the energy to live a more active life and better health than they ever thought possible.

I believe I've developed something very powerful for the almost effortless removal of stubborn bulging fatty deposits. In fact it's so powerful that, depending on how much you're overweight, it allows you to lose up to 20 pounds of fat, flab and fluids in just 30 days, and amazing as it may seem, you can lose this awesome amount of weight, while you are still allowed three very filling meals a day!

Real meals, mouth watering delicious meals, meals that give you that wonderful satisfying feeling that you've really eaten when you get up from the table. But, best of all, it's based on science, factual science, not false claims nor empty promises, and I'll stake my reputation on it.

- ' NO calorie counting.
- ' NO side effects, natural, gentle, safe.
- ' NO caffeine, or harmful stimulants.
- ' NO nervousness or irritability.
- ' NO Unsafe Pills to take

You see, being a natural health researcher for over 10 years, I've learned a great deal about how you can successfully destroy your stubborn fat, once and for all! How you can actually shed all your unwanted pounds and inches and reverse years of over eating without the pain and effort you may have thought it once took. How you can definitely lose your embarrassing fat and flab, even if you've failed time and time again!

And my number one fat burning secret, the secret that has helped so many overweight people just like you lose weight the easy way can be boiled down to simply this: No matter what you've been told ' trying to lose weight the hard way, the way that requires tons of effort, deprivation, and lots of will power, just doesn't work!

It's not counting calories or even starving yourself that really makes the difference between a fat unhealthy-unattractive body, and a lean, healthy, beautifully attractive body.

Why? Because your body will compensate for radically decreased caloric intake and actually slow down the burning of fat. And even worse, when you go off your starvation diet, your body will overcompensate and continue what's called the 'starvation response,' which in plain words means you can actually gain back more weight than you may have temporarily lost!

Weight Is Managed, Not Cured!

Fortunately, there's now a way to lose weight that doesn't require counting calories or starving yourself, that doesn't require the deprivation and suffering associated with conventional dieting! It's what I call the easy way to lose weight, and it's my number one secret for having a beautiful, slim, stunning body, my number one secret for enjoying the rest of your life as a happy, healthy, permanently thin person.

It's really quite extraordinary, even if I do say so myself! For your nutritional health and well being, I've formulated my Keto Transformation program that can literally trick your body into burning excess stored fat, while you happily eat 3 filling meals a day! It's a process known to medical doctors, most notably, Dr Robert Atkins as ketosis and I absolutely guarantee that it works.

The process is literally so effective that it can cause your body to go into an almost non-stop fat burning frenzy while you continue to eat your 3 filling, delicious meals each day. A fat burning frenzy that virtually destroys stubborn fat from your entire body, even from hard to reach areas like neck and chin fat. A fat burning frenzy so powerful that I can only recommend that you use the Keto Transformation program for one cycle at a time! Then you may need to adjust your carb intake upward a bit.

That's right! It's a fact! Once you try this powerful and effective method for non-stop fat destruction you may be tempted (because it's

have one hundred pounds or more to lose, you can repeat the Fat Burning Cycle as many times as necessary.

I'm very proud to say, I've spent months researching and then carefully developing this Keto Transformation program that tricks your body into relentlessly burning body fat, while you continue to eat your full three mouth-watering, real food meals each day. And you should know that the longer you follow the Keto Transformation program the closer you will be in your desire to achieve the beautiful, attractive and healthy body of your dreams!

Why is Keto Transformation different to other diets?

The reason why you can actually lose up to twenty pounds in 30 days the easy way is due to the powerful ketosis activating in my diet system.

And with the ketosis activating diet system you get to do the one thing everybody else has told you not to do! You get to eat without counting calories! And I mean EAT! 3 fully satisfying meals a day! Eat so much that one of my friends almost fainted in disbelief when she stepped on the scale after just two weeks and witnessed the incredible amount of pounds and inches that seemingly vanished!

Just imagine being able to eat regular meals for an entire month, enjoying yourself like never before, and then fitting into clothes you once thought impossible to wear. Imagine, thirty short wonderful days and you can kiss up to twenty pounds of fat, flab and excess fluids goodbye. Thirty short days to a leaner, more seductive body. It's truly the easy way to lose weight!

Here is what some of my best clients are saying about their success. Of course, weight loss varies for every person and it depends on how well you follow the instructions, but nevertheless you'll have to agree that these are some pretty impressive results:

The Keto Transformation

'You've saved my life. I've been on so many diets and failed that I didn't think I could ever try one again. Thanks to your easy way to lose weight I've finally lost the 35 pounds I've been trying to lose for more than twenty years!' Thanks again!

--Susie G. Normand, OK

'Since I lost 27 pounds the easy way, I'm bubbling over with self confidence. I've got a new boyfriend and can finally wear the clothes I dreamed of wearing!

--Sally F. Ripon, CA

'You have developed what I consider to be one of the most effective weight loss programs available today. And quite unique! Count me in as an ardent supporter!'

--John J. Baltimore, MD

'When it comes to losing weight I really am lazy. You must have had me in mind when you developed the The Keto Transformation Plan'. Thank God you did, because it worked! I've lost 31 pounds and still going down.'

--Kimberly P. Plano, TX

'You deserve a medal. Your Keto Transformation Program worked like a charm. I lost 45 pounds and never once was hungry!'

--Jim H. River Falls, WI

With such great feedback, can you blame me for believing so strongly in the power of Keto Transformation!

How many diets, pills, plans or systems have you tried that were actually developed by someone that actually lives the diet daily and is living proof that it works? Probably very few, if any. Why, because most people or companies have nothing to lose if their so called weight loss programs don't work. They just don't care if your hopes and dreams are shattered. Here today, gone tomorrow, along with the hard earned cash!

The Keto Transformation

How many diets, pills, plans or systems have you tried that were actually developed by someone that actually lives the diet daily and is living proof that it works? Probably very few, if any. Why, because most people or companies have nothing to lose if their so called weight loss programs don't work. They just don't care if your hopes and dreams are shattered. Here today, gone tomorrow, along with the hard earned cash!

Here are just a few of the benefits you will find in following the Keto Transformation program:

1. Enjoy 90 different recipes, (3 per day), all within the allowed 'Ketosis' range of 20 grams of carbs per day.
2. Discover an almost instant weight loss, as the powerful 'ketosis' effect will boost your weight burning metabolism within the first three days.
3. Suffer from no more nagging hunger pangs, my 30-Day Keto Diet 'Ketosis Plan' is specially designed to almost immediately eliminate all hunger within the first two days.
4. Notice an almost instantaneous looser fit in all your clothing.
5. Discover an added amount of energy you may not have felt in years, all within the very first days of the program.

Sounds amazing, right?

So let's get started!

Gareth Churchill

Gareth Churchill

P.S. If you desire to lose more than 20 pounds, you can simply extend your 30-Day Keto Diet 'Ketosis Plan' plan to a 60 day plan, simply by starting from the beginning again.



Why Carbs are to Blame for America's Obesity Epidemic

What fuel are you running on?

Likely, your answer is carbs, like starches, fruits and other sugars.

When you walk, or talk, or simply move through your daily routine, you are burning energy, and typically most people get their energy from Dietary Carbohydrates

Much of the time, especially with the modern-day heavy-carb diet, your energy comes from carbohydrates. These are sugars and starches, which are broken down into glucose, which is then used by the body for energy.

Unfortunately, excess glucose that is not fully used as energy converts to glycogen which is then stored as fat.

"Carb overload" is believed by many experts to be the #1 cause for overweight and obesity today.



The Keto Transformation

As you probably know, people living in modern countries are fatter than ever before, in the US, 1/3 of all people are obese. This can lead to the following debilitating, and in some cases deadly, conditions, and diseases:

Heart attack and stroke

Various cancers

Diabetes and high blood sugar

Mental conditions like Alzheimer's and Parkinson's

High blood pressure

Inflammation throughout the body

A lower quality of life

Self-esteem issues

A reduced sex drive and performance

An increased risk of premature death

Other chronic health conditions

FORTUNATELY, YOU CAN AVOID THESE ISSUES, AND ALL YOU HAVE TO DO IS START USING THE RIGHT FUEL FOR ENERGY

The only exception to the body not needing glucose from dietary carbs for fuel is ketones

Ketones do not usually enter the body fuel equation until you start eating carb smart and enter a state of ketosis, where your body begins to burn stored body fat for energy

Findings published on the National Institutes Of Health website report that...

Reducing carb intake triggers a harmless physiological state known as ketosis that provides an alternative source of fuel. There are no clear requirements for dietary carbohydrates in human adults, and the effects of ketosis may offer therapeutic benefits for various different disease states, those common and also those that are rare. The report further comments on a landmark study that a very Keto diet results in a significant reduction of body fat and a naturally accompanying increase in lean body mass in male subjects of normal body weight.

A study conducted at Duke University Medical Center followed 120 obese subjects for 6 months...

Half of the subjects followed a very Keto plan, while the other half followed the American Heart Association's low-fat diet; the average loss for the Keto group was 31 pounds, while the low fat group had only an average loss of 20 pounds.

HOW DO YOU ENTER KETOSIS, OR A KETOGENIC STATE?

Easy! You limit the number of and sources of the carbohydrates you eat. As soon as this happens, your body looks to other fuel to replace carbs as the primary energy source.

This triggers ketosis, and your fat burning switch is flipped on.

The best part of this process ... all YOU have to do is LIMIT CARB INTAKE

Your body does the work for you. It knows what to do.

Just eat the right carbs in the right amounts and your body will begin to burn your stored fat...

It's as simple as that!

Remove carbohydrates as your primary energy source, eat moderate amounts of protein and increase intake of healthy fats and your body is forced to burn stored body fat for fuel

THE AMAZING BENEFITS OF THE KETOGENIC DIET

Lose body fat and lose that weight

Step lighter, increase energy and get the body of your dreams!

Eliminate out of control cravings

Keto eliminates blood sugar spikes and those horrid cravings for junk and sugar!

Eliminate out of control hunger

When you eat Keto it naturally suppresses the appetite!

AND...

Promote healthy cholesterol levels

Stabilize blood sugar and insulin levels

Promote healthy blood pressure

Improve mental functioning

Promote heart health

Look great and feel great about yourself as a result of weight loss

Your body wants to be healthy. It really does. When you do the right things, you get the results you are looking for.

One of the greatest things about a low-carb lifestyle is that studies show it especially reduces belly fat or visceral fat, the most dangerous type of body fat!

The Science that Proves Keto Works

There have been more than 20 randomized controlled trials published since 2002 in respected, peer-reviewed journals that show Keto diets to be effective for weight loss, stabilizing blood sugars and for general health and to be completely safe without a single adverse effect, this cannot be said about many other diet plans.

AND...

Several studies have shown Keto eating to result in more weight lost than with low fat diets.

One of the longest studies but not the only one, published in the journal, *Annals of Internal Medicine* found that Keto had a significant edge over low fat diets in improving good HDL cholesterol levels.

A 2008 study published in the *American Journal of Clinical Nutrition* reported...

The Ketogenic Keto diet resulted in 12 pounds of weight loss in only 4 weeks in obese men and all the studies' subjects noted less hunger and more satisfaction on the Keto plan than while eating a low calorie diet.



THE BEST PART IS THAT KETOGENIC IS NOT A DIET, BUT A LIFESTYLE THAT TAKES THE WEIGHT OFF AND KEEPS IT OFF!

Eat Real Whole Food, Never Count Calories And Never Feel Deprived Or Starved Again!

In Keto Transformation You Will Find Answers to All Your Key Questions...

- Will this approach work for anyone?
- How many carbs should I eat every day?
- What are the best sources of carbs?
- What carbs to avoid
- How to determine the impact carbs of any food
- What are healthy fats and which ones you need to eat to support ketosis
- What are healthy proteins and which ones you need to eat to support ketosis
- How to avoid Keto flu, and how to remedy it
- Answers to common Keto frequently asked questions
- A complete Keto food shopping list
- How to induce ketosis, the fat burning process
- The different types of Ketogenic diets
- The different types of carbohydrates (this is very important)
- High carb foods to avoid
- Which delicious, nutritious Keto foods and beverages you need to eat to burn body fat

- The exact amounts you need of good fats, protein and carb
- How to figure "net carbs"
- The delicious "good fats" that help you burn fat
- Exactly how to induce and maintain ketosis, the miracle fat burning metabolic state
- How reducing your carb intake regulates your appetite
- How to trim carbs and still enjoy eating out
- The simple ketogenic diet "rules" that make you slim, trim, full of energy and healthy once again (this section alone is worth many times the price of this report, especially if you are overweight, obese or prediabetic)

And much much more...

Cancer and heart disease are not inevitable. Neurological disorders, high blood pressure, unhealthy cholesterol levels, and other chronic health conditions related to overweight and obesity are not unavoidable.

YOU CAN LOSE WEIGHT AND KEEP IT OFF!

You simply need to know how to "flip on" your ketogenic fat burning switch. Your body will do the rest.

All you have to do is read all the information in this guide, implement the 7 and then 30 day meal plans and watch the pounds melt away and your health improve!

Carbs and America's Obesity Epidemic

When people start thinking about losing weight, they assume they will have to go without the foods they love and feel hungry most of the time. But fad diets tend to leave people feeling lethargic and with no energy. What's worse, once they stop the diet, they find that they start piling on the pounds again.

Of course, your diet plays an important role in your weight. Most doctors will agree that to lose weight in a healthy and balanced way it's important to make proper lifestyle choices.

Unfortunately, the availability of junk and processed food packed with sugars and starchy carbs makes it more and more difficult to make proper lifestyle choices and stay healthy.



Many experts attribute the large scale epidemic of obesity in the United States, where 1/3 of all adults are obese in large part to a steady increase over a prolonged period of time in the intake of unhealthy carbohydrates, which include, but are not limited to table sugar and all items made from it, refined starches, processed food and even too much fruit sugar.

According to The CDC and the National Association Of Diabetes And Digestive And Kidney Diseases:

More than 1/3 of the US adult population (35.7%) are obese

More than 1 in 20 people, or 6.3% are extremely obese

74% of men (about 3 in 4 men) are either overweight or obese

The incidence of obesity in both men and women is 36%

Many experts attribute this in large part to a steady increase over time in the intake of unhealthy carbohydrate rich foods, including table sugar, simple sugars, sweets, refined starches and processed food.

According to one major statistical review (Cohen E, et al., Statistical Review of U.S. Macronutrient Consumption Data, 1965–2011), the number of overweight and obese Americans rose from 42.3% to 66.1% from 1971 to 2011 and during this time:

The consumption of fat decreased from 44.7% to 33.6%

The consumption of carbohydrates increased from 39% to 50% from 1965 to 2011

Experts, such as Dr. Sackner-Bernstein, surmise that statistics imply a link between high carb intake in the American diet and obesity on a societal scale. The analysis protocol of this study used data from various randomized clinical trials, which is the gold standard for assessing whether or not a particular treatment makes a real difference for any particular condition.

According one study, (Cohen E, et al., Statistical Review of U.S. Macronutrient Consumption Data, 1965–2011), the number of overweight and obese Americans rose from 42.3% to 66.1% from 1971 to 2011 and during this time:

The consumption of fat decreased from 44.7% to 33.6%

The consumption of carbohydrates increased from 39% to 50% from 1965 to 2011

Researchers surmise that these statistics imply a link between high carb intake in our diets and obesity on a societal scale.

Before judgments are made, it is important to understand the major differences between the two types of carbs, and if one is particularly more advantageous over the other. It is also important to consider your goals in diet, do you want to lose weight, are you prediabetic, or have diabetes, or maybe you are fit and health?

Complex Carbs

Complex carbs or multiple-chain sugars are believed to not result in a rapid surge of glucose into the blood stream, but rather a slower, more sustained release over the course of many minutes, or hours.

The result?

Insulin is better able to (though not in all individuals) handle the glucose load, reducing the likelihood of excessive sugar being left in the blood stream.

These Include:

Whole grains: wild rice, brown rice, whole wheat, spirulina, rye and other whole grains that are not processed, such as white rice, pasta and white bread

Potatoes

Corn

Simple Carbs

Simple carbs are single-chain sugars, therefore the name simple, they do not take long to process in the body and do cause erratic blood sugar spikes to occur.

These include:

Sucrose is plain old table sugar

Glucose is found in some fruits and starchy vegetables

Fructose is the sugar in all fruits and honey and is also used to make many processed food products because of its high level of sweetness

Galactose is the sugar that occurs naturally in dairy, like milk and yogurt

Complex Carbs In Detail

Type 2 diabetics, in particular, have insulin that is both impotent and possibly deficient in quantity. As such, the body is ill prepared to properly metabolize, or store blood sugar, causing an abnormally high amount to be left circulating in the blood. Often, complex carbs are recommended over simple carbs to those with insulin issues and diabetes to better manage blood sugars and reduce glycemic load.

However, it should be noted that not all people with diabetes or prediabetes react well to complex carbs, where for them they cause the same erratic spikes in blood sugar as simple carbs do.

Better For Weight Loss And Maintenance

When it comes to the body's weight control mechanism, hormones play an extremely important part. Once again, our friendly neighborhood insulin can be the cause of you gaining dozens of pounds, as opposed to maintaining your body weight. The fact is insulin is a "storage" hormone.

It wants to shuttle as much sugar and fat as possible into your cells, while at the same time restricting the usage of fat (also known as lipolysis). This inhibition of fat breakdown, and enhanced storage of the same, is one major

reason sugars contribute to weight gain.

Slower digesting carbs do not result in a very acute insulin spike, so its duration of action is shorter, and may not contribute to weight gain as simple carbs do.

However, while all above maybe theoretically true, not everyone tolerates carbs well, especially in regards to weight loss and this includes complex carbs and some experts disagree that simply using the label of “complex” to evaluate a food’s impact on weight management or loss is lacking, and that evaluating “glycemic load” of a food is a far better predictor.

Evaluating Glycemic Load

The Glycemic Index (GI) is a scale of 1 to 100 that measures a food’s impact on raising blood sugars or its glycemic load, the higher the number the higher the load.

A white potato without skin has a GI of 98, while one raw apple has a 34 GI

The potato is considered a complex carb, while the apple is considered to be a simple carb. As you can see, the potato is much more likely to cause erratic spikes in blood sugar and weight gain than the apple.

One study proved this...

Doctors and other researchers in the Harvard Nurses Health Study (the largest epidemiological study conducted in the US into the risk factors for major chronic diseases in women and has been going strong since 1976) found that baked potatoes and cold cereal were foods that contributed most to increasing blood sugar levels to an unacceptable level, known as “glycemic load.”

Therefore, Keto diets, like Ketogenic and Atkins take the viewpoint that all complex carbs are inhibitors to weight loss due to their high glycemic load, and in order to induce ketosis (the goal of these diets) the body’s ability to burn fat for energy instead of dietary carbs.

In a strict Keto diet, complex carbs are eliminated or else the body will

continue to turn them into glucose and use them for energy defeating the entire purpose of strict Keto, which is to induce ketosis where the body burns stored fat for energy instead of dietary carbs.

Maintaining Energy Levels

One of the common myths floating around is that carbs are the body's only source of energy and one that is typically tough to replace. **WRONG!**

When you are following a very strict Keto diet, and eliminate carbs, your body will go into a metabolic state known as Ketosis, where it burns stored and dietary fat for energy, a perfectly safe process, and the reason why Keto is so successful in helping people to lose weight.

The body is highly adaptive, and many studies have shown that the body is more than capable of running on stored fats and maintaining energy levels. It may take a couple of weeks for the body to adjust, but in the end those who succeed with Keto eating find they lose a lot of weight, and look and feel better than ever.

Additionally, when you reduce carb intake, you eliminate a fat storage process that results from eating them. When you eat carbs they turn into glucose in the bloodstream to be used as energy, but any that is not immediately used gets stored as fat.

Simple Carbohydrates Do Have Their Benefits

Many people testify to simple sugars having zero importance in the real world, however this is not exactly correct. In fact, simple sugars do have a few unique uses under very specific circumstances and are thus important in conditional scenarios.

Pre-Workout Energy – Those who participate in intense exercise, weight lifting, and endurance training need simple carbs to get through grueling workouts. Bodybuilders for example require glucose from carbs as that is what muscles use for energy during exercise. For this reason, there are two special versions of the ketogenic diet tailored for fitness enthusiasts and athletes.

Cyclical Ketogenic Diet or CKD - This plan is widely used by athletes, bodybuilders, weight lifters and anyone participating in high intensity exercise and features short periods of higher-carb refeeds with 5 ketogenic days followed by 2 high carb intake days

Targeted Ketogenic Diet or TKD - This plan is also used by bodybuilders, athletes and those who workout regularly to fuel intense workouts and includes high load carb intake based around workouts.

Pre-Workout Nutrition- Simple carbs can play a critical role in nutrition following your workout, although many people do not take advantage at this time and miss crucial recovery. Following a workout (especially weight training) muscle fibers are damaged and in critical need of recovery nutrients. However, not just anything will suffice at this time; in order to kick-start the recovery of muscle cells, and shutdown muscle catabolism, speed is important. Research has shown that a rapidly digesting protein shake and fast digesting glucose drink taken immediately following a workout reduced post workout pain, results in increased muscle protein synthesis and makes the time you spent working out worth it.

Ease Of Digestion- simple carbs are important sources of energy for persons with digestive difficulties, or young children unable to handle complex digestion. In these cases, simple carbs are not only useful, but also likely essential to the health and wellbeing of these persons.

Emergency Fuel - simple carbs can be a lifesaver in persons suffering from acute hypoglycemia, such as is possible if a diabetic has overdosed on his medication, or mistook an insulin shot. In addition, athletes performing at a high level may experience periods of acute blood sugar drops, resulting in dizziness, nausea and fainting, simple carbs are especially important at these times, as they can literally save

your life.

As you can see, a definitive verdict cannot be reached into which is superior, as they each have distinct advantages. However, if you fall within normal parameters of health, chances are your needs for simple carbs will be much less.



A Closer Look At Carbs

If you'd like to dig into the science of what makes carbs toxic in high doses, this is a chapter just for you.

Carbohydrates are biomolecules or saccharides, in simple terms, carbohydrates are sugars. In order to understand how the Ketogenic diet works, it is important to understand carbohydrates and what they do inside the body.

There are two types of carbs, traditionally classified as simple and complex.

Simple Carbohydrates

Simple carbs are those made from only one or two sugar (saccharide) chains. All simple sugars and starches are converted to glucose in the body, except sugar alcohols and insoluble fiber.

Types Of Simple Sugars

Sucrose is table sugar or cane sugar and all items made with it

Glucose is found in some fruits and starchy vegetables

Fructose is the sugar in all fruits and honey and is also used to make many processed food products because of its high level of sweetness

Galactose is the sugar that occurs naturally in dairy, like milk and yogurt

Naturally occurring sugars are those found naturally in a food or in the ingredients used to make a food, for example fruit, milk and vegetables.

Added sugars refer to those added during cooking or manufacturing, and include, corn syrup, honey, or table sugar. Table sugar and many things made with it are considered to be an empty calorie food that serves absolutely no nutritional benefits in the body.

Simple Carbohydrates Include: non-starchy vegetables, candy, table sugar and anything made from it, soda, white flour, juices, fruit, milk, honey and syrup just to name a few.

With the exception of non-starchy vegetable, simple carbs require no break down as they enter the body to be absorbed so they digest quickly to flood the bloodstream with glucose, causing insulin spikes to occur.

Simple carbohydrates like sugar, white flour, and honey quickly trigger a release of insulin and can put on the pounds when you have too much. This is because any leftover sugar is stored as fat, which contributes to weight gain and obesity.

The constant stimulation of the production of insulin may and does at epidemic levels in the United States, eventually lead to insulin resistance, a condition known as type 2 diabetes.

Complex Carbohydrates

Complex carbs are made up of thousands of sugar chains hence the name complex.

Complex Carbohydrates: any starch including but not limited to corn, potatoes, beans, rice, grains, cereals, and bread.

While some may argue that complex carbs are “better” than simple carbs, Keto diets, like the Ketogenic take a different viewpoint, which is that both simple and complex carbs are insulin triggers that provide the body with a fuel source that can turn to stored fat (glucose).

Any kind of sugar, whether from simple or complex carbohydrates triggers the release of insulin. This can cause blood sugar levels to rise and any leftover sugar is stored as fat in the body.

This fact helps explain why many people continue to put on weight even after switching to low-fat foods. This also explains why the United States is seeing an epidemic in obesity, heart disease and type 2 diabetes.



Glycemic Load

Doctors and other researchers in the Harvard Nurses Health Study found that baked potatoes and cold cereal were foods that contributed most to increasing blood sugar levels to an unacceptable level, known as "glycemic load."

The Nurses' Health Study both part 1 and part 2 is the largest epidemiological study conducted in the US into the risk factors for major chronic diseases in women and has been going strong since 1976.

75,521 women aged 38 to 63 who had no previous diagnosis of diabetes, angina, myocardial infarction, stroke, or any other cardiovascular conditions were followed for ten years (Liu, S., Willett, W.C., Stampfer, M.J., et al).

During the 10 year follow up, the study documented 761 cases of coronary heart disease, 208 of which were fatal and 553 nonfatal, and dietary glycemic load was directly associated with risk of cardiovascular heart disease even when adjustments for smoking status, age, and total caloric intake and other risk factors for heart disease were accounted for.

The Glycemic Index

The Glycemic Index (GI) is a scale of 1 to 100 that measures a food's impact on raising blood sugars or its glycemic load. The higher the score a food has the higher the glycemic load.

Simple Versus Complex Carb on the GI Scale

A white potato without skin has a GI of 98, while one raw apple has a 34 GI

The potato is considered a complex carb, while the apple is considered to be a simple carb.

Any foods that are considered to cause significant insulin release will typically be high on the GI scale.

Sugar Alcohols

In general, sugar alcohols are not insulin triggers and they do not count as impact carbs, but some do have a higher GI than others and should be considered carefully and monitored for their effect on your individual results.

Individual results can vary as to the digestion of sugar alcohols depending upon an individual's gut enzymes and how the sweeteners are consumed.

Sugar Alcohol	Glycemic Index
Maltitol	36
Xylitol	13
Sorbitol	9
Glycerol	3
Isomalt	2
Mannitol	0
Erythritol	0

Why Your Body NEEDS Fats To Be Healthy

It has to be said that over the past few years, fats, in general, have had a bad rap when it comes to general health. While some types of fat can have a negative impact on your health, your body needs the right amount of proper healthy fats to stay healthy.

In fact, you may be surprised to learn that recent studies have shown that low-fat diets have actually contributed to the increased risk of heart disease.

A study by the American Medical Association has shown that low-fat diets contribute to a drop in energy expenditure and an increase in insulin resistance.

More than 20 randomized controlled trials published since 2002 in respected, peer-reviewed journals have shown Keto diets effective for weight loss, stabilizing blood sugars, general health and to be completely safe.

One of the longest studies but not the only one found that Keto eating had a significant edge over low fat diets in improving good HDL cholesterol levels.

So, the bottom line is that the right kind of fats can be beneficial for you. For example, polyunsaturated fats have been shown to actually reduce bad cholesterol and increase good cholesterol.

One type of fat that the body need is fatty acids. A good source of these are omega-3 and seafood is a rich source of these essential fatty acids. These can reduce the risk of cancer, arthritis, heart disease, and strokes.

The Ketogenic diet has been designed to specifically limit the intake of carbohydrates and increase the amount of fats and protein in your diet.

This gives you a good amount of healthy fats in your diet, which can help you manage cholesterol and lose weight.

Fat Only Makes You Fat When Paired With Carbohydrates - Truth Or Myth?

Wait just a darn minute, so you mean to tell me fats are not the bad guys? That they are merely “accomplices,” or the subject of peer pressure?

Yep, chances are you have been wrong about fat your entire life. Kind of like that one guy in high school who was too weird to be friends with, but now owns a fortune 500 company!

See, for years, decades even, we have been fed with misinformation, as a result of a correlational, and not a causal link. To illustrate, a great example would be to say, “People that are born have a 100% chance of dying.” We know that we all have to die, but being born is not the direct cause of it. That sums up the similar assumptions made on fat.

Interestingly, fat began to get a bad rap sheet the same time the introduction of readily available carbs appeared. Think breakfast cereals, and snacks. At this time, cases of cardiovascular disease, diabetes, a range of metabolic disorders and obesity began to spike.

Yes, in fact, by approaching studies involving fats with a biased eye, the verdict was met before having a fair trial.

Since the 1970s we've been told that fat, in general, is detrimental to health and that it causes weight gain.

However, many studies show something very different.

One of these, but not the only one is the a Duke University Medical Center study found that a Keto diet resulted in an average of 11 pounds more lost in obese subjects versus the American Heart Association’s low-fat diet.

Some people will say that it's logical to think that eating fats makes you fat. However, as Dr. Richard K. Bernstein, author of Diabetes Solution, says, "this is as scientifically logical as saying that eating tomatoes will turn you red!"

Over the past 20 or 30 years, people have been cutting fat from their diet and increasing their intake of carbohydrates and sugar. What has been the result? We see that obesity, diabetes, and heart disease is on the increase...

1/3 of US adults are obese and heart disease is the #1 killer of American men and women, and most of these deaths are attributed by the Centers For Disease Control to diet and exercise lifestyle choices.

Cutting carbohydrates from your diet is the best way that you can lose weight.

That is why the Ketogenic diet is proving to be one of the best ways to lose weight and keep the weight off.

Insulin Calls The Shots Behind The Scenes

When we ingest foods, be it fats, carbs or proteins, the molecules contained in them do not magically turn into fat, or new cells or whatever. They must be “shuttled” to their final destination by something. This conductor is insulin.

Under normal circumstances (by normal, we mean occasional stimulation), insulin is the prodigal hormone. It is important for ensuring nutrients get where it has to go, so that cells and subsequent organs function, as they should.

However, following the introduction, and subsequent frequent consumption of carb heavy foods, insulin started working overtime, “hoarding” nutrients into cells, more particularly, fat cells.

As these fat cells grew, and insulin lost sensitivity, a dangerous cocktail of elevated blood sugar and fat levels resulted, setting the stage for diabetes and high cholesterol.

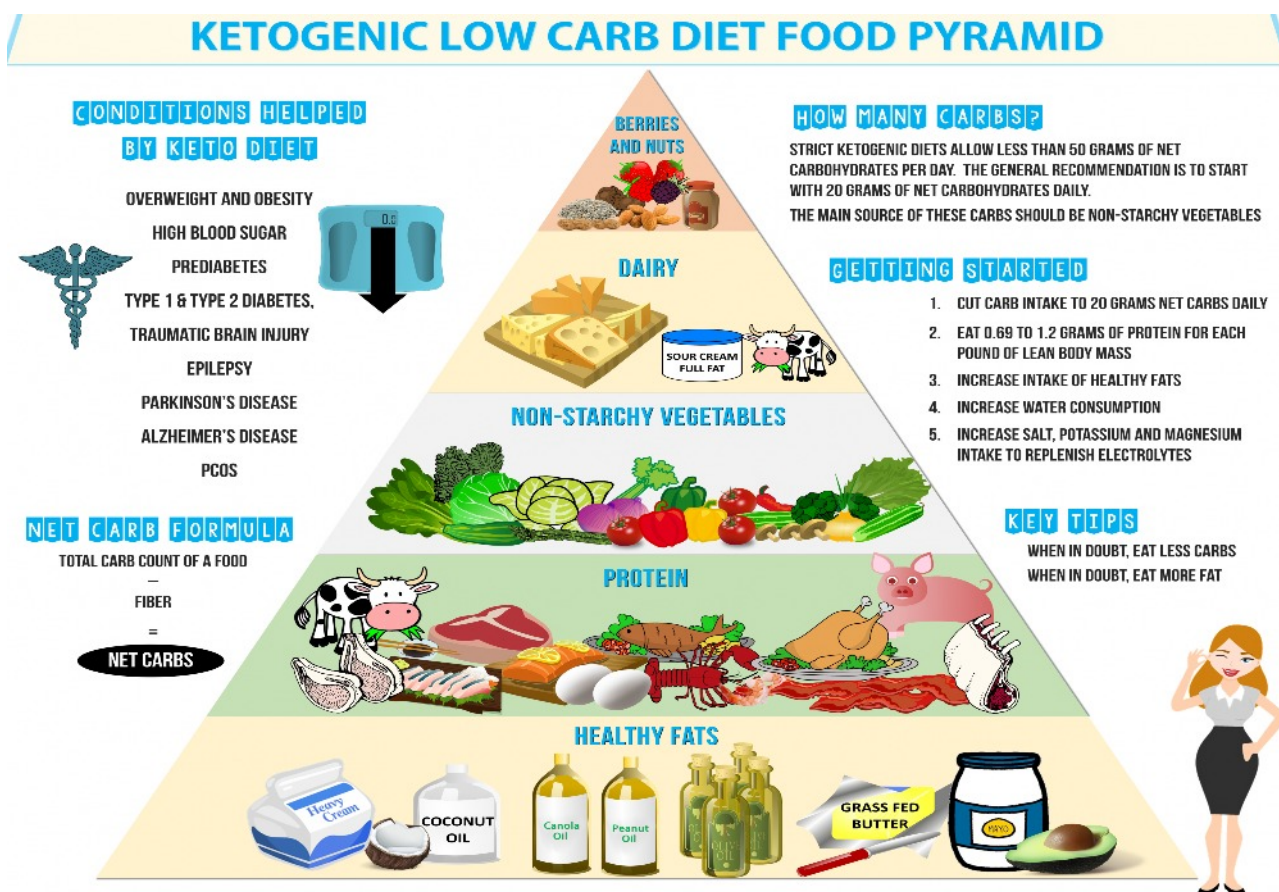
Fat Does Not Like To Be Stored

You may or may not know insulin by its name “the storage hormone,” as its primary role is that defined. However, fat had different things in mind. Research has shown that our ancestors were very lean and healthy, all thanks to a primary fat metabolism.

The Keto Transformation

Their diets consisted mainly of wild animals, with the occasional forage consumed too (such as berries). The result was a metabolism that used fats for fuel, the way we were meant to function but altered via means of mass produced cheap carbohydrate foods. Under the influence of insulin, however, fats are powerless to be burned directly as fuel, and will only be called upon in cases when sugars are low.

It is then, or when following a ketogenic diet (Keto eating that results in ketosis where the body uses fat for energy instead of dietary carbs), that the true beauty of using fat as a primary fuel source is revealed.



What Is The Ketogenic Diet?

The Ketogenic diet (keto) is an eating plan that features a very low intake of carbohydrates, which are macronutrients found in food.

Keto diets are eating plans that typically lower the intake of carbs to below 100 grams per day, the Ketogenic diet is the most strict of these and limits intake to less than 50 grams per day, preferably starting with 20 grams.

It is most important to understand that keto is not a fad diet, or a temporary solution to weight loss, it is actually designed to be a lifestyle plan that not only results in successful weight loss, but also promotes overall health, energy, and vitality.

It eliminates junk and processed food by definition, as most carbs are just that allowing you to eat clean, whole food for better overall health and wellness.

While some may question how sustainable it really is to drastically lower carb intake, in reality, it is quite easy with the wide variety of whole foods available, and several studies show they offer better results for weight loss than low fat diets, or even low calorie diets.

One of the reasons for this, besides various metabolic processes in the body, is that reducing carb intake naturally regulates the appetite, so people find they eat less naturally because they are satisfied and without starvation.

In general, a keto diet may be ideal for the overweight and obese, diabetics, anyone who needs to improve their metabolic health and for various other health reasons.

General Rules Of The Ketogenic Diet

CARB INTAKE → Less than 50 grams of net carbs per day, but better at 20 grams at least in the beginning

Most of the carbs should come from non-starchy vegetables

Green, fibrous vegetables are your best choices, though many other Keto vegetables are fine

Always eat a carb food with a protein or a fat, for example have a piece of cheese with cucumbers or salad with chicken.

LOTS OF HEALTHY FATS → Don't be afraid of fats. Fat is 90% ketogenic. Remember that in ketosis, fat is the main energy source for the body, helps remove hunger, provides key macronutrient requirements and natural fats are fine when controlling carb intake. They also have many other benefits, including providing the building blocks for several important hormones and bodily structures.

The best fats are monounsaturated and saturated, including olive oil, grass fed butter, red meat, and coconut oil. Margarine is never advised, as it is fake and interferes with ketosis. Natural whole fats are always best.

Limit intake of polyunsaturated fats, including soybean oil, corn oil, and cottonseed oil.

Fat intake is variable and depends on weight loss goals.

ADEQUATE PROTEIN → Protein is both 46% ketogenic and 58% anti-ketogenic, as some protein will convert to glucose in the bloodstream and inhibit ketosis, so intake should be enough to prevent muscle loss, but not so much that will disrupt ketosis.

Protein Intake Guidelines

Sedentary lifestyle: 0.69 - 0.8 grams per pound of lean body mass

Mildly active: 0.8 to 1 gram per pound of lean body mass

Heavy strength training/bodybuilding and exercise: 1 to 1.2 grams per pound of lean body mass

Lean body mass is typically defined as - body weight minus body fat

Men will have a higher lean body mass than women, and typically, it is 60% to 90% of the total body mass.

You can use any of a number of online lean body mass calculators, such as this one - <http://www.calculator.net/lean-body-mass-calculator.html> to figure yours.

If you use a Fat Caliper to measure your exact body fat, than you will get a much more accurate lean body mass index measurement.

Keep in mind these protein intake recommendations are just general guidelines.

Protein Choices

Fatty red meats, chicken with skin, turkey, eggs, deli meats, seafood and fish

Nuts, seeds and full fat dairy such as heavy cream and sour cream should be taken in moderation as these protein sources are higher in carbs than meat, fish or poultry which have zero carbs

EAT TO SATISFACTION → Eat when hungry until you feel satisfied

INCREASE SALT INTAKE → A little extra salt, can help avoid possible side effects known as keto flu as your body adjusts to ketosis, including headaches, muscle cramps or weakness that occur as result of an electrolyte imbalance and since a Keto diet is naturally diuretic, you don't have to avoid salt to minimize water retention.

Get that salt from 1 to 2 cups of broth daily or soy sauce over food

Caution: ask your doctor about increasing salt, and if you are being treated for a condition that requires limited sodium intake, like hypertension continue with the medical advice of your doctor.

DRINK LOTS OF WATER → Water is a natural appetite suppressant and also supports the body's ability to metabolize fat. Several studies found that reducing intake of water may cause fat deposits to increase, while drinking more reduces them.

Hydration greatly promotes weight loss, so drink lots of fresh water throughout the day. The more active you are the more hydration you will need.



Fuel Utilization In The Body: The Main Principle Of Keto

The body has three storage depots to use as fuel:

Carbohydrates from food

Protein that is converted to glucose in the liver and used for energy

Stored body fat and ketones

In a regular high carb diet, carbohydrates are the main source of fuel for the body.

1. Carbohydrates, specifically starches and sugars are readily broken down into glucose in the bloodstream, giving the body its principal energy source.
2. At this point, the hormone insulin steps in to remove glucose from the bloodstream as too much sugar can lead to a dangerous condition known as glycosylation.
3. Insulin converts glucose into glycogen. Some glycogen is stored inside the liver as a fuel reserve for the brain, and the rest is stored in the muscles as fuel reserves for the body.
4. When that muscle glycogen is not used through a lack of energy expenditure or exercise, it stays in the muscles.
5. The human body can only store so much glycogen, about 1800 calories worth. When that reserve becomes full both the muscles and the liver send a signal to stop insulin production and excess glucose from dietary carbs begins to build up in the bloodstream, calling for more and more insulin to be released to remove it.
6. Insulin levels surge, and eventually this leads to insulin resistance.
7. At this point, the liver then sends any excess glucose to be stored as body fat.

8. As high carb intake continues, glucose floods the bloodstream, insulin levels increase, and so do the body's fat stores.

Eventually this leads to metabolic syndrome, a set of conditions caused by insulin resistance, which includes obesity, fatty liver, type 2 diabetes, heart disease, and other metabolic issues.

While this carb cycle may not occur in everyone, for many who are obese, have a sensitivity to carbs, or who do not expend the required amount of stored energy, this is often the case and the main culprit behind obesity.

Lipolysis And Ketosis

Under normal dietary conditions, ketones play no role in fueling the body and energy production, but during a Ketogenic Keto diet, ketones become the central player, fueling the body and at the same time flipping on the fat burning switch.

When the intake of carbs is limited, and their sources controlled, meaning that starches and sugars are eliminated, the body goes into a state called lipolysis, a most efficient biochemical pathway to weight loss and a scientifically proven alternative to using glucose for energy.

Lipolysis is the only practical alternative to giving the body an alternative for glucose fuel, the process that often leads to obesity

- 1) Lipolysis occurs when the body begins to burn fat stores for energy instead of carbohydrates that are obtained from the diet.
- 2) The by-products of this fat burning process are ketones and so ketosis is the secondary process of lipolysis.
- 3) By lowering intake of carbohydrates and also the sources of those carbohydrates, which the body will use for energy first when available, it is forced to use its fat stores instead, literally melting it off the body in a state referred to as ketosis.

Ketones, the byproduct of ketosis, fuel the body

Sugars, grains, starches, and starchy vegetables fuel your body when you eat them, a state called glucosis (a term coined by the late Dr. Atkins, a pioneer in Keto weight loss). It is only when you lower carb intake and limit it to non-starchy vegetables, and small amounts of certain dairy foods that you are not eating enough carbs to create glucose, creating a state of ketosis where the body begins to burn its fat stores for energy.

The only exception to the body not needing glucose for fuel is ketones. Lipolysis and its secondary process, ketosis provides adequate fuel for cells, the brain, and other organs just as glucose from carbs does BUT, unlike when the body uses glucose from carbs for energy, ketosis does not store fat, and actually allows the body to burn stored fat for fuel.

Ketosis Versus Ketoacidosis

Ketosis and ketoacidosis are often confused and they are two completely different things.

Ketosis is a natural fat burning process in the body, while ketoacidosis is a medical condition that occurs only in uncontrolled diabetes.

Ketoacidosis is dangerous, but ketosis on a ketogenic diet is perfectly normal, healthy, and necessary for weight loss.

Fuel Utilization By The Brain

According to Psychology Today, while the brain typically runs on glucose, it has no problems getting its fuel from ketones when they are available.

While some parts of the brain can only use glucose for energy, the body takes care of this too. When glucose is lacking, it can turn protein into glucose through a process called gluconeogenesis.

Why Keto Is Not A Fad Diet But A Lifestyle

You've undoubtedly heard of the Keto diet, or even tried it at one point in your life. Maybe you had some degrees of success, but found any "fad" diet too hard to maintain, typically, this is what happens with most people who choose fad diets to lose weight.

Well, news flash- Keto is not a "fad," but rather a lifestyle change. While it can be adopted for a short period of time, you are merely scratching the surface of what can be achieved.

Not sure if you can manage the Keto lifestyle? It can be pretty simple, but that's not to say it is effortless.

However, you're in luck; following the low car lifestyle for the rest of your life can be achievable, at least by following our tips outlined below:

1. Keto Has Been In Use For More Than A Hundred Years

Fad diets come and go, but Keto has been in use for many years and before saturated fat was demonized (erroneously as it turns out); Keto was the way to lose weight.

Dr. Atkins published his infamous Keto diet book in 1972, long before the low fat guidelines came out.

1. Keto Has Been In Use For More Than A Hundred Years

Fad diets come and go, but Keto has been in use for many years and before saturated fat was demonized (erroneously as it turns out); Keto was the way to lose weight.

Dr. Atkins published his infamous Keto diet book in 1972, long before the low fat guidelines came out.

2. Studies Support Keto Diet Many Times Over

There have been more than 20 randomized controlled trials published since 2002 in respected, peer-reviewed journals that show Keto diets to be effective for weight loss and completely safe without a single adverse effect, this cannot be said about many of the fad diets.

Additionally, many studies show Keto eating to have better results in both weight lost and in support of heart disease prevention than the typical low fat plan.

Keto leads to more weight loss, especially visceral fat, and also helps to improve HDL cholesterol, insulin levels, blood sugar levels, and blood pressure. (Volek et al; licensee BioMed Central Ltd. 2004) (Foster GD, et al; A randomized trial of a low-carbohydrate diet for obesity) (Keogh et al; Effects of weight loss from a very-low-carbohydrate diet on endothelial function and markers of cardiovascular disease risk in subjects with abdominal obesity) (Westman et al, The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus) (Gardner et al; Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women: the A TO Z Weight Loss Study: a randomized trial).



3. No More Hunger!

Most fad diets are notorious for making you feel starved and desperate as you white knuckle your way through them to lose a few pounds. Crashes in energy levels and mood fluctuations are also common with fad diets.

With a Keto plan, you feel satisfied and eat to satisfaction! Most people who go Keto find their appetite is naturally satisfied, because they have eliminated those bad carbs that cause erratic blood sugar spikes that cause out of control cravings and overeating.

There is no white knuckling involved, as you get you get to eat an abundance of real whole food, including steaks, chicken, bacon, eggs, butter, non-starchy vegetables, nuts and seafood.

This makes Keto sustainable for the long term, and since as you reach your weight loss goals you can begin to re-introduce new carb foods as you continue to monitor your weight, this makes Keto a true lifestyle plan and not some useless temporary solution.

4. Mistakes Are Ok

On a fad diet, a lapse of one day could ruin your overall goal, placing undue pressure on you. However, when adopting to a lifestyle of Keto, it is understood that lapses happen from time to time, and that is ok.

It will not wreck your metabolism, or cause you to gain weight lost back in the space of 24 hours. In fact, you will likely find that your cravings for carbs decrease significantly over time, making it less likely from the get go that you will have major lapses.

Don't think of it as a stringent diet, but forging a new relationship with the right foods.

5. You Learn To Eat Healthy

Another reason that Keto is a lifestyle and not a fad is that you learn to eat healthy and to make healthy choices in carbs, protein, and fats, and this ability to choose makes this a lifestyle over the often very rigid rules of the

typical fad diet.

This means, you have to know the differences between various carbs, and practice planning healthy meals, instead of just following some “one for all” fad diet menu that offers little variation.

6. You Can Eat Out

Eating out on Keto is easy once you learn to make the right choices, this allows you to maintain a social life and enjoy dining out without compromising your weight loss, and nothing is more supportive of a lifestyle plan than that.



7. Sustained Weight Loss

When you go on fad diets, you typically see some weight loss, and then when you get off the diet and go back to eating as usual the weight returns and then some. With Keto, there is no “end” or “getting off the diet,” it is intended for life, and so you can lose the weight and keep it off by continuing to make healthy choices and monitoring their effects on your weight.

This also means that you will be able to eat more carbs down the road, but you will continue to choose wisely based on your individual weight loss maintenance.

As you can see, Keto is far from a fad diet. For many people, carbs are the main culprit in their obesity and when they reduce them to healthy sources they find they have more energy, lose weight, and are able to keep it off, a lifestyle that is successful, motivational, and sustainable.

Optimal Fat Intake

Remember, the goal of fat is to provide satiety, boost energy, increase metabolism and support the enjoyment of food as fats make everything taste better.

It is not advisable to eat so much fat that you send your caloric intake through the roof. The following guidelines can help you get an idea of daily fat intake; of course, body size will determine the portions, as larger men will eat more than smaller women will. You can choose fats in any combinations you see fit.

Daily Fat Intake Guidelines:

2 to 3 eggs

1 tablespoon of butter

2 tablespoons of heavy cream

2 tablespoons of olive oil when cooking or for salad dressings

2 ounces of cheese

4 to 6 ounces of meat, chicken, seafood, or fish at each meal

½ an avocado or 10 olives

1 to 2 ounces of nuts or seeds (depending on your ketotic state and as long as they do not take you out of ketosis)

Use canola, peanut and grapeseed oils for pan cooking and stir-frys

Use full fat mayonnaise, canola oil mayo is a good choice

Coconut oil contains ketosis-boosting MCTs (medium chain triglycerides). A tablespoon a day is fine in replacement of another fat. You can also get a purer form of MCTs in supplement oil form.

Avoid low fat foods, including reduced fat dairy. These foods typically contain carbohydrates, and chemical compounds that have not been



Choosing The Right Fats In Keto

Contrary to all the hype about fat, replacing sugar and carbs with healthy fats actually does result in weight loss, as shown by many studies.

It also true that low-carb diets have been shown to result in more weight loss and a larger reduction in cholesterol levels than low fat diets.

Fat does not make you fat in it of itself, fat has more calories than carbs or protein, so a high intake of fat may result in a higher caloric intake, which can cause weight gain under normal dietary conditions.

Additionally, it is when carbs and fat are mixed that problems in weight gain arise. The only proof you really need to this fact is the insurmountable amount of carb/fat laden junk food and processed food that we consume as a society that in great part has resulted in the epidemic levels of obesity (1/3 of all US adults) in the United States.

When you limit carb intake, the body will use dietary fats and your own fat stores for energy, literally turning your body into a fat burning machine, helping to reduce belly, thigh, and hip fat.

What Fat Does Inside The Body

While fat has more calories, 9 per gram versus the 4 per gram in both protein and carbs, it's more important to understand what it does inside the body.

When you are young your metabolism and high activity levels may allow you to eat carbs and fats and maintain a healthy weight, but as you get older and activity levels and metabolism slow down the weight may start to creep up.

If you are already overweight and your diet is filled with carbs, it makes it very difficult for the body to use stored fat for energy because it always defaults to carbs for that purpose.

Greatly reducing carb intake promotes the body's ability to burn fat stores for energy resulting in healthy weight loss.

Unlike carbs, fat also promotes satiety and fullness, helping to regulate the appetite so you actually eat less. In fact, you have to eat two times more carb calories as fat calories to reach the same level of fullness.

Unlike carbs, fat has little impact on blood glucose, which keeps blood sugars stable, eliminating out of control cravings and hunger that comes after eating carbs.

Types Of Fats

Monounsaturated fats are found in avocados, nuts, olive oil and canola oil,

Polyunsaturated fats are found in vegetable, seed and nut oils, like soybean, corn and sesame oils along with fatty fish like salmon and sardines.

Essential fatty acids include both omega-3 and omega-6 fatty acids that the body cannot produce on its own. Shellfish is rich in omega-3s and you can get omega-6s from chicken, pork, and seeds.

Ideally, you need to balance intake of both omega-3s and omega 6 fatty acids with a balanced combination of shellfish, fatty fish and nuts, canola oil and flaxseed.

Saturated fats are those that are solid at room temperature, and their best sources on a Keto diet are butter, red meat, and coconut oil. Since the target of the Ketogenic diet is to burn fat for energy consuming these types of fats is not only acceptable, but also required, and many studies confirm that this fat intake while on a Keto diet does not raise cholesterol or fat levels in the blood.

Trans fats (also known as partially hydrogenated vegetable oil or hydrogenated vegetable oil) are bad news, increase risk for heart disease and should always be avoided when eating a Keto diet. These are typically found in fried foods, sweets, baked goods, processed snacks and food products, cookies, crackers and vegetable shortenings.

Evaluating Macronutrients In Ketosis

Carbohydrate, protein, and fat are all macronutrients that have differing effects on ketosis based on how they are digested and how each affects glucose levels in the blood.

Carbohydrates are 100% anti-ketogenic due to their ability to raise both glucose and insulin levels in the blood

Protein is 46% ketogenic and 58% anti-ketogenic because more than 50% of all protein from food is converted to glucose that raises insulin

Fat is 90% ketogenic and only 10% anti-ketogenic representing the conversion of the glycerol portion of triglycerides to glucose. Eating fats has minimal effect on ketosis in the literal sense; it is more of an effect on how much body fat versus dietary fat is burned as fuel in the body.

When in Doubt, Eat Less Carbs and More Fat.



Sample 1 Day Keto Menu

Breakfast

Eggs cooked in butter

Bacon or sausage

Black coffee or with stevia or Splenda and heavy cream or tea

Mid Morning Snack

Turkey lettuce wraps with mayonnaise

Lunch

4 to 6 oz. steak with onions and mushrooms

Grilled kale with butter and garlic or raw kale with dressing or lettuce salad with dressing

Water, herbal tea, no calorie flavored seltzer, or coffee with stevia and heavy cream

Snack

½ avocado or 10 olives or 1 ounce of cheese with cucumber or celery slices

Dinner

4 to 6 oz. Grilled chicken

Vegetables (broccoli, asparagus, greens, green beans, or other Keto vegetables, your choice) with butter or salad (lettuce, tomato, onion, cucumber, sprouts, bacon bits) with olive oil and vinegar or a creamy dressing

Water, herbal tea, or no calorie flavored seltzer

Snack

Hard-boiled egg with smoked salmon or flaxseed crackers with salsa

How The Keto Lifestyle Can Improve Your Health

Carbohydrates are found in foods such as sugary snacks, bread, pasta, starches, fruit, and many processed foods. Typically, the most strict Keto diets limit intake to 20 grams of net carbs per day, at the very least less than 50 grams and the main source of these carbs should be non-starchy vegetables.

Although it may seem drastic, there is plenty of scientific research that shows Keto eating to be beneficial to your health, from weight loss, medical reasons, or a wish to simply eat better. Whatever your reason for starting the Keto lifestyle, there are several key health benefits that can be attributed to this kind of diet.

Weight Loss

With many diets, people often end up hungry and then snacking and fail to lose weight. They try to restrict their food intake too much and end up 'falling off the wagon'. This is a very real issue for many people and the ultimate reason why they do not lose the weight they are trying so hard to shift.

In contrast, with the Keto lifestyle you do not get the hunger cravings or need to eat like you do with other diets. Research has shown that people who reduce the amount of carbohydrates they eat and replace these with additional protein and healthy fats will eat less and reduce their overall calorie consumption.

If you are trying to lose weight then this can be an effective method, as you actually want to eat less. When you are eating a Keto lifestyle, you lose weight in different ways.

For example, a lot of the body is made up of excess water and the Keto diet can help to get rid of some of this.

A Keto lifestyle leads to lower levels of insulin, which causes the kidneys to work more efficiently and by eliminating insulin triggers, most people lose weight and often very quickly.

Keto eating results in weight loss, and has done so for thousands of people who have struggled with their weight all of their lives.

Eating Keto:

- Eliminates those pesky out of control cravings

- Stabilizes blood sugar and consequently the appetite

- Research has shown that reducing carbohydrate consumption and replacing them with protein and healthy fats results in reducing overall calorie consumption naturally and without starvation.

The side effects of weight loss and healthy weight maintenance are substantial, as obesity is linked to heart disease, type 2 diabetes, stroke, cancer, reduced quality of life, belly fat, joint problems, autoimmune disease, and premature death.

This is one of the main reasons that Keto is not a fad diet or a temporary solution; it is a lifestyle change that allows you to lose excess weight and maintain a healthy weight for ongoing health benefits.

Lower Levels Of Visceral Fat

Research has shown that a Keto diet can help to reduce levels of visceral fat specifically rather than the superficial subcutaneous fat.

Visceral fat or belly fat is the most dangerous type of fat that is deeply embedded around major organs inside the body and a recent large study showed a significant correlation between waist size and reduced life expectancy in both men and women.

Research has shown that a Keto diet can help to reduce levels of visceral fat specifically rather than the other type of fat, the subcutaneous type.

Stabilize Blood Sugars – Prevent And Manage Type 2 Diabetes

High carb intake = high glucose = high insulin = high body fat

Reducing carb intake or insulin trigger foods, reduces the production of insulin in the body, and prevents the erratic blood sugar spikes that may lead to insulin resistance.

If this cycle continues, it eventually leads to metabolic syndrome, which is a set of conditions related to insulin resistance, and includes heart disease, obesity, fatty liver, and type 2 diabetes.

Of course, anyone who is considering changes to their diet should consult their doctor. This is particularly the case if you are taking medication for your diabetes, as this may need to be adjusted too.

However, when a Keto diet is followed long term, there is a clear reduction in the chance of developing diabetes and other health issues. Eating less carbs reduces the need for the body to produce insulin; insulin is used to break down all the sugars in carbohydrates and too much of this can lead to diabetes in later life.

By simply reducing the amount of carbohydrates (insulin trigger foods) that you are eating, you are reducing the production of insulin in the body and reducing the body's resistance to it. Since Keto eating eliminates insulin triggers, (sugars and starches) it is the diet of choice for those with prediabetes or those already diagnosed with type 1.

A Keto diet also prevents erratic blood sugar spikes that may lead to insulin resistance and type 2 diabetes. Similarly, research has shown that diabetes, both type 1 and type 2 can be better controlled with a Ketoohydrate diet. Of course, anyone who is considering changes to their diet should consult their doctor. This is particularly the case if you are taking medication for your diabetes, as this may need to be adjusted too.

High Blood Pressure

Like diabetes, high blood pressure has been connected to many serious health disorders such as heart attacks and strokes. Ultimately, we should all aim to keep our blood pressure within the healthy range, but this can be hard with our lifestyles.

Research is therefore focused on finding ways everyone can realistically

lower their blood pressure. The Keto diet can help to keep blood pressure where it should be and prevent it from getting too high.

Bottom Line

Keto eating results in weight loss and has done so for thousands of people who have struggled with their weight all of their lives.

The side effects of weight loss and healthy weight maintenance are substantial, as obesity is linked to heart disease, type 2 diabetes, stroke, cancer, reduced quality of life, belly fat, joint problems, autoimmune disease, and premature death. This is one of the main reasons that Keto is not a fad diet or a temporary solution; it is a lifestyle change that allows you to lose excess weight and maintain a healthy weight for ongoing health benefits.

Other Benefits Or Uses Of A Keto Diet Include...

May lower risks for heart disease, diabetes, cancer, and stroke

Eliminates pesky out of control cravings

Stabilizes blood sugar and consequently the appetite

Research has shown that reducing carbohydrate consumption and replacing them with protein and healthy fats results in reducing overall calorie consumption naturally and without starvation.

May lower risks for gallbladder disease

The ketogenic diet is used to treat several types of cancer and to slow the growth of tumors

The ketogenic diet is also used to treat traumatic brain injury, epilepsy, Parkinson's disease, Alzheimer's disease and polycystic ovary syndrome

So the overall message is that a Keto diet can be beneficial in many ways and can help with certain health issues. However, there is always a risk when making drastic changes to your diet such as significantly reducing the amount of carbohydrates you consume. It is therefore best to consult your doctor before making any changes to your diet; this is particularly the case if you have been diagnosed with any current health issue. If so, check with your doctor whether a Keto lifestyle may really work for you.





Other Health Benefits Of Keto

The thousands of people who have lost a lot of weight and were able to keep it off makes a Keto eating plan something of an attractive proposition, especially since it is not your typical fad diet, but an actually lifestyle change.

Harvard completed a study that explored just how impressive the results of a Keto diet can be for weight loss, in comparison to a low fat diet that people tend to rely on for all of their weight loss needs.

By now, most people are aware how excellent Keto diets can be for rapid weight loss, but do they offer any other health benefits?

Yes, they do, and that is what makes a Ketoohydrate diet such an attractive option when deciding what path to follow.

Additional Health Benefits

The European Journal of Clinical Nutrition explains what other effects a Keto diet has on the human body. Medical professionals have been using it since the 20's to help epilepsy sufferers reduce the symptoms, furthermore in some cases has rendered the use of medication unnecessary.

There have also been strides made in proving that a Keto diet can be use a therapeutic tool for a number of other conditions, such as polycystic ovary syndrome, the risk of cardiovascular disease, diabetes, Parkinson's, Alzheimer's, a number of strains of cancer, diabetes and even acne.

The point of the study was to determine whether the preconceived notions surrounding ketogenic diets have prevented doctors from relying on it as a therapeutic method.

The Mayo Clinic has also explored the other effects that are seen when on a Keto diet. While citing many of the same issues listed by the EJCN, the Mayo Clinic has added cholesterol levels and high blood pressure to our list.

There are variations on what is considered a Keto diet

Anything from 20 grams to 150 grams can be considered Keto. 150 grams will not kick start ketosis to burn fat stores that actually requires less than 50 grams of carbohydrates per day.

Dr. Judith Wylie-Rosett led a study that makes mention of The American

Diabetes Association belief that a Ketoohydrate, low fat diet can be used to achieve improvement in both weight and metabolism, pointing to the Mediterranean diet as evidence.

The Mediterranean Diet

This is an interesting point, because it's well documented that the residents of countries in the Mediterranean have higher life expectancies, and while they do eat carbs, their carb intake is much lower than it would be in the United States, or the United Kingdom.

The Mayo Clinic breaks down the Mediterranean diet which hinges on eating plant based foods, nuts whole grains, and legumes. Olive oils are used in place of butter, and herbs and spices replace salt. It is more common to eat white means and leave red meat to the odd occasion, and meals are spent with family and friends and consumed over a few hours.

WHO has a list of life expectancies for every country and the United States average is 79, while Greece is 81, Spain is 83, and so is Italy.

There are a number of Keto diets that you can follow; you can be as strict or as lenient as you wish. Whether you are looking to lose weight, maintain muscle, or reduce your risk of heart disease.

In addition to the benefits listed above, a Keto diet can also serve as an appetite suppressant. The American Journal of Clinical Nutrition explored the reasons why, concluding that the high protein diet could be an explanation as to why.

Additionally, another similar study saw that participants on a diet that was high in protein and fat, but low in carbohydrates didn't have the same food cravings as the participants did that were on a low calorie, low fat diet. This is because greatly reducing carbs and eliminating sugars, actually helps to regulate blood sugars so that the appetite is naturally suppressed eliminating those horrid out of control food cravings.

What The Science Says About Keto

Findings published on the National Institutes Of Health website, Metabolic Effects of the Very-Low-Carbohydrate Diets: Misunderstood "Villains" of Human Metabolism, (Manninen et al) ascertains that reducing carb intake triggers a harmless physiological state known as ketosis, where ketones flow from the liver and spare the need for glucose metabolism providing an alternative source of fuel for the body.

The report further states that there are no clear requirements for dietary carbohydrates in human adults, and that ketosis may offer therapeutic benefits for various different disease states, those common and also those that are rare.

The report further comments on a landmark study that showed a very Keto diet results in significant reduction of body fat and a naturally accompanying increase in lean body mass in male subjects of normal body weight.

Study From The American Journal of Clinical Nutrition

Ketogenic or Keto diets result in weight loss, as just one study conducted in 2008 and published in the American Journal of Clinical Nutrition reported a 12 pound weight loss in only 4 weeks in obese men who followed a Keto diet.

Interestingly enough, all the studies' subjects noted less hunger and more satisfaction on the Keto plan than while eating a low calorie diet.

Stanford University Study

A study conducted at Stanford University (Christopher Gardner, et al) and funded by the National Center For Complementary and Integrative Health studied 311 overweight and obese pre-menopausal women and each one of the female subjects was randomly assigned one of four diets: Atkins™, Zone™, the LEARN™ diet or the Ornish™ diet.

Atkins was lowest in carbs, the Zone was Keto but higher in carbs than Atkins and the LEARN and Ornish diets were both regular carb but low fat plans.

The final results showed the women on Atkins to lose the most weight, an average of 10 pounds over 12 months and these women also improved their metabolic profile.



Types Of Ketogenic Diets

Keto is flexible and there are three distinct plans that target different goals.

Standard Ketogenic Diet (SKD)

This one is very low in carbs, with moderate protein, and high in healthy fats.

The ratio is typically, 75% fat, 20% protein and 5% carbs

High-Protein Ketogenic Diet

This plan is similar to SKD, but includes more protein.

The ratio is typically 60% fat, 35% protein and 5% carbs

Cyclical Ketogenic Diet or CKD

This plan is widely used by athletes, bodybuilders, weight lifters and anyone participating in high intensity exercise and features short periods of high carb intake

5 keto days followed by 2 high carb intake days

Targeted Ketogenic Diet or TKD

This plan is also used by bodybuilders, athletes and those who workout regularly to fuel intense workouts.

High load carb intake based around workouts

Keto Versus Low Fat

Much has been said over the years about the ketogenic diet and with celebrities like Megan Fox, Mick Jagger, and Adriana Lima being fond proponents of the diet, it remains very popular.

What is the real difference between a ketogenic diet and a low fat diet plan? While many may swear about reducing fat intake, studies show Keto plans are actually more effective for both weight loss and reducing high cholesterol.

Ketogenic Diet

There are several Ketoohydrate diets, but the ketogenic diet generally limits your carb intake to 20 to 50 grams a day. The ketogenic diet requires you to enter the stage of ketosis, and that generally does not occur unless you are consuming about 20 grams of carbohydrates per day.

A sample menu plan when you're on a ketogenic diet looks like this:

Breakfast: bacon or sausage, eggs, and coffee with cream and stevia

Snack: 1 ounce of cheese with cucumbers or celery

Lunch: Tuna salad or egg salad wrapped in lettuce or lettuce wrapped burger

Snack: ½ avocado or 10 olives or flaxseed crackers with salsa

Dinner: Cajun chicken with a side of vegetables cooked in butter or steak with vegetables in butter or salad with olive oil and vinegar or grilled salmon with a side of spiral cut zucchini pasta with sauce

Snacks between meals can also include string cheese, a cup of chicken broth, 6 almonds or peanuts, turkey lettuce wraps, hard-boiled eggs, smaller portions of leftover meals, 1 tablespoon of cream and much more.

Low Fat Versus Keto - Feeling Satisfied and Avoiding Hunger

The ketogenic diet typically is much more about choices instead of deprivation because you are able to eat a wide variety of real, whole, and delicious food with lots of satisfying meats, chicken, seafood, cheese, non-starchy vegetables, and healthy fats.

It is easier to follow than a low fat diet because Keto eating regulates the appetite, and naturally satisfies you so you eat less, without suffering and starvation. This is because eliminating carbs also eliminates erratic blood sugar spikes that cause out of control cravings and hunger.

Long Term Sustainability

One of the most important considerations in the actual success that any diet plan has or will have is its sustainability over the long term, and the overall success measure of any weight loss plan is the individual's ability to keep the weight off for the long term.

In regards to the above, Keto wins over low fat because when individuals are satisfied and not white knuckling their way through the day, the probability of long-term success increases exponentially, this is one of the reasons that Keto is a lifestyle and not just a temporary diet.

What The Studies Show

A study by the Duke University Medical Center in Durham, North Carolina set out to compare the effects of a low fat diet versus a ketogenic diet program.

What they discovered over their 24 week that not only did the Ketoohydrate diet retain more of the participants than the low fat group did, but they also lost more weight, and had a bigger decrease in triglyceride levels.

A low fat diet is generally a temporary diet, one that you cannot sustain because there are too many temptations to give in to; the ketogenic diet does not restrict you to the same level so it is easier to maintain on a long-term basis.

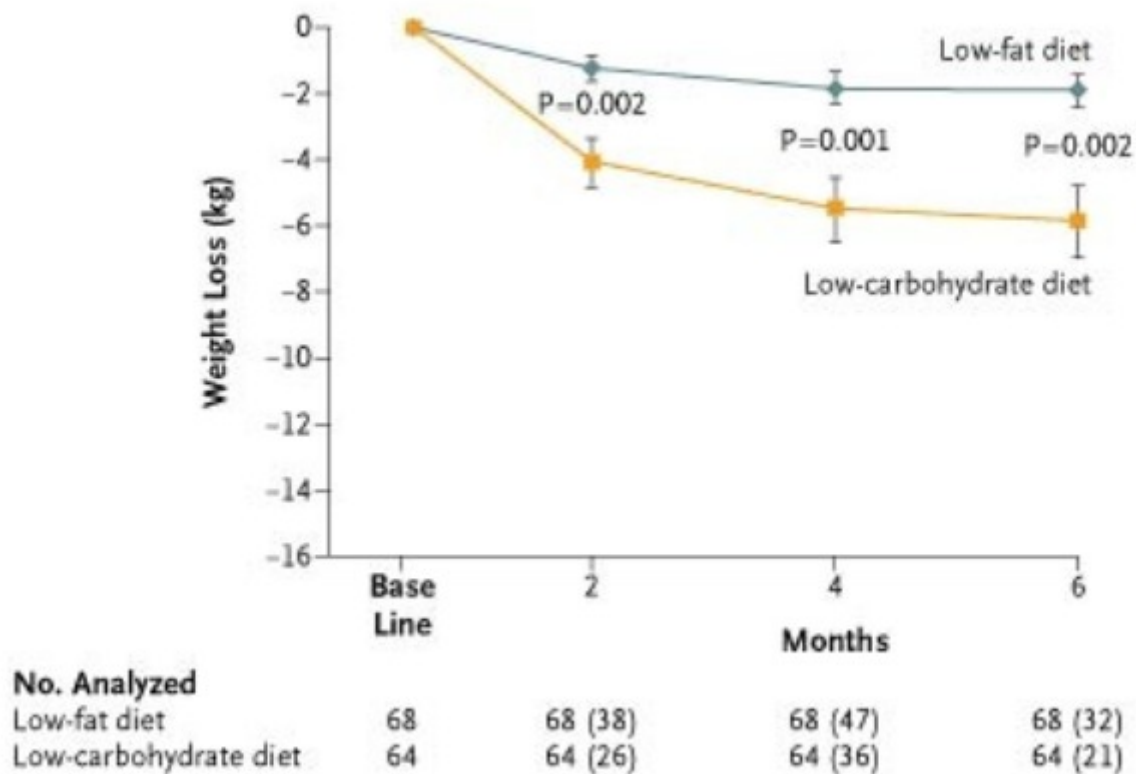
That means the weight you lose stays lost, and is the reason that Keto is a lifestyle and not just another fad diet.

More Studies Support Keto Diets Over Low Fat

Since 2002, more than 20 randomized controlled trials have been published in respected, peer-reviewed journals that demonstrate the fact that Keto diets are more effective for weight loss and completely safe without a single adverse effect, this cannot be said about many of the fad diets.

Several studies, including Volek et al, Foster GD, et al, Keogh et al, Westman et al, and Gardner et al have shown Keto eating to lead to more weight loss, and especially visceral fat (belly fat), and to improve HDL cholesterol, insulin levels, blood sugar levels, and blood pressure as compared to low fat plans.

The above studies and others support the fact that Keto wins over low fat in weight loss and reducing risks for heart disease. Of course, you should always ask your doctor before starting any diet plan.



New England Journal of Medicine study

Keto Versus Paleo

A paleo diet is all about reviving our ancestors' diets back in the day by eating fresh, healthy, wholesome foods that have not been contaminated with additives and preservatives. This highly trending diet, which actually started in 1970 by gastroenterologist Walter L. Voegtlin, includes vegetables, fruits, nuts, roots, and meats. It excludes processed foods, dairy products, grains, sugar and salt, legumes, processed oils, alcohol and coffee.

It is mainly about promoting a healthy lifestyle. It quickly improves the metabolic effects of the body as well as body composition. People feel lighter and actually start to lose weight with this diet because it makes people feel full quicker so they tend to consume less food.

Benefits of a Paleo diet:

- Reduces allergies
- Burns off stored fat because metabolism increases
- Stabilizes blood sugar
- Cleans impurities from skin and teeth
- Improves sleep patterns
- Helps you better absorb nutrients from food since it's all natural

Daily calories are divided as follows:

- 55% should come from seafood and lean meat – each taking an equal half
- 15% come from fruits, veggies, nuts and seeds each
- There is no dairy, no salt or sugar, and almost no grains

One of the risks of a paleo diet is that it could lead to an insufficient vitamin D & calcium intake and a risk of toxins from a high fish consumption.

How Low-Carb Can You Go?

In a ketogenic, aka low-carb, diet, you're basically lowering your carb intake drastically, and increasing your fat intake while eating adequate amounts of protein.

The goal behind this is to reach a metabolic state known as ketosis where the body relies on fat as its energy source, instead of glucose, which comes directly from carbohydrates.

If glucose is readily available, the body will use that first because it's easier and quicker to metabolize. However, glucose weighs the body down and when there is some left over, it quickly turns to fat, something we all dread.

When you're on a keto diet, you're ultimately diminishing the amount of glucose in your body to the bare minimum and teaching your body how to rely on ketones – what the body burns for fuel during ketosis.

Ketones are a type of fatty acids, which are a direct result of the liver breaking down protein to be converted into glucose. Ketones are a major source of energy for all major organs, especially the brain that is why people on the keto diet feel more focused and alert.

Benefits of a keto diet:

- Reduces body fat while maintaining muscle mass

- Lowers blood LDL (low-density lipoprotein; the “bad” cholesterol), blood pressure and glucose

- Increases levels of HDL (high-density lipoprotein which protects the heart against diseases; the “good” cholesterol)

- Reduces insulin levels

- Improves symptoms of Parkinson's disease and reduces seizures in epileptic children

As with any new diet, your body will experience a few, harmless side effects which will be over usually within several days. This initial stage of a keto diet is referred to as “keto flu” because of its flu-like symptoms, which may include digestive discomfort, a lethargic-feeling, sleep issues, and mild nausea.

Differences between keto and paleo

Paleo diets are not mainly low-carb. It focuses on eating foods with fat and protein but doesn't necessarily avoid potatoes, carrots, sweet potatoes, and other foods high in carbohydrates. Keto diets are mainly low-carb, eliminating all starches and sugars, including fruit. Most of the carbs on a keto diet come from non-starchy vegetables.

Paleo diets are not high in fat. While the paleo diet in its purest form may have been into foods high in fat, today's ever-evolving paleo community alters its needs according to the times. Keto diets are high in healthy fats; in fact, it is the primary element of Keto as it supports ketosis, or the metabolic process of burning fat for energy versus dietary carbs.

Paleo diet fans don't eat dairy products in abundance, if at all. Keto diet fans think dairy is a great way to add fat to their diets.

If you're considering starting a paleo ketogenic diet concurrently, you will definitely start seeing positive results within the first 2-3 weeks.

Everything from the inside out will start feeling healthier, you will also see your weight dropping without losing any of your muscle mass.

Remember that consistency is the key. So make sure to give your body time to adjust to this new routine and metabolic state. Once you get the hang of it, it will definitely become easier.

Check with your physician and/or nutrition expert before starting just to make sure you're on the right track to becoming fitter, stronger, and healthier.



What Is Ketosis?

The body typically gets its fuel from dietary carbohydrates, which includes foods like rice, bread, pasta, and other grains, along with fruit, sugars, and vegetables.

When carbohydrates, specifically starches and sugars enter the body they are broken down into glucose, and used by the body for energy. The hormone insulin then steps in to remove glucose from the bloodstream and the body either uses it for energy or stores any that is unused.

Any glucose that is not immediately used as fuel will be sent to the liver and muscles to be stored as glycogen as a fuel reserve, and any unused glycogen in the muscles, such as through exercise or energy expenditure turns to stored body fat.

For people with a carb sensitivity or those with insulin resistance it's a grim outlook that can lead to obesity and type 2 diabetes...

High carb diet = high glucose in the blood = high insulin = high amounts of body fat

Lipolysis And Ketosis

An alternative source of fuel for the body is its own body fat, this process is triggered when the intake of carbs is limited, and their sources controlled, the body enters a state called lipolysis, the most efficient biochemical pathway to weight loss and a scientifically proven alternative to the body using or needing glucose for energy.

Lipolysis occurs as the body begins to burn the body's own fat stores for energy instead of dietary carbohydrates and the by-products of this fat burning process are ketones and so ketosis is the secondary process of lipolysis.

When you eliminate carbs, the body is forced to use its fat stores instead, which literally turns into a fat burning machine. Ketones are the byproducts of ketosis and provide fuel for the body.

The only true exception to the body not needing glucose for fuel is ketones. Ketosis not only provides adequate energy for the cells within the body, it also fuels the brain and other organs just as glucose from carbs does BUT, unlike what may occur during the use of glucose, ketosis does not store fat, and actually allows the body to burn stored fat for fuel.

This is the reason that Keto diets are so popular and have allowed thousands of people to lose weight and keep it off.

When Doctors prescribe Ketosis

There are cases where doctors will induce ketosis to medically intervene for various conditions, like epilepsy and diabetes. This involves a patient being placed on a Keto diet, such as the Ketogenic diet to increase fat and protein intake to provide fuel for energy, while reducing carb intake.

WebMD explains that ketosis kicks in when consumption is limited to less than 50 grams per day.

Keto Wins Over Low Fat

The ketogenic diet has been around for decades, and while the medical community has long believed that a diet high in fats would cause weight gain and increase the risk of heart disease, many studies and randomized trials have shown Keto to actually be more effective in not only the amount of weight lost, but in reducing markers and risk factors for heart disease.

Several experts now advise that the public should be more mindful of their carb intake versus their fat intake, since obesity rates in US adults have increased during the same time that fat intake was decreased and carb intake increased.

Reducing Carbs To Induce Ketosis

The use of carbs for fuel is exactly what the ketogenic diet aims to avoid by greatly limiting carbs and their sources in order to give the body its alternative energy source, which is fat.

The main source of carbohydrates in the Ketogenic diet is non-starchy vegetables

This is especially strict in the beginning weeks in order to trigger ketosis.

But wait, aren't vegetables simple carbs? Yes, they are but...

Non-starchy vegetables are not insulin triggers

Non-starchy vegetables are very low in carbs, making them a nutrient dense food with a very low glycemic load that supports ketosis

The following carbs are not allowed...

Sugar or foods made with it

Fruit

Rice

Pasta

Bread

Milk

Starchy vegetables

Any other starches

The Ketogenic diet advises less than 20 grams of net carbs per day, most of which should come from non-starchy vegetables.

The Role Of Fiber

Fiber is naturally found in many carbohydrates, and remember fiber does not turn into glucose in the body as other sugar carbs do, and so that fiber helps to lower the glycemic load of carb rich foods.

Net Carb Formula

The Ketogenic diet only counts what are known as Net Carbs and the formula to figure out the net carbs of any food is simple.

The more fiber a food has, the less impact its carbohydrates will have on blood sugars.

This formula makes it easy to determine the actual impact carbs of any food by simply reading the food labels or looking at its nutritional value.

Key Considerations For Fiber And Carbs

Fiber does not negate carbs, it just lowers the impact of carbs that naturally occur within that food. For example, an avocado has 17 grams of carbs, and 13 grams of fiber, yielding 4 grams of net carbs. 1 cup of ice cream has 32 grams of carbs, but mashing in an avocado to that ice cream will not reduce it by the 13 grams of fiber in the avocado

Sugar count listed in the carbohydrates section of a food label is exactly that, sugar. Typically this means the label has separated sugar and fiber in the total carb count

No credible evidence exists as to the effectiveness of so called “carb blockers” or supplements that claim to slow the absorption of carbohydrates

There is no such thing as negative carbs, this happens with incorrect calculations and in some food tracking apps when fiber is subtracted from a food that has listed starches and sugars separately from fiber

The Keto Flu

Some people may experience keto flu when they begin a Keto diet. While not everyone will fall prey to it, you should be aware of the symptoms: sleepiness and fatigue, brain fog, nausea, headaches and upset stomach.

It doesn't last long and to be honest, most changes in diet result in similar side effects so it is to be expected.

The best way to ease your symptoms is by increasing salt intake with 2 cups of broth daily or using soy sauce over food to re- balance electrolyte levels in the body. The symptoms will likely disappear within a few days and you will be on your way to ketosis success.

The “keto flu” is a label given to a set of carbohydrate withdrawal symptoms that may occur in people who start a Keto diet that results from altered hormonal states and the electrolyte imbalances that may occur with it. In other words, it describes a cycle in the body adapting to a newly started Keto diet.

Keto stands for ketogenic, a very strict Keto eating plan. The term should really be “Keto flu” since the ketogenic diet is not the only Keto plan.



Symptoms

No two individuals are alike, so the symptoms can range from nothing to mild to a full-blown flu-like condition, and include

Lightheadedness

Nausea

Fatigue

Mental fog

Cramps

Headaches

Diarrhea

In some extreme cases, high blood pressure and arrhythmia

How Long Does Keto Flu Last?

The duration for keto flu varies for each person. While some may have slight and even unnoticeable symptoms for a day or two, others might have an over the top symptom for a week or more, it really depends on how quickly your body adapts to a reduction in carbs.

Once keto flu is over you can expect a huge surge in energy levels, and once that sugar habit is fully kicked, often people feel better than ever.

Being patient as your body adapts is key, and know that it will pass, and if it does not you should seek the attention of a qualified medical professional. For most people any symptoms that occur end within two weeks' time.

A Misunderstood Condition

People who experience keto flu after going on a Keto diet are sometimes forced to believe that they are suffering due to the diet they are on and carbs are good for the health after all.

However, this only shows how dependent they have been on carbs, as their body is trying to survive without carbs and sugary substances.

In truth, carb intake, and especially refined carbs that come from processed food, sugar, sugary foods and drinks is at epidemic levels, and carb addiction is rampant in the United States and other parts of the world.

It's not your fault, those carbs are everywhere, congratulate yourself on making changes for the better with a Keto diet!

How To Reduce Keto Flu Effects

Keto flu can be nerve wrecking, no doubt, it is also sometimes a necessary evil, however, there are some things that can be done to reduce the symptoms if they appear.

Replenish your electrolytes: Lack of electrolytes in the body is one of the major causes of keto flu. Electrolytes are the minerals found in the body and they affect its water content, acidity of the blood and functionality of the muscles.

Additionally, Keto diets feature lower insulin levels that can signal the kidneys to discard excess water, making you drink more and this results in flushing out electrolytes, where sodium, potassium and magnesium deficiencies can occur. You will have to replenish them by using supplements and with food.

Add in some salt: Normally, the average diet is overloaded with salt, but a ketogenic diet eliminates refined and processed food and focuses on eating whole real food so when you start keto you will naturally reduce salt intake, which reduces water retention. Since a Keto diet is naturally diuretic, there is no need to worry about water retention.

Generally, 5 grams of salt daily is ideal for keto flu and to replenish electrolytes, you can also get it from drinking 2 cups of broth or adding soy sauce and other sauces that have potassium to your meals.

Bone broth works well, and only requires the simmering of chicken, beef, lamb or any meat bones in water for about a day, or even canned broth or

stocks from the store works well too, just make sure to read the labels for added ingredients or preservatives that you do not need. Drippings from cooked meat have a high concentration of potassium, so use them to make sauces.

300 mg of magnesium can be taken in supplement form.

Keto flu is a process that most dieters undergo while starting their weight loss or weight gain journey. While it cannot be avoided for some, you can reduce symptoms while your body adapts.

Please contact a doctor if the symptoms become too severe to handle alone.



Signs You're In Ketosis

How do you know when you're in a state of ketosis?

There are various ketosis-testing kits available, known as Ketosticks or Ketostix to test your urine for ketones. Your doctor can also order labs to test for ketones. This can be a good way to ascertain if your body has reached a state of ketosis and can be psychologically comforting. However, it is important to note that ketosis can be present without showing ketones in the urine.

Typically, a carb intake of up to 100 grams will induce ketosis, but ketones are rarely present in urine at this level of carbs in the diet.

Generally, ketones will show up in urine when intake is at 30 grams of carbs per day or less, though this too can vary.

One of the more important functions of ketone testing may be to allow the monitoring of the effects of carbs on ketosis as you progress. As you lose weight and progress towards your goal, you may begin to introduce more carbs to see the effect it has on your weight loss so you can find the right balance, and these test kits can be really helpful to that end.

Additionally, if you workout and as a result can tolerate more carbs and still lose weight, this testing may also help evaluate those efforts since as long as trace ketosis is maintained, carbs can be gradually added to the diet.

Results Will Vary

Some people can never seem to get past trace showings on the ketosis tests, while others consistently get darker readings, and there is little explanation for this.

It is best to not obsess about the results if you show lower than expected readings, and remember that just as finding dark readings can give you mental comfort, their absence can be distressing.

As long as you are losing weight, maintaining energy and feel good, that is all that matters.

Why Reducing Carb Intake Affects Appetite

One of the greatest benefits of Keto diets and using fat for fuel is that this type of eating greatly regulates the appetite, so there is no starvation or out of control hunger and erratic cravings become a thing of the past.

When eating Keto:

Hunger is reduced

Out of control cravings for sugar, sweets and other carbs are gone

Many report they no longer wake up in the middle of the night to sleep eat, a common occurrence among those whose appetite is wrecked by carbs

Calorie counting becomes obsolete as the appetite is reduced naturally and Keto eaters simply want and need less food, without starvation or will power. This is the reason why Keto does not include calorie counting, but instead advises people to eat to satisfaction, which amazingly comes from much less food than when carb intake is substantial.

Why is this?

One of the reasons for this is due to the reduction of carbohydrates that trigger blood sugar spikes that can wreak havoc on hunger and cravings.

A study by the Academic Department of Surgery, Consultation, and Training Center at the Faculty of Medicine located at Kuwait University put it to the test. They took 83 obese patients (39 men, 44 women) and over 24 weeks studied the results of a Keto diet.

The subjects were given carbohydrates in the form of green vegetables, and salad. In the end, the subject's glucose levels, cholesterol levels, weight, and BMI numbers all fell.

Why is this so? There are two main reasons.

The Leptin Equation

The hunger-regulating hormone leptin works in the brain to send signals to the body that you are full, so it registers the need to decrease food consumption, increase metabolic rate and shut off the hunger response. This is a complicated process, and an ongoing cycle that repeats itself, as you get hungry again and again throughout the day.

Therefore, as the levels of leptin rise and wane, so does the sense of hunger (up or down) and to some extent your metabolic rate.

Between meals, your fat mass decreases in size as it is being used for energy, and so does the level of leptin. Less leptin crosses the blood brain barrier, less binds to its receptors and the brain sends the signal to let you know it's time to eat again.

The critical point is when leptin crosses the BBB, because if it cannot make it across, the hunger response is never shut off, no matter how much leptin there maybe in the blood stream.

This problem, and the often the plight of the obese is when leptin never reaches their brain to shut-off the hunger response, and hunger results in eating, which more makes more fat stores, which makes more leptin, which cannot shut off the hunger response because it cannot get to the brain, in a never ending cycle.

Why does this happen?

Researches from St. Louis and Japan (Banks A, Coon AB, Robinson SM, Moinuddin A, Shultz JM, Nakaoke R, Morley JE, et al, Triglycerides induce leptin resistance at the blood-brain barrier) figured out that triglycerides, which are fats found in the blood stream interrupt the passage of leptin across the blood brain barrier.

When triglyceride levels are high, as they are in most overweight and obese people, they block this passage of leptin where it can signal that the body has had enough food and is satisfied.

What does this have to do with a Keto diet?

It is a well-known fact that a low-carb diet results in a dramatic reduction in triglyceride levels. This reduction ensures that leptin can get to the brain to successfully reduce hunger.

The reduction in triglycerides happens pretty fast once carb intake is reduced, and is one of the main reasons that Keto eaters have a substantial reduction in hunger. As an added benefit, once leptin gets to the brain it boosts thermogenesis (fat burning) and so the metabolic rate increases.

This is also one of the main reasons that low-carb wins the battle over low fat diet plans. A Keto diet can result in a naturally lower caloric intake as people are simply not as hungry as they are when eating many carbs.

They are not white knuckling it through caloric restrictions as they do on the many high carb/low fat plans where people need much more support to get through the dietary day.

Conversely, low fat diets raise triglycerides levels and eventually most who follow these types of plans will give into that hunger.



Blood Insulin Levels

Another way that limiting carbs regulates appetite is by regulating insulin. Researchers at Temple University School of Medicine found that lowering carb intake alters blood insulin levels in ways to promote appetite suppression and satiety.

10 obese people with type 2 diabetes were placed in the hospital 14 days, and each bite of food they took was analyzed and daily blood samples were taken. For 7 days they ate a normal diet, then for 14 days, their carb intake was limited to 21 grams per day, and they were allowed to eat as much protein and fat as they wanted.

In the end, analysis showed they ate 1/3 fewer calories on the Keto days, than they ate on the 14 days of a regular diet that included carbs

They lost an average of 3.5 pounds during the Keto days

Their blood insulin levels dropped by 23%, which resulted in the suppression of appetite

Carbohydrates stimulate the appetite and also cause out of control cravings, in part due to the erratic blood sugar swings and insulin hikes they cause, but a Keto diet actually works as natural appetite suppressant.

This is one of the main reasons that keto and other Keto plans work very well for those who have struggled all their lives white knuckling it through the various low calorie and low fat diets they have endured.

In many cases, there is no willpower, hunger is not an issue, and a new lifestyle takes over naturally.



Exercise on a Keto Diet

Exercise is important, whether you are following a Keto, ketogenic lifestyle or not. However, exercise is able to act more efficiently when following a ketogenic diet.

Let's face it- the primary reason you are exercising is to look good, period. Sure, health benefits are a nice secondary benefit, but if we are brutally honest, it's because looks matter to almost all people.

Mere diet can never help you achieve the body you want, even though diet is essential in supplying the building blocks, and setting the stage for your desired outcome.

Interested to know exactly how exercise can help you while on the ketogenic diet? Read on and find out!

Exercise Improves Insulin Sensitivity

In many people, insulin sensitivity decreases with age, along with level of physical activity. Sedentary persons are much more likely to have elevated levels of blood glucose, record a higher level of insulin secretion over the course of the day, retain excess body fat and may likely pave the way to pre-diabetes.

Exercise, especially weight bearing, anaerobic activity has been shown to improve the efficiency of insulin in response to blood glucose, or amino acid levels, and promotes absorption of nutrients.

When following the ketogenic diet, blood glucose levels are lowered, along with muscle glycogen stores, making the body more efficient at handling small bursts of glucose either ingested or produced via Krebs cycle.

Fat Burning Is Amplified

One of the most sought after benefits of Keto diets, but more specifically the ketogenic diet, is its marked effect on fat metabolism. In the absence of carbohydrates, insulin's activity is markedly decreased, paving the way for significantly increased levels of lipolysis.

Under the influence of insulin, fat burning is stalled, in addition to storage of more fat being promoted. This is a terrible scenario if you are trying to lose weight, since at this time if you exercise your body will be utilizing strictly carbohydrates for energy.

Not following a strict ketogenic diet?

That's fine. In fact, there are many variations of the ketogenic diet that are not as strict, but which still reap many of the benefits associated with it. For example, exercising first thing in the morning on an empty stomach places the body in a position to be able to burn fat for energy, as glucose levels are depleted following 8 hours of fasting. This is the preferred time many athletes perform cardiovascular exercise, as it amplifies fat metabolism.



Exercise Promotes Muscle Gain

Well, this depends largely on the type of exercise you perform; weight bearing, anaerobic types providing significantly more onus for muscle growth than steady state aerobic varieties. Why is muscle growth important?

Muscle is where the “powerhouse” in our bodies is located. These powerhouses, better known as the mitochondria, is what’s responsible for the literal burning and oxidation of ATP. The more muscle we have, either the more of these power units we have, or the larger they are.

The result?

Greater caloric burn while doing absolutely nothing, including enhanced fat burning. It is also important for you to keep exercising, as the old adage, “use it or lose it” is very much true.

Tweaking Keto

There are keto adaptations for bodybuilders, athletes and others who perform intense exercise where carb intake revolves around exercise.

Cyclical Ketogenic Diet - This plan is widely used by athletes, bodybuilders, weight lifters and anyone participating in high intensity exercise and features short periods of high carb intake. Typically 5 keto days followed by 2 high carb intake days.

Targeted Ketogenic Diet - This plan is also used by bodybuilders, athletes and those who workout regularly to fuel intense workouts and features high load carb intake based around workouts.

If you’re trying to extract maximum benefit from the ketogenic lifestyle, exercise is a mandatory addition. Your health will significantly improve; including glucose and lipid profile, but so will your overall body composition.

If you truly want to look your best, you will not attain it unless you incorporate sessions of both aerobic (cardio) and anaerobic (weight bearing) sessions. Exercise may seem difficult during the first two weeks or so of adapting to the ketogenic lifestyle, but once your body efficiently begins producing ketones, fat loss, strength, and muscle gains will ensue.

How To Naturally Regulate Appetite And Lose Weight Without Starvation!

If you have ever been on a diet, you know that one of the worst things to deal with is the feeling of hunger. In fact, this is one of the main reasons why many people fail at the first hurdle when dieting.

Hunger pangs can affect all of us and it can be a major reason for snacking on unhealthy snacks. Obviously, any way to kill appetite by eating healthy foods is going to have a positive impact on your health.

A study carried out by the journal Obesity found that a low-carb Ketogenic diet helps to curb hunger pangs much better than a low-fat diet.

The Ketogenic diet can help you regulate blood sugar, which eliminates out of control cravings, and naturally suppresses the appetite to lose the weight and keep it off!

So, by eating moderate amounts of protein, lots of healthy fats and limiting carbs and their sources kills hunger, out of control cravings and results in weight loss and general good health.

In fact, studies repeatedly show that eating fewer carbs, and increasing fat intake helps a person to reduce overall calorie intake.

And, low-carb diets also have a positive impact on brain health, help to reduce cholesterol, reduce the risk of heart diseases, and can help prevent certain types of diseases and cancers from developing.

The Ketogenic Diet helps you stay healthy while cutting calories because it focuses on healthy sources of protein.

Eating Out on Keto

Eating out on a keto diet is easy; the key is making proper choices.

The main rules are: No starch and No sugar

This leaves you with really unlimited possibilities for breakfast, lunch, and dinner.

Even fast food restaurants offer you Keto options, like getting your burgers lettuce wrapped, with a side salad instead of fries.

Mexican restaurants are okay too, just skip the chips, beans, and rice, and eat the meat and veggie fillings in burritos and tacos without the tortillas.

Italian places offer alternatives as well, where you can skip the bread and pasta, and eat pasta sauces over vegetables or chicken.

Carry a carb counter with you at all times so you can access the carb content of any food. These come in mini books or apps for your smartphones.

The main consideration when eating out is your own self-control, if you feel the temptation is too great, then avoid restaurants until you settle into your new Keto lifestyle and understand the best choices and swaps when eating Keto.



Help! I Miss My Carbs: How To Overcome Your Carb Addiction

Deciding to go cold turkey on your favorite carbs (yes, the same ones that are bad for you, but so delicious) could be the hardest time in your life.

In fact, sugar addiction is a very real thing, not just a made up condition in the figment of your imagination. It is being researched more and more these days, as it has been discovered to share similarities to drug addiction, whereby pleasure and reward centers in the brain are constantly seeking their next “high” or feel good moment.

Irritability, lack of energy, depression are all very possible and real while following Keto; but luckily you don't have to experience any of them.

In fact, those responses are the body's way of saying something is not right, and of getting your attention. However, the good news is that carb addiction is not that difficult to break. In fact, after just 2 weeks or so of going commando, you can do without them, and you will not be subject to violent mood swings and out of control cravings.

So how exactly can you stop missing those carbs, and overcome your addiction? By following the tips we have outlined for you, of course!

Prevent Hunger From Occurring

Sometimes, the difference between a craving and true hunger is confusing. In general, if you hear or feel your tummy “rumbling” you're hungry. At other time, you think you're hungry, but no signals are being sent from your tummy.

The best way to prevent this?

Eat timed meals. If you find waiting 4+ hours between meals isn't quite working for you, divide that one larger meal into two smaller servings, which can be taken to hours apart. Ensure the meal is rich in protein and quality fat, as they are both very filling and will shut down your desires for sweets and starches.

The moderate amount of protein and high fat intake in a Keto diet really helps to satisfy your hunger, so you want to eat less naturally.

In addition, when you begin to burn fat for energy, as you will on a Keto diet, you will not experience blood sugar spikes, which also helps to naturally regulate the appetite, as long as you eat protein and healthy fats on a regular basis.

Keep Yourself Busy

Do you notice that you, or your kids tend to gain an extra 5, 10 or 25 pounds during holiday or vacation times? Even though you may not be travelling and trying exquisite cuisine, the act in itself of being home all the time, bored as hell paves the way for overeating.

Binging on carbs offers a short time fix for feelings of boredom, like smoking a cigarette to fix an itch. Keep yourself engaged in activities will help distract your mind from useless snacking, starting an addiction if you haven't yet developed one.

Stay Happy

Know what is absolutely jaw-dropping? The fact that a study revealed that cravings are not necessarily a result of hunger, but rather your mood. If you've ever watched a show like the biggest loser, one thing that usually resounds is the trigger than started the cascade of weight gain.

Normally, it was some sort of depression- having lost a family member, being bullied at school, having no friends or sheer boredom.

Food does improve your mood, albeit for a very short period of time, but then just leads to you wanting more and more, frequently that bag of chips or candy.

Instead of filling up your thoughts with somber, woe-is-me thoughts, do something to take up your time, such as visiting somewhere new, doing something you truly enjoy, getting some exercise or going to a movie.

Find Replacements

Sometimes, just talking the talk isn't enough; you need something tangible to fill the void created by the absence of your favorite sweet treats.

Good options here include foods like fatty fruits (avocados, olives) protein and fat rich meats, and bulky veggies.

You can even try making some kale chips, which taste delicious and fill you up pronto!

Don't Starve Yourself

Going on a diet is synonymous with starving for many people- simply because they associate "diet" with a significant reduction in amount of food consumed. This is where many people mess up. If you restrict your calories too much, too fast, your body goes into starvation mode- decreasing your metabolism and revving up starch craving and hunger pangs.



Eat More Protein

Protein is quite likely the most important macro-nutrient needed in the body. Without enough, you lose muscle mass, chemical processes in the body grind to a halt (AKA, metabolism) and you subsequently burn less calories. But did you also know that people consuming higher amounts of protein in their diet have far less starch or sugar cravings? This is because proteins, and more specifically slower digesting varieties (such as red meat and casein protein) signal to the brain higher level of satiety. This causes you to have fewer carb cravings and become more efficient in weight loss.

Got Fat?

“Whoa! You gotta be kidding me” is probably what’s going through your mind right about now, but it has been proven, and is widely becoming accepted, that a reasonable amount of dietary fat consumption is not bad for you, and is more likely to be beneficial. Why? Chew on these:

Fat Is Essential For Production Of Hormones By The Body. These hormones include sex hormones, and fat burning hormones (epinephrine and norepinephrine) as well as many other supporting ones. Restriction of dietary fat correlates to lower levels of these hormones

Fat Blunts Your Craving For Carbs Or Starch- fat is extremely filling and satisfying, and when taken with protein slows down its absorption significantly. In fact, consuming a diet high in protein and good fats (such as that found in avocados and almonds) while subsequently restricting carbohydrates, can lead to profound body composition changes. This is also likely to be the best plan for long term weight loss and stopping starch cravings once and for all

And just to top it off- did you know that many of the negative effects associated with fats are really attributed to when it combines with carbs? Yep, it takes two to tango (or in this case, make you fat and unhealthy!)

the day. And, since insulin signals hunger and starch cravings when levels drop low, keeping it at a stable elevation prevents cravings in the first place.

Hydrate & Veggi-nate!

I bet you're tired of hearing "drink water, eat your veggies, blah blah" but what if I told you there was a stupidly simple way to beat the carb cravings while doing the same? Interested? Here's what you can do

Drink a gallon of water a day- the easy way to do this is full a one-gallon sized jug with water, and graduate lines on it that have to be drank ever hour. This not only makes it easy for you to visualize how much you need to drink, but keeps you accountable. Water is absolutely essential for beating a craving

Eat As MUCH Veggies As You Want- yes, this revolutionary piece is what will make or break your Keto diet. Let me tell you why; veggies are extremely low calorie, meaning that one or even two full cups worth is unlikely to even deliver 200 calories. Secondly, by eating a particular one you enjoy, it doesn't feel like a task and you feel satisfied in the process. A simple plan for achieving long term success!

The key to getting over missing carbs is surviving the first two weeks, and getting them out of your sight. It is futile trying to break the cycle, when you have cookies stashed in your pantry begging to keep you company. You won't be missing any of them in no time when you begin to lose weight and get control of your appetite back!



Should You Count Calories?

When people think of calorie counting, they cringe, and while all of us wish we could eat whatever we want without gaining weight, for most of us this is simply not reality and not how it works.

While there are some people who can eat what they want and not gain weight, most of us have to watch our diet closely and pay close attention to the food we consume.

Counting calories is one way people have decided to take charge of their fitness and lead a healthier lifestyle. Along with counting calories, they may decide to go on a low-carb diet in an effort to lose weight.

There may be some confusion about calorie counting and what it actually entails and how it can benefit you, but also if it is necessary when you are on a low-carb diet. To figure out the answer to this question, it is important to understand what each entails and their purposes.

Why People Count Calories

The idea behind calorie counting is the basic formula of calories in and calories out. The goal is to burn more than you eat so to create a calorie deficit that results in either weight loss or healthy weight management.

Typically, tracking calorie intake and being mindful of physical activity you are performing is key to maintaining a healthy weight and staving off overweight and obesity that cause serious health problems for the body.

The calorie formula takes into account your height, weight, activity levels and age in order to determine the correct number for you. For those who workout every day can eat much more food and still lose weight, while those who are sedentary will have to lower their daily intake.

Use an online calorie calculator and plug in your data and then play around with the activity settings and you will see the big differences in allowed calories between sedentary and active lifestyles.

Does Counting Calories Help With A Low-Carb Diet?

Since calorie counting keeps people on track of their fitness goals, it may actually be beneficial for people to do so while they are on a low-carb diet.

Yes, you are consuming less carbs, but it is still important for you to know how many calories are in the foods you are eating, because the calorie deficit is important with or without carbs. Therefore, even if you are on a low-carb diet, if you are consuming too many calories, you may not see any results.

For example, meat and chicken have no carbs, and it is a staple of most Keto diets. However, steak and chicken are high in calories, so should you eat a 1-pound steak with each meal this can really result in a massive calorie intake that can stall your progress.

Appetite Control With Keto

However, it should be noted that many who follow a Keto diet find that their appetite becomes much more under control than those who eat carbs.

Simple sugars especially cause blood sugar spikes that cause out of control cravings in the body and generally result in people eating much more food on a daily basis than they really need.

On a Keto diet, one that includes lots of green vegetables and lean protein people's cravings disappear, and they report feeling full and satisfied with much less food than they used to eat before going Keto.

In this case, calorie counting may not be necessary because hunger signals are normalized within the body, out of control, cravings for sugar are gone, and the dieter eats to satisfy genuine hunger, which most of the time means they do not over eat.

Bottom Line

Everyone is different. The decision to count or not really depends on you and your results, if you find that you are eating more calories than you should on a Keto diet and not seeing your weight loss goals realized, you may need to determine your requirements and start monitoring caloric intake.



Vegetable Carbs Vs Starch And Sugar Carbs

When it comes to carbohydrates, not all are created equal. In fact, some are created more equal than others, in the sense that they are extremely nutritious, without the high carb density of starchy or sugary fruits, veggies, and grains.

Proper selection of vegetables becomes ever more important if following a Keto lifestyle, or trying to adapt to a ketogenic lifestyle.

The ketogenic diet is one that is very low in carbs most of which are derived from non-starchy vegetables, along with moderate protein and high healthy fat intake. This diet triggers a metabolic process known as ketosis, where the body burns stored fat for fuel instead of dietary carbs.

But why the fuss? Aren't all veggies good for you? Yes, but not all of them will help you achieve your ketosis goals, when carb restriction is important to you.

Which Veggies Should I Be Looking For?

The following are your Keto vegetables, conversely, starchy varieties, like corn, peas, and potatoes carry a higher glycemic load and thereby defeat the purpose of a Keto, ketogenic lifestyle.

Alfalfa Sprouts - .4 grams per cup

Daikon – 1 gram per ½ cup

Endive - >1 gram per ounce

Escarole - >1 gram per ounce

Arugula - .2 grams per ½ cup

Bok Choy - .8 grams per 1 cup/raw

Celery - .8 grams per 1 stalk

Chicory Greens - .6 grams per ½ cup

Green Onions - .1 per 1 tablespoon

Cucumber - 1 gram per ½ cup sliced

Fennel - 3.6 grams per 1 cup

Iceberg Lettuce - .1 grams per 1/2 cup

Jicama - 2.5 grams per ½ cup

Parsley - >1 gram per ounce

Bell Peppers - 2.3 grams per ½ cup

Radicchio - .7 grams per ½ cup

Radishes - .9 grams per 10 pieces

Romaine Lettuce - .2 grams per ½ cup

Artichoke (1/4 Steamed) – 4 grams

Artichoke Hearts In Water - 2 grams per 1 heart

The Keto Transformation

Asparagus - 2.4 grams per 6 spears

Bamboo Shoots - 1.1 grams per 1 cup

Broccoli - 1 gram per 1/2 cup

Brussels sprouts - 2.4 grams per 1/4 cup

Cabbage - 2 grams per 1/2 cup

Cauliflower - 2 grams per 1 cup

Chard - 1.8 grams per 1/2 cup

Collard Greens - 4.2 grams per 1/2 cup

Eggplant - 1.8 grams per 1/2 cup

Hearts of Palm - .7 grams per 1 heart

Kale - 2.4 grams per 1/2 cup

Leeks - 1.7 grams per 1/4 cup

Mushrooms – 1 gram per 1/2 cup

Okra - 2.4 grams per 1/2 cup

Onions - 2.8 grams per 1/4 cup

Sauerkraut (canned and drained) - 1.2 grams per 1/2 cup

Spinach - .2 grams per 1/2 cup

Tomato (1 medium) - 4 grams

Cherry Tomatoes - 4 grams per cup

Are Vegetable Carbohydrates Superior To Starch Based Or Sugar Carbohydrates?

Glad you asked! Yes, as the advantages and benefits on health are what we are primarily after.

GI Score

Do you know the major determinant of a food's ability to affect your blood sugar? It's something known as the GI or glycemic index score.

The veggies names above all have GI less than 20, which signifies that their effect on blood glucose levels is extremely low (the lower the GI, the less significant the effect on blood sugar or insulin trigger ability).

In a Keto plan, the goal is to induce ketosis or the metabolic state of burning fat for energy instead of dietary carbs, and insulin exerts a restrictive effect on ketosis if elevated too often.

This is the reason why insulin trigger foods (high GI) are highly limited on a Keto plan, and instead Keto vegetables are the main sources of carbs.

Insulin, known as the "storage" hormone, does not like to have the body's stores depleted, and will attempt to hoard as much nutrients as it can. Thus, lipolysis (the pre-cursor to ketosis) is also shut down, and the body's attempt to lose weight likewise is halted.

Are Starch Carbs And Sugar Carbohydrates Off Limits?

Ideally, every person on the planet should strive to remove starchy and sugary foods from their diets. This is because they induce a constant state of hyper-insulinemia, and chronically high blood sugar levels.

By now you've all likely seen, or experienced the dangers of high blood sugar, from diabetes, to the associated disorders of the heart, damage to blood vessel walls, nerve damage and much, much more!

In the average person, refined sugar, and sugary foods really do nothing but raise blood sugar levels, and turn to fat. The only exception to this is the athlete or bodybuilder who burns off any ingested sugar during a workout, but the average person typically does not.

Of particular note is the illusion that "whole wheat" or high fiber cereals are the means to an end. Often, nothing could be further from the truth, for those who are obese or overweight.

The Keto Transformation

In fact, many experts agree that while they may have more nutrients, like fiber than their white processed counterparts, they can still be significant insulin triggers, and so not supportive of ketosis or long term weight loss.

Oats, whole wheat bread, brown rice and the lot of em' will prevent you from entering a state of ketosis.

It should be seen that non-starchy vegetables are your go to veggies if you're serious about following a Keto lifestyle.

Starches, so-called "health foods" that are rich in wheat based carbs and junk sugars are never recommended by the Ketogenic diet or Atkins, both of which have helped thousands of people lose weight and keep it off.



How Keto Helps Reverse Type 2 Diabetes

Over 29 million (9.3%) of Americans have diabetes, according to a report released by the Centers for Disease Control and Prevention. Of those with diabetes, one in four doesn't know he or she has it. According to the National Diabetes Statistic Report, 1.7 million people 20 years or older were newly diagnosed with diabetes just in 2012.

The most common form of diabetes is Type 2 Diabetes, which causes the body not to produce insulin properly. Many diets have been proposed to help cope with the disease, but studies published by the National Institute Of Health and on Diabetesjournals.org have shown that diets low in carbohydrates have proven to be more effective at weight loss among people with Type 2 Diabetes, as well as effective at maintaining blood sugar levels.

The reason for this is pretty simple. Your body converts carbohydrates into glucose, which raises your blood sugar. Refined carbohydrates, like white bread or white flour, is processed basically in your body as refined sugar, and converts faster into glucose than unrefined carbs, like whole grains and fruit, which slow the conversion process down.



So if you consume lots of carbs, particularly refined carbs, you may produce more glucose than your body needs, and that glucose is converted into fat. This is especially dangerous for diabetics, not just because it can cause a spike in blood sugar, but once the body begins converting glucose into fat, the blood sugar can then quickly drop again.

Here are 4 tips to help people with Type 2 Diabetes to stay healthy and maintain better blood sugar while on a Keto diet.

1. Do The Numbers

According to the CDC, most Americans consume about 50-60 percent of their calories in carbohydrates. Therefore, for a 2,000-calorie diet, that would be about 275 grams in carbs. Try cutting down to 30-40 percent of your calorie intake, so about 125 grams of carbs for a 2,000-calorie diet. This will not only help keep the fat off, but will keep the blood sugar from dropping.

2. Choose Carbohydrates Wisely

Stay away from refined carbohydrates, as they will cause your body to produce more glucose quickly than it has insulin to keep up with it. That extra glucose will become fat. So skip the pasta course, and focus instead on fiber-rich fruits and vegetables, like blackberries or leafy greens. Also, choose whole grains, which contain important minerals like selenium, potassium, and magnesium, and avoid refined sugar as much as possible. Replace that delicious candy bar with some equally delicious raw almonds. Ok, maybe they're not delicious in exactly the same way.

3. Eat Lots Of Low Fat High Protein Foods

Go to bean town. That means all kinds of beans—navy, black, pinto, lentils, all are high in protein and low in fat. Tofu is an excellent choice, as are lean meats, like chicken and fish. Salmon is particularly good choice because it also contains high levels of good omega-3 fats. Also of these choices don't contain any carbs. Nuts make a great high protein snack, which also contain rich omega-3 fats. You can also try dairy and yogurt as good protein options.

4. Exercise

While not technically a food choice, exercise is extremely important for the diet to work and for you to maintain healthy. Studies have shown that sedentary lifestyles can actually worsen diabetes, as well as heart disease, and weight gain, which only makes it worse.

Exercise helps you lose weight, relieve anxiety, and speed up your metabolism. All of which will help you keep the fat off and keep the blood sugar stable. Exercise is also a great energy booster. Even moderate exercise like regular walking is one of the best things you can do to maintain a healthy



5 Energizing Keto Breakfasts Ideas

By now, it has been pounded into your head more times than you'd like to remember; breakfast is the most important meal of the day. Yet, many people skip this meal altogether, for reasons that range from "no time," to "can't stomach food" to "I don't like breakfast."

However, regardless of the best lame excuse you can muster, there are reasons too many to mention why you NEED to have breakfast, and there is an endless number of options for you to consider.

Just in case you don't know why breakfast is so important, here's a quick refresher:

A Healthy Breakfast Revs Up Your Metabolism- Think skipping meals will have you looking like a Greek god/goddess? Nope, research has shown that people who miss meals end up slowing their own metabolism, hindering long term calorie burn, and hence weight loss. Consume a meal loaded with proteins, healthy fats, vitamins, minerals and fiber to kick your gears into motion!

You're Less Likely To Snack On Trash- bowl of cereal? More like bowl of TRASH. Breakfast cereals are notoriously fake on nutritional value, and offer no real incentive for your body to feel satisfied. Chances are, if you eat cereal for breakfast, you will be having the munchies by 9AM.

You Become A More Productive Citizen- be it in school, or work, the benefits of a solid breakfast are unmistakable. You are sharp as a blade, extremely efficient in work tasks, and do not procrastinate! Your teacher or boss is likely to notice!

By now you may be thinking that it's about right to go load up on bread and pancakes at breaky. Not at all; in fact, diets high in refined, starchy and simple sugars are actually the worst in regulating your energy levels and keep you working at peak performance.

Instead, Consider These Amazing Keto, Energizing Breakfasts To Keep You On The Go:

Wheat Free Pancakes

Good news for you- you can still have that pancake, but this time it is 10 times healthier. Typical wheat free pancakes are made of almond flour, which is extremely low in sugar and carbs, but a decent source of proteins. The natural flavor of almonds means that your pancake will still taste excellent even without added sugar. You can serve with a few berries on top, but keep in mind that berries are reasonably high in sugar content.

Muffins

These are not your typical muffins, in fact these are even more delicious! These muffins are made of cheese (mainly cheddar) and broccoli, along with eggs and veggies of your choice. They're easy and fast to prepare, so you can even make them in the evening before bed, and have breakfast waiting for you when you get up! What you get is a muffin high in protein, fiber, vitamins, and minerals and very low in carbs- just what you need to get up and go.

Baked Eggs And Bacon With Wilted Spinach

If your stomach is a bottomless pit, this will suit you just fine! This breakfast meal is healthy, and very filling. To make, just line a baking pan with spinach, followed by bacon, then top with eggs, veggies of your choice and two tablespoons of grated cheese and pop in the oven for about 20 minutes.

Trust me, you won't be very hungry for snacks today!

Frittatas Made Of Tomato

This will be likely one of the tastiest frittatas you can make, and also one of the healthiest. Eggs, a bit of bacon, and cheese are filled into a tomato center, and baked for about 15 minutes. The result? A breakfast meal rich in protein, lycopene, and many vitamins and minerals.





Spiral Cut Vegetables Instead Of Pasta?

Yes!!

Many people equate switching to a Keto diet with having to give up many of the foods that they love. That is hardly the case, often it just means having to be more creative when you cook.

In fact, did you know there are many different Keto swaps for carb-filled recipes that allow you to enjoy, pancakes, pizza, crunchy snacks like chips, French fry alternatives, and even pasta! Yes, pasta!

For many, one of the hardest parts of eating Keto is the need to give up pasta that is loaded with starch carbs, but pasta alternatives are made easy with the invention of the spiral cutter!

While you cannot eat pasta made from flour when living a Keto lifestyle, when you use these amazing vegetable cutting tools, you can still enjoy your pasta dishes, in a very Keto healthy version.

Many people who have tried using spiral vegetable cutting tools now swear by them. They have become as important to them as a knife or bowl when preparing healthy meals.

The remarkable and unique taste of dishes that use spiral cut vegetables combined with the nutritional diet benefits they have has people rushing to learn this new healthy form of cooking.

What Is A Spiral Vegetable Cutter?

These devices come in a wide variety of models and price ranges. They can be found in different forms, from a hand held spiral vegetable cutter to a machine that you feed the vegetables into that does the work for you.

The name is somewhat misleading because these devices are excellent at making spiral cut fruits too.

Here are some general guidelines when selecting fruits and vegetables to use in them:

1. Use fruits and vegetables that are very solid, two of the best choices are zucchini and cucumbers
2. Try to avoid using highly irregular shape vegetables and fruits, the straighter the sides the better your spiral cut vegetables will turn out
3. Hollow core vegetables cannot be used
4. A good general guideline is the length of the fruits and vegetables to be cut should be longer than 2 inches and the diameter larger than 1 ½ inch

Here are some examples of fruits and vegetables that typically work well in a spiral vegetable cutter:

Apples

Zucchini

Beets

Broccoli

Butternut Squash

Carrots

Chayote

Cucumbers

Onions

Parsnips

Pears

Plantains

Radishes

Spiral Cut Pasta – Keto Style!

Why are spiral cut veggies a good choice?

For one it fits the mold when designing a diet that is low in carbs that eliminates high starch foods like pasta

Another reason is that spiral cut vegetables add some excellent taste and texture to any recipe

Many savory pasta dishes already feature different vegetables in their recipes to enhance the flavor, so spiral cut vegetables only compliment this trend further

It is also a well-known fact that it is much easier to maintain a Keto diet when you can mimic and enjoy your carb-filled favorites

So what is the vegetable of choice for making vegetable noodles?

Currently one of the most popular vegetables to make spiral cut noodles out of is zucchini.

Once the zucchini has been cut, simply steam the spirals or pour hot water over them to soften them just a bit before adding sauce and other ingredients.

Recipe Ideas

You can make various types of Keto spiral veggie dishes that mimic your favorite pasta recipes.

1. Spiral zucchini with marinara
2. Spiral zucchini with spinach and cream sauce
3. Spiral zucchini with Alfredo sauce with or without chicken and shrimp
4. Spiral zucchini with butter, fresh garlic and parmesan
5. Spiral zucchini with clams

The above can be used as main dishes or even as side dishes to go with your steak, chicken or fish entrées.

There are other vegetables that can be spiral cut to replace starches in recipes including:

Yellow Summer Squash

Carrots

Cucumbers

Give A Spiral Vegetable Cutter A Try

If you are on a Keto diet, then pick up a spiral vegetable cutter and try it.

You will be amazed how these great high carb swaps will taste. With a spiral cutter, a Keto diet no longer means that you have to cut out your favorite pasta from your menus.

Enjoy and eat well!



Energy Boosting Foods

It is a well-known fact that foods are a source of energy and provide fuel for your body.

Are you one of those people who turn to caffeine and sugary snacks for a quick energy boost?

Most of us are guilty of doing that from time to time. However, there are much better ways to get that needed energy boost AND lose weight at the same time without suffering the risks of blood sugar spikes.

The top best food is actually healthy fats, including butter, yes butter! Along with olive oil and other natural oils.

The next food to boost your energy levels is nuts. They are one of the best natural and healthy sources of energy that you can eat and they are packed with nutrients.

Number 3 top food is salmon. It contains omega-3 fatty acids, which are needed to keep your mind and body working properly.

Green leafy vegetables like spinach, kale, and broccoli will give you energy for the day and contain plenty of minerals and nutrients.

Last on the list of the top 5 foods to boost your energy are eggs, which are far from being bad for you, they are actually a good source of protein and will help keep you feeling full longer.

These ingredients are just some of the energy boosting ingredients in the Ketogenic diet.

You will be fascinated to find out how the Ketogenic diet can help you to not only lose weight, but also improve your overall health, energy, and vitality.



5 Portable Keto Meals

Let's face it- we all have jobs (or at least I hope so!) and it can be quite the task to wake up very early in the morning to prepare food, then struggle through morning commute for who knows how many more hours. Then, as soon as you reach into work, you run down to the vending machine and pick up a Snickers. Whoa there! You're off to a bad start.

What if I told you, that you can carry your food with you? Yes, I know you won't be spending hours in the kitchen before work, but there are ways you can expedite preparation time, and have delicious, healthy and most importantly portable Keto meals at your disposal.

First, A Few Quick Tips:

Do the bulk (or all) of your preparation on weekends- you can easily cut veggies for salads, marinate and grill meat, and even portion off entire meals, all over a Sunday afternoon.

Make a List of All the Likely Needed Food for the Week- you're more likely to fall off a diligent plan if you have nothing to eat! So, stock up, and cook happily!

Don't Go Condiment Heavy- by this, we mean try to limit or restrict the amount of condiments added to these otherwise healthy and Keto meals. Condiments are loaded with hidden carbs and sodium, which can leave you scratching your head wondering where you're going wrong.

With That Out Of The Way, Here Are Some Great, Healthy And Portable Keto Meals Ideas

Bread-less Sandwiches: finding it hard to forego your delicious bread based sandwiches? For many people, bread forms a very important meal base, around which endless varieties of sandwiches can be concocted. Going cold turkey on bread when on a Keto diet can drive you bananas! But, luckily, you can use lettuce to substitute as bread slices, or even in the case of bun less burgers! Sandwiches are the ultimate portable food, and this can be a godsend. Fill with lean meats, onion, ranch dressing for a zesty kick (which coincidentally is low in carbs wink wink!) and, in limitation, a bit of cheese. You can try a new type of lettuce sandwich everyday if you like!

Stir Fried Veggies And Seafood: don't like to cut up and prepare veggies on the weekend? (Lazy, aren't you!) Then, still no reason to stress. You can just as easily pick up a bag of frozen veggies from your supermarket freezer aisle, and easily whip out a few for a tasty stir fry. Add shrimp in the mix, or even canned tuna, and what you've got is a powerful and portable meal rich in heart healthy Omega-3 Fatty acids and lots of Zinc (watch out for that libido increase!)

Keto Bento Boxes- bento boxes may be unknown to you, but they can be a very nice way to spruce up a boring or visually dead diet. The way food looks plays an important part in its perceived taste, and this is especially where bento box Keto meals excel. All you need is a lunch bowl with 3-4 compartments, and fill with various foods in each. Typically, Japanese Bento contains rice, but Keto substitutions are a quick and easy fix. You can fill one compartment with seasoned or stir fried veggies (your choice; I love the way stir fried Brussels sprouts taste!), one compartment with a lean meat of your choice, or even better fish; and a boiled egg or two in the other compartment. Sprinkle a little soy sauce over the dish and you will have a delectable meal that looks stunning too.

Smoked Or Grilled Kebabs- love a good Fourth of July weekend? So do we! Well, now you can have your mini HEALTHY Keto barbecue whenever you need! Just fire up that grill (gas or charcoal) and make your own kebabs on skewers! Accessorize with sweet bell peppers, onion, tomatoes, maybe some bacon, and even the occasional pineapple chunk. A very Keto portable meal as long as you do not go overboard with the pineapple.

Good Old Salads- nothing beats a nice salad when it comes to health, and convenience. Salads take a mere minutes to prepare, can be done however you like, and are filling too. Load up with lettuce, tomatoes, cucumbers, sweet peppers and lean meats of your choice (turkey works well here). Hey, if you like pack two servings for a long day!

Now that you've seen the simplicity of packing a healthy Keto meal, there's no longer a reason to not carry yours from home.

The portability of these meals is unmatched; you can likely fit them in your handbag or even pocket!

5 Easy Ways To Cut 100+ Calories A Day

When dieting there are several things to keep in mind, from how often you're eating down to the distribution of macronutrients in your food.

The bottom line is that when you're trying to lose weight it all comes down to simple math: Calories in must be less than calories out.

That's it.

The CDC states that a healthy rate at which to lose weight is anywhere from 1 to 2 pounds per week.

To put that into perspective, there are 3500 calories in 1 pound. In order to lose 1 pound a week, you'll need to be at a 3500 calorie deficit. That being said, you can reach this deficit through both diet and exercise.

Exercising is a sure fire way to burn extra calories and gain muscle strength. However, it can be discouraging to go to the gym daily and not see any results.

Have you ever heard the saying that abs are made in the kitchen?

It means that no matter how hard you work out, if you're eating more calories than you're burning you'll never see the desired results.

It's important to start slowly when making any changes to your diet. It would not, for instance, be in your best interest to cut out a meal or two just to meet your target calorie deficit. There are a couple of reasons this wouldn't work out well: first, you risk throwing your metabolism out of whack; second, the body is programmed to protect itself so if you drop your calorie intake too drastically it will hold onto whatever sugars and fats you do eat to prepare for the next famine.

Start by reducing your calorie intake gradually. Experts say that a healthy rate at which to drop your calories is from 100-500 calories per day. Here a few tips to help get you started!

Replacing Familiar Foods With Lower Calorie Alternatives

If you replaced your morning bagel with a Bagel Thin you'd be starting your day off with 240 calories less than you did the day before. What about that delicious bacon or cheeseburger? Going with a chicken or turkey alternative can shave off almost 300 calories!

Veggies Masquerading As Starches

Comfort foods are, perhaps, some of the most difficult to give up. Swapping in vegetables and preparing them in a way that mimic your favorite dishes is a huge calorie saver. Zoodles (zucchini noodles) replaces pasta. They don't have a strong flavor so they go great with any kind of sauce. Cauliflower does a tremendous job playing the part of the mashed potato and you prepare it the same way! Boil, mash, season, and serve. And the best part? These little tricks can save you close to 200 calories per meal!

Negative Calorie Foods

Yes, you read that correctly. There are foods that take more energy to burn than the calories they provide.

Choose any of the items from this list to replace one daily snack and start chipping away at those calories!

Celery

Cucumbers

Strawberries

Tomatoes

Watermelon

Grapefruit

Apples

Lettuce

Premeasured Portions

How often do you eat a snack straight from the bag? Eating directly from the box makes it impossible to keep track of your calorie intake. The best thing to do is to portion out your snacks for the week ahead of time. Keep your snacks in a single serving size in its own baggie or container. You'll be less likely to overeat and you'll know exactly how many calories you're taking in.

Play Mind Games

The Journal of Consumer Research sites several things you can do to trick yourself into eating less. Some of the suggestions seem a bit ridiculous, but they've got the research to back up their claims.

Their recommendations?

Use smaller plates/bowls: The Delboeuf illusion says that two identical items placed side by side will not appear to be of equal size if each is surrounded by a different sized circle, which in our case, is a dish. The bigger the circle the smaller the item appeared. Placing your food on smaller dishes will help you feel like you're actually eating more than you are.

Make sure your dish is a different color than your food: People tend to over serve themselves if the color of their dish is too close to what they're eating.

Drink from tall glasses: If partaking in an adult beverage, swap your lowball glass for something tall and narrow. Researches from the British Medical Journal found that you're more likely to pour larger amounts of alcohol into a short glass as opposed to a tall one.

Cut your food into smaller bites: A test conducted at the Arizona State University found that students who were told to cut up their bagel before eating it ate less calories than those who ate the uncut bagels.

There you have it! Most of the suggestions on this list are very simple to integrate into your daily routine. A swap of an ingredient here, a smaller plate there...you'll be sure to shave off at least 100 calories, if not more, every day!



How Perfecting The Skill Of Mindfulness Helps Improve Your Diet

Making the decision to live a healthy lifestyle complete with a nourishing diet is easy to do. The hard part is living it out, and making the decision daily to take good care of yourself and your body. By practicing Mindfulness, you can improve your diet, and stay on track with your goals.

What Is Mindfulness?

Mindfulness is the meditation practice of sitting quietly, focusing on your breaths, in and out. Its intent is not to rid your mind of thoughts, or keep from thinking. It is intended to help you balance and accept yourself, your thoughts, and be aware of your body in the moment.

How Do You Meditate With Mindfulness?

Meditation may sound intimidating or like something you don't have the time or focus to do, but Mindfulness is something anyone can practice, no matter where they are physically, or where they are with themselves.

To Practice Mindfulness, You Can Follow These Steps:

Find a quiet and comfortable place.

Sit on a pillow, and cross your legs comfortably making sure your hips are above your knees. Place your hands palm down on your thighs.

Close your eyes and begin breathing, in and out.

Focus on your breath, and pay attention to your thoughts. If they contain worries and stresses of the day, breathe them out.

As you breathe, do not try to stop your thoughts or change them. Just focus on who you are in that moment.

Breathing in and out, become aware of your body. Use your breathing to connect to your body, mind and self as a whole just where you are.

How Can Mindful Meditation Help Improve Your Diet?

You may wonder how Mindful breathing and meditation can help you improve your diet and stay on track with your weight loss goals, and will find that they support one another quite well.

Releases Tension And Relieves Anxiety

When you release your body of tension through Mindful Meditation, you'll reduce the anxiety and stress that is likely taking a toll on your body. If you are peaceful, relaxed, and free of stresses you will be less likely to use food as a comfort. Emotional eating is linked to stress. By freeing yourself from this, you can minimize or eliminate emotional eating and enjoy healthy, nourishing meals.

Engages And Focuses Your Mind And Increases Body Awareness

Breathing in and out, while allowing your mind and body to be aware of one another engages the brain and connects you to your body in a way that is calming, yet invigorating.

By being mindful of the moment you're in, and how special you, your mind and body all are, you begin to value all your parts, thoughts, and self. This type of mindset makes you peaceful, thankful and encourages you to take the time to give yourself the best care, food, and love possible.

Creates Acceptance Of Who You Are Now, And Inspires The Journey Of Where You Want To Go

Being able to love yourself, and accept where you're at in your journey will lend itself nicely to keeping you on track in your healthy eating ambitions. If you constantly feel worthy of the care you're taking to feed your body healthy fuel and treat yourself well, you'll be less likely to become discouraged and give up before you reach your healthy goals.

Mindfulness calls you to be calm and recognize your thoughts, and who you are in any moment you're practicing. Being mindful of your mind, body, and self as one can be very powerful in helping you achieving a healthy balanced life, and diet.



Keto Diet Pitfall: Not Enough Fiber

Two types of fiber exist: Soluble fiber dissolves in water; insoluble fiber does not.

Soluble fiber becomes a gel like substance during digestion. Insoluble fiber remains intact and helps clear the digestive tract of wastes and adds bulk to stools.

Fiber supports healthy digestion and elimination processes. Health professionals recommend consuming at least 20 grams of fiber daily.

The ideal recommendation given by The Institute of Medicine suggests:

Men 50 years and under --> 38 grams

Women 50 years and under--> 25 grams

Men 51 years and older--> 30 grams

Women 51 years and older--> 21 grams

The sole source of fiber in a person's diet are carbohydrates. Whole foods, fruits, vegetables, beans, legumes, unrefined grains and nuts, all provide fiber. Fiber supplements are derived from these sources. This poses a challenge to people following a Keto diet.

Low-Carb Diets and Digestion

Aside from sugar cravings and missing favorite treats, many low-carb dieters struggle with digestive difficulties. They may experience diarrhea and or constipation due to the lack of fiber in their meal plans. As they actively exclude the majority of carbohydrate food sources from their diet, they neglect to ensure the inclusion of high fiber carbohydrates and suffer for it.

The only way to correct this issue is to find the appropriate level of carbohydrate consumption for each dieter. It varies. While there are general recommendations, a person on a low-carb weight loss plan will only want to include the amount of high fiber carbohydrates necessary to end their digestion problems.

Keto Count High Fiber Foods

When planning which carbohydrates to include in their meal plan, low-carb dieters need to select foods with the lowest, net carb value. Net carbohydrate values are determined by subtracting the number of sugar grams and fiber grams from the total grams of carbohydrates in a food item. The idea is to limit the healthy carbs eaten to those with the least amount of impact on blood sugar levels.

Recommended foods include:

Arugula

Swiss Chard

Zucchini

Spaghetti Squash

Cauliflower

Celery

Mushrooms

Apricots

Avocado

Strawberries

Peaches

When in doubt, choose green leafy vegetables and fruits with high fiber content.

Low-Carb Diets and Metabolism

Unrefined, whole food carbohydrates also supply the body with vitamins, minerals, and antioxidants necessary for good health. The nutrients they supply support cellular regeneration and immune function. They also support healthy weight loss; without them the body may determine it's starving and slow the metabolism which prevents weight loss. The body will use the food it receives more efficiently and store any excess as fat.

Glucose Deficits and Gluconeogenesis

The body uses glucose for most energy needs. It's part of the reason low-carb diets work so well. When the body is deprived of carbohydrates to break down into glucose, it uses alternative energy sources like fat.

However, glucose is the only readily available energy source for the brain; in emergencies, it can also use ketones produced by the breakdown of fat. Glucose also supports many functions in the body. If the levels of glucose in the bloodstream become dangerously low, the body will convert other available metabolic factors into glucose.

Gluconeogenesis is one example of this. During gluconeogenesis, amino acids are converted into glucose. The liver is the primary organ for this process, but the kidneys are capable of performing this function as well.

When carbohydrates are consumed, some are stored on the liver as glycogen. If the glycogen available in the liver is exhausted, the body turns to the muscles for protein, amino acids to convert into glucose.

Gluconeogenesis is for survival and not a desirable state for weight loss.

While low-carb diets work in the short term, following them long term can be difficult. This becomes especially true if a dieter does not effectively manage their carbohydrate and fiber intake. The severe curtailment of carbohydrates actively interferes with the acquisition of fuel and waste elimination, two very important and intertwined series of bodily functions.





Keto For Heart Health

Carbohydrates come in two forms simple and complex. Simple carbohydrates or simple sugars occur in processed and refined foods. Sources of simple sugars include refined cane sugar (white table sugar), honey, fruit, dairy products, and vegetables.

Complex carbohydrates consist a series of linked simple carbohydrates and fiber. Starchy foods contain complex carbohydrates. Complex carbohydrate sources include whole grain products, pastas, rice, cereals, nuts, seeds, beans, legumes, bread, and starchy vegetables like potatoes, peas, corn, and zucchini.

When considering which carbohydrates provide the greatest health benefits, complex carbohydrates give more nutritional benefits. They contain vitamins, minerals, and fiber lacking in simple carbohydrates. They also provide the body with slow and consistent fuel keeping insulin levels even and consistent.

Simple sugars cause insulin levels to spike which can lead to insulin resistance for some people if simple sugars are a primary carbohydrate source. Insulin resistance has been consistently linked to patterns of obesity and diabetes.

While the body treats all sugar as fuel, the way it metabolize them greatly influences their long term effects on the body.

What Is A Keto Diet?

Keto diets include a low level of mostly complex carbohydrates with most calories coming from protein and fat. Recently Keto diets have become increasingly more popular as people find them to be so effective for weight loss. In fact, restricting carbohydrates effectively supports weight loss according to a study described in the September issue of the Annals of Internal Medicine.

However, the quality of the carbohydrates consumed is equal in importance to monitoring the amount. The fiber in complex carbohydrates plays a significant role in supporting heart health as well. Dietitians recommend consuming 60 to 130 grams of carbohydrates daily.

Protein and fat sources for Ketoohydrate diets need to be lean and healthy. Protein sources include fish, meat, poultry, eggs, and some non-starchy vegetables. Healthy fat (monounsaturated and polyunsaturated) sources include unrefined nut, seed and vegetable oils like sunflower seed oil, olive oil and coconut oil.

How Does A Keto Diet Support Heart Health?

For several decades, Keto and low fat diets received a great deal of endorsement and attention for supporting weight loss and overall health. It was also unclear which approach provides the most effective results for weight loss.

A recent study indicates a Ketoohydrate diet works best for weight loss with the added benefit of decreasing risk factors for developing heart disease.

Both diets allow people to lose weight effectively, however Keto diets appear to allow people do so with more success.

According to the randomized trial published in the Annals of Internal Medicine, a small group of obese dieters divided into two groups, one following a low fat diet and the other a Ketoohydrate diet, found the Ketoohydrate group lost more weight during the year long study.

They also showed greater decreases in body fat and triglycerides, risk factor for heart disease, and increased levels of high-density lipoprotein (HDL), good cholesterol.

While a Ketoohydrate, diet supports short-term weight loss and heart health, other characteristics of a Keto diet may be more significant causal factors. The higher amounts of protein and fat allow dieters to feel full longer which may lead them to eat less in general. Keto diets done well also provide fewer calories.

Low-carb diets must be carefully planned to ensure enough carbohydrates are consumed. Consuming less than 20 grams of carbohydrates can cause uncomfortable symptoms including:

- Bad breath

- Fatigue

- Constipation or diarrhea

- Headache

As a primary source of energy, high quality carbohydrates keep the body healthy and well fueled for daily activities and functions. Choosing healthy and unrefined carbohydrates as part of a balanced diet while limiting the amount consumed supports heart health.

Carefully monitor your energy levels and digestive response while on a low-carb diet and adjust your intake to meet your nutritional and caloric requirements.



Optional Supplements

While no particular supplement is required, some can be very useful.

MCT Oil

Fatigue and weakness can occur when the body is not in full ketosis or is not fats and ketones efficiently. MCT (medium chain triglycerides) oil can help, as it provides energy and helps increase ketone levels. A couple of teaspoons of MCTs daily can help increase energy levels and decrease fat stores due to its thermogenic effect.

MCT's are found in coconut oil, but they are also offered in a purer supplement form called MCT oil that contains much more of the raw MCT's than coconut oil offers. It can be added to coffee, or mixed into dressings without any added taste.

Choose a quality MCT oil product that includes the highest level of caprylic acids, preferably pure, which act in the body as real MCT's and are able to bypass the metabolic burden of processing in the liver and quickly become energy in the muscles and the brain.

Caprylic acid has potent anti-microbial properties for healthy digestion and it only takes 3 steps to turn it into cellular fuel, versus sugar that takes 16 steps. It is highly ketogenic and quickly converts to ketones in the body.

This is especially useful in those with high levels of carb sensitivity, who have a hard time reaching high levels of ketones in their urine.

Caution: In some users, MCT oil can cause digestive problems and loose stools so it is best to start slow to allow the body to adjust, begin with a teaspoon at a time, and no more than 2 tablespoons a day and take it with food.

Consult your doctor before using, especially if you are prone to kidney stones.

Exogenous Ketones

This type of supplement can help raise the body's ketone levels and may be especially useful in those with high levels of carb sensitivity.

Whey Protein Shakes

Whey protein is a the highest quality protein supplement, and can help increase protein intake in a more convenient manner for those who lack it in their diet. Look for products with pure whey content, and not those that fluff their product with concentrates to get a more quality protein.

Multi Vitamin

Ask your doctor or nutritionist about taking a multivitamin that can boost nutrient intake.



Is Keto Safe For Kids?

The views on whether a Keto diet is safe for kids are mixed.

Some people believe that kids benefit from Keto diets because they lower their wheat and sugar intake.

They believe parents don't need to be as strict about having a child in the healthy weight range because their insulin sensitivity is more sensitive than adults are so they can handle carbs more efficiently.

The View That Keto Diets Are Safe

For those who feel that kids are safe on a low fat diet, they need to think about which foods are beneficial for kids for things like their lunch boxes. They think that families of kids eating regular carb diets just put two slices of bread, some peanut butter, or salami together and that's good enough for their child's lunch. The wheat in the sandwich is 80 percent carbohydrates, which means they will soon be hungry again.

People who feed their kids a Keto diet take away the bread in their child's meal but keep the parts that are nutritious, such as the salad, mayonnaise, cheese, and meat. They feel that the child won't be deficient in nutrients by giving up the carbs. For them, bread is a filler and not necessary in their child's diet. They believe that eating a Keto diet high in good fats, proteins, and vegetables will more than compensate for the vitamins and fiber found in high carb diets.

While everyone's been told to eat whole grains, the scientific evidence indicates that when whole grain flour is turned into white flour, there is a reduction in diabetes, heart disease, and colon cancer. By eating more vegetables in a Keto/high fat diet, your child will get the benefit from this and that makes up for the loss of vitamin B and fiber that happens when they stop eating wheat products.

Starting A Keto Diet

Starting a Keto diet is not very difficult. The following tips are suggested when starting your child on a Keto diet:

Think about how many vegetables are in your kid's diet. A good Keto diet still should contain plenty of carb-rich vegetables. The same is true for healthy fats. Just keep out anything made with sugar and flour, as they have no nutritional benefit.

Use cold meat as a wrap. Wrap a slice of roast beef or ham and put some vegetables or cheese inside. Roll them up as you would a wrap, and you have healthy Keto meal.

Start slowly. If you have a kid that is a fussy eater, he or she won't want to go 'Keto' right away. Change just one thing at a time, such as removing the bread first but keeping everything else the same.

Get a lunch box with small compartments in them. Instead of a lunch box, use a tackle box that has small compartments to put their Keto foods in them.

Think about what you would generally put into a sandwich and give your child that without the bread. Kids will enjoy picking through the sandwich fillers and grazing on Keto foods.

Keto diets are extremely popular. They use high fat, high protein foods while getting rid of the legumes, fruits, and grains that add to the carb count in high carb diets. Your teenagers might be particularly interested in Keto diets as they promise some sort of weight loss.

The View That Keto Diets Are Bad

Those that think that Ketos are bad for kids report that the wheat in carbohydrate-containing foods causes poor absorption of vitamins and leaky gut syndrome. Wheat contains gluten and amylopectin, which can cause allergies in kids. Bread and similar products, like wraps, are highly processed and provide little nutrition. Wheat has a high glycemic index that leads to a rapid influx of sugar into the child's bloodstream.

They believe that children need carbohydrates. Experts feel that about half of all the calories kids eat should come from carbohydrates. According to these beliefs, the body's preferred energy source is carbohydrates in the form of yogurt, milk, vegetables, fruits, and grains.

The Keto Transformation

They don't however believe that you should give kids the carbs found in baked goods, candy, and sugary beverages. Instead, they should eat healthy carbs, such as those found in fruits and vegetables. You don't need bad carbs in order to stay healthy.

Those who believe that Ketos are bad for you think that drastically lowering the carbs in your child's diet may be bad for them. Cutting back on carbs can lead to several types of nutrient deficiencies, and is low in vitamin B and fiber.

Additionally, when you lower the high carb foods in your child's diet, there isn't much left for them to eat. Kids load up on fat and protein to make up for the lack of carbohydrates. Ketoohydrate diets can lower a child's energy level, which can be problematic for kids who are athletes.



What to Eat and What to Avoid

There are many healthy choices to add to your menus, and endless Keto recipes available in both books and online.

There are also some ingenious swaps that people have created so you can still enjoy lasagna, pizza, and high carb favorites without scarifying ketosis.

Meat, Fish And Poultry

Zero Carb Foods

All Red Meat

Chicken

Turkey

Pork

Veal

Lamb

Fowl (duck, goose, hen, quail)

Organ Meats (tongue brains, liver, heart, and kidneys)

Game Meats (ostrich, venison, caribou, bison, and elk)

Exotic Meats (such as ostrich and emu)

Cold Cuts And Ham (read label some have added sugar)

Bacon

All Fish

Seafood

Shrimp – 0 Carbs

Crawfish - 0 Carbs

Crab - 0 Carbs

Lobster – 2 grams per 6 ounces

Mussels – 8.4 per 6 ounces

Oysters – 12.4 per 6 ounces

Scallops – 3.9 per 6 ounces

Clams – 8.7 grams per 6 ounces

Squid – 7 grams per 6 ounces

Fats And Dressings

Butter - 0 Carbs

Mayonnaise - 0 Carbs

Oils – 0 Carbs (olive, avocado, and coconut oils for general use. Cold-pressed or expeller-pressed canola, peanut, and grapeseed oils are good for stir-fries)

Pure Unrefined Cold Pressed Extra Virgin Coconut Oil – 0 Carbs (contains medium chain triglycerides fatty acids, metabolized by the body to be used as immediate energy and not stored as fat)

Blue Cheese Dressing (2 tbsp.) – 2.3 grams

Italian Dressing (2 tbsp.) – 3 grams

Cesar Dressing (2 tbsp.) - .5 grams

Ranch Dressing (2 tbsp.) – 1.4 grams

100 Island Dressing (2 tbsp.) – 4.8 grams

Note: Check labels on all commercial dressings for carb counts

Soy Vegan Protein

Soybeans - 6.2 grams per 1/2 cup

Soy Milk – 1.2 grams per cup

Firm Tofu – 2.2 grams per 4 ounces

Silken Tofu – 3.2 grams per 4 ounces

Tempeh – 16 grams per cup

Soy Nuts – 2 grams per 1/2 ounce

Vegetables

Alfalfa Sprouts - .4 grams per cup

Daikon – 1 gram per 1/2 cup

Endive - >1 gram per ounce

Escarole - >1 gram per ounce

Arugula - .2 grams per 1/2 cup

Bok Choy - .8 grams per 1 cup/raw

Celery - .8 grams per 1 stalk

Chicory Greens - .6 grams per 1/2 cup

Green Onions - .1 per 1 tablespoon

Cucumber - 1 gram per 1/2 cup sliced

Fennel - 3.6 grams per 1 cup

Iceberg Lettuce - .1 grams per 1/2 cup

Jicama - 2.5 grams per 1/2 cup

Parsley - >1 gram per ounce

The Keto Transformation

Bell Peppers - 2.3 grams per ½ cup
Radicchio - .7 grams per ½ cup
Radishes - .9 grams per 10 pieces
Romaine Lettuce - .2 grams per ½ cup
Artichoke (1/4 Steamed) – 4 grams
Artichoke Hearts In Water - 2 grams per 1 heart
Asparagus - 2.4 grams per 6 spears
Bamboo Shoots - 1.1 grams per 1 cup
Broccoli - 1 gram per 1/2 cup
Brussels sprouts - 2.4 grams per ¼ cup
Cabbage - 2 grams per ½ cup
Cauliflower - 2 grams per 1 cup
Chard - 1.8 grams per ½ cup
Collard Greens - 4.2 grams per 1/2 cup
Eggplant - 1.8 grams per ½ cup
Hearts of Palm - .7 grams per 1 heart
Kale - 2.4 grams per ½ cup
Mushrooms – 1 gram per ½ cup
Kohlrabi - 4.6 grams per ½ cup
Leeks - 1.7 grams per ¼ cup
Okra - 2.4 grams per ½ cup
Black Olives (10 small, 5 large, or 3 jumbo olives) - 1 gram
Onions - 2.8 grams per ¼ cup

Pumpkin - 2.4 grams per $\frac{1}{4}$ cup
Sauerkraut - 1.2 grams per $\frac{1}{2}$ cup
Spinach - .2 grams per $\frac{1}{2}$ cup
Summer Squash - 2 grams per $\frac{1}{2}$ cup
Tomato (1 medium) - 4 grams
Cherry Tomatoes - 4 grams per cup
Turnips - 2.2 grams per $\frac{1}{2}$ cup

Fruits

Limes – 2 grams per 1 ounce
Lemons – 2 grams per 1 ounce
Rhubarb - 1.7 grams per $\frac{1}{2}$ cup
Avocado – 4.8 grams each
Apricots – 5 grams per fruit
Strawberries – 11 grams per cup
Blackberries - 7 grams per cup
Raspberries – 5 grams per cup
Red Grapefruit - 9 grams per $\frac{1}{2}$ fruit

Note: with the exception of lemons and limes in moderation, fruit is best introduced slowly into the diet once ketosis has been established and weight loss goals are being met, and you should monitor their effects on your weight loss and adjust as needed.

Dairy

Egg White – .3 grams

Egg Yolk - .3 grams

Whole Egg - .6 grams

Heavy Whipping Cream - .5 grams per tablespoon

Half-and-Half - .5 to 1 grams per tablespoon

Plain Full Fat Greek Yogurt - 9 grams per cup

Full Fat Sour Cream - 2 grams per 4 tablespoons

Unsweetened Almond Milk – Less than 1 gram per cup

Cheeses

Gruyère Cheese - .1 grams per 1 ounce

Cheddar - .5 gram per ounce

Fontina - .4 grams per 1 ounce

Havarti - .7 grams per 1 ounce

Parmesan - .9 grams per 1 ounce

Gouda - .6 grams per 1 ounce

Mozzarella - .6 grams per 1 ounce

Ricotta - .8 grams per 1 ounce

Blue Cheese - 1 gram per 1 ounce

Edam - .4 grams per 1 ounce

Monterey - .1 grams per 1 ounce

Muenster - .3 grams per 1 ounce

Provolone - .6 grams per 1 ounce

Neufchatel - .1 to .8 grams per 1 ounce

Herbs And Spices

All Herbs And Spices Have Very Few Carbs

Nuts & Seeds

Almonds (2 tbsp. whole) – 1.4 grams

Peanuts (2 tbsp.) – 1.8 grams

Hazelnuts (2 tbsp. chopped) - 1 gram

Macadamia Nuts (2 tbsp. chopped) -.9 grams

Pecans (2 tbsp. chopped) - .6 grams

Pine Nuts (2 tbsp.) - 1.7 grams

Pistachio Nuts (2 tbsp.) - 3.1 grams

Walnuts (2 tbsp. chopped) - 1.1 grams

Pumpkin Seeds - 5 grams per ounce

Sunflower Seeds (2 tbsp.) – 1.5 grams

Almond Butter - 3 grams per tablespoon

Peanut Butter – 2.4 grams per tablespoon

Note: Like fruit, nuts are best introduced slowly into the diet once ketosis has been established and weight loss goals are being met, and you should monitor their effects on your weight loss and adjust as needed.

Zero Carb Drinks

Water

Unsweetened Tea

Unsweetened Coffee

Club Soda

Diet Soda (be cautious as artificial sweeteners can affect Keto weight loss)

Sugar Free Sparkling Water

No-Calorie Flavored Seltzers

Herbal Tea (without added barley or fruit sugars)

Alcoholic Beverages

Pure Spirits Have 0 Carbs

Gin

Rum

Vodka

Whiskey

Martini

Tequila

A small amount of alcohol typically will not disturb ketosis, but it has to be the right alcohol. This means no beer, which is basically liquid bread, and no sugary cocktails, such as Pina Coladas, Daiquiris, White Russians, or Margaritas.

Pure spirits are best and should only be mixed with sugar free liquids, like water, club soda or diet tonic. Wine, which has a low amount of carbs, is okay but in strict moderation.

Track your weight loss progress if you are drinking to see if the alcohol has any adverse effect on your weight loss, if your progress stalls eliminate liquor to see if that makes a difference.

Miscellaneous And Snacks

Shirataki Noodles – 0 Carbs

White Vinegar – 0 Carbs

Balsamic Vinegar – 0 Carbs

Red Wine Vinegar – 0 Carbs

Rice Vinegar (seasoned) 3 grams per tbsp.

Soy Sauce - 1 gram per tablespoon

Mustard – 0 Carbs

Unflavored, powdered gelatin (use as a binder in recipes) – 0 Carbs

Most Hot Sauces – 0 Carbs

Turkey or Beef Jerky (not teriyaki flavor) - 3 grams per ounce

Kale Chips - 8 grams per ounce

Coconut Flakes - 4 grams per ounce

Pickles - 1 gram per pickle

Pepperoni – check label for carb count

Flaxseed crackers – check label, some brands have about 2 grams per cracker

High Carb Foods To Avoid

All Sugars

White sugar

Brown sugar

Powdered sugar

Any food with added sugar

Processed food with added sugar

Junk food with added sugar

Jams and Preserves

Some Sauces (check nutritional label and ingredients)

Fructose (sugar in fruit)

Some Salad Dressings (check nutritional label and ingredients)

Cocoa mix

Molasses

Honey

High-fructose corn syrup and foods made with it

Syrups

Baked Goods and Sweets

Cookies

Cake

Pie

Brownies

Donuts

Pastries

Muffins

And all others

Candy

Chocolate Bars

Hard Candy

Milk Chocolate

Cotton Candy

And all others made with sugar

Packaged/Processed Snacks

Flavored Nuts

Pretzels

Rice Cakes

Breakfast Bars

Cheese and Crackers Snacks

Raisins

Potato Chips

Tortilla Chips

Popcorn

Pop-tarts

Granola Bars

Twinkies

Cupcakes

And other boxed snacks and products

Dairy

Flavored Dairy

Added Sugar Dairy

Fruit At The Bottom or Sugar Added Yogurt

Whole and Skim Milk

Soy Milk

Ice Cream

Margarine

Pudding

Cottage Cheese

Sugary And Starchy Fruit

Medium Sugar Fruit

Blueberries

Coconut Meat

Cantaloupes

Watermelons

Nectarines

Papaya

Peaches

Apples

Grapefruit

Honeydew Melons

Guavas

Apricots

High Sugar Fruit

Oranges

Kiwifruit

Pears

Pineapple

Plums

Cherries

Grapes

Figs (Also Starchy)

Bananas (Also Starchy)

Mangos

Tangerines

Pomegranates

Dates

Applesauce

Dried fruit (worst choice as it has very high concentrations of sugar from the drying process)

Starchy Vegetables

White Potatoes (French fries and potato chips)

Sweet Potatoes or Yams

Corn

Peas

Squash

Root vegetables not advised for very Keto diets (beets, carrots, parsnips, rutabaga, turnips, butternut squash, and winter squash)

Grains And Starches

Any Fried Food

White Rice

Bread, Bagels and English Muffins

Croissants

Tortillas

Pasta

Cold Breakfast Cereals

Oatmeal

Cream of Wheat

Porridge

Barley

Amaranth

Millet

Quinoa

Spelt

Couscous

Bulgur

Rye

Muesli

Crackers

Pizza

Corn Starch

Pancakes

Waffles

French Toast

White Flour

Whole-Wheat Flour

Rice Flour

Corn Flour

All Whole Grains Too

Legumes

Pinto Beans

Black Beans

Kidney Beans

Chickpeas

Navy Beans

Lima Beans

Baked Beans

Lentils

Drinks

Soda

Juice

All Sweetened Drinks

Sweetened Or Flavored Tea

Sweetened Or Flavored Coffee

Frappuccino Coffee Drinks

Milk Shakes

Root Beer Floats

Malts

Frozen Coffee Drinks

Sports Drinks (unless zero calorie)

Beer

Sweet cocktails – (Pina colada, daiquiri, mai tai, bloody Mary, margaritas, screwdriver, white Russian, rum drinks etc.)

Wine coolers and alcopops



Frequently Asked Questions

Q. What is the Keto diet?

A. A diet that is very low in carbs where carbs are replaced with healthy fats and their reduction triggers a metabolic state known as ketosis where the body uses fat instead of dietary carbs for energy

Q. What can I eat?

A. Meats/Protein: Turkey, chicken, red meat, ham, sausage, bacon, organ meat and exotic fowl. Fish, seafood and eggs. Produce: all non-starchy vegetables and possibly a little berries. Fats: grass fed butter, extra virgin olive oil, coconut oil, avocado oil and whole avocados. Dairy: heavy cream, full fat sour cream, salad dressings and full fat cheeses in moderation. Nuts: almonds, walnuts, peanuts, nut butters, sunflower seeds, and flaxseed in moderation. Others: salt, herbs and spices, low carb sauces

Q. What carbs are not allowed?

A. All refined sugar, sweets, fruit, rice, pasta, bread, grains, starchy vegetables and beans. A slow integration of some carb rich foods, like nuts, berries, and beans takes place in the later phases of the diet and how much you can have depends on individual weight monitoring and the carb's effects on ongoing weight loss and management

Q. How many carbs can I eat?

A. This depends on the particular plan, the strictest recommendation is 20 grams or less daily, as with the Ketogenic Diet and Atkins Lifestyle. Overall, 50 grams or less daily is recommended.

Q. Isn't a low carb diet just another fad?

A. Absolutely not, it is a lifestyle change, and is not something intended as a temporary fix or a quick weight loss scheme

Q. What are the health benefits?

A. Weight loss, appetite control, prevention and management of diabetes, reduction in visceral fat, stable blood sugars, healthy blood pressure, and may lower risks for heart disease, cancer, and stroke. Used to treat some cancers, traumatic brain injury, epilepsy, Parkinson's disease, Alzheimer's disease and polycystic ovary syndrome.

Q. Do I have to count calories?

A. Keto diets advocate eating to satisfaction, and not counting calories. When you eliminate unhealthy carbs, you also get rid of out of control cravings, stabilize blood sugar and consequently the appetite, and research has shown that reducing carbohydrates and replacing them with protein and healthy fats results in reducing overall caloric intake naturally and without starvation.

Q. How will I fuel my body without carbs?

A. Yes, carbohydrates are a source of fuel but they are not the only ones, evidence shows that our bodies run better when burning fat as opposed to carbs, a process known as ketosis, which is triggered by eliminating insulin trigger carbs. There is also a natural process in the body that turns protein into glycogen fuel called gluconeogenesis. So you will have plenty of fuel, better health and weight loss.

Q: How can it be healthy to cut out carbs from my diet?

A: The ketogenic diet does allow you to eat non-starchy vegetables, which are the healthiest carbs. It is the unhealthy carbs that are cut out, like refined sugar and sweets that do nothing but harm the body along with grains, like rice and pasta, and whole grains, which are counterproductive to weight loss and ketosis.

Another important factor is that while you eliminate carbs, you also increase intake of healthy fats and certain fats are very good for you, including avocado, meats, butter, cheese, coconut, and olive oil. Eating fat in the a Keto diet promotes fat burning, and remember many studies have shown that Keto diets are more effective than low fat diets in both weight lost and reducing heart disease risk factors.

Q: Won't the high fat intake cause high cholesterol?

A: Evidence suggests the opposite is true. Keto eating has an edge over low-fat diets for improving good HDL cholesterol levels over the long term as shown by one of the longest studies done on the subject (but not the only one) and funded by the National Institutes of Health (published in the journal, *Annals of Internal Medicine*).

Q: Aren't whole grains good for me?

A: Whole grains are insulin triggers, and while they are often portrayed as healthy and necessary in a western diet, and that maybe true in some aspects, the fact is that whole grains often have a higher glycemic index than sugar itself. This means that eating raw sugar causes less of an insulin response in your body than a slice of bread. Many experts agree that humans can live without whole grains, and evolution apparently agreed, as early civilizations of man did not have access to grains and managed to thrive and survive.

Q: Are there any side effects to cutting out carbs?

A: Some people experience digestion and diarrhea problems, but this common side effect typically goes away after about four weeks. Eating more high-fiber vegetables, like leafy greens and broccoli helps and magnesium supplements can alleviate constipation.

Q: I only need to lose 20 pounds, is a keto diet for me?

Definitely, keto can help you lose 20 pounds or a 150 pounds. It can also help you gain more energy, and get control of your appetite.

Q: How long will it take to reach ketosis?

A: Ketosis begins when the glycogen in the liver is depleted. When you limit carbs to 50 net grams or less daily it typically takes no longer than 24 hours to enter ketosis.

Q: Is frequent urination normal?

A: Yes because the first two weeks of carb depletion is when a lot of water weight loss occurs as the liver begins to deplete its glycogen levels. Drink more water and pee on!

Q: Will I ever be able to eat pasta, bread or sugar again?

A: When following the Ketogenic diet it is very important to be strict in the elimination of carbs initially, to allow the body to fully enter ketosis. As you begin to lose weight, you can slowly integrate some carbs into your diet, typically in the form of more vegetables, nuts, and possibly berries. However, you need to monitor your weight loss to see how these carbs effect it, in order to find the right balance.

Once you reach your weight loss goals, you can indulge on occasion, but then return to the diet immediately. As with any healthy eating strategy, moderation is always key.

Keep in mind, keto is a lifestyle not a temporary diet, so you must be vigilant about your choices, basically forever, and returning to high carb eating will only lead to weight gain.

The common sense viewpoint is that whenever you return to a lifestyle that made you overweight to begin with, it can only do so again and again.

Q: How can I deal with missing sweets and carbs?

A: There is an adjustment period, and there may be struggles, but the truth is once you kick the sugar habit, your body and mind will adjust and you will be better for it.

Q: Is there a risk of muscle loss on Keto diets?

A: Many diets pose this risk, even the every day crappy eating that is so rampant in society with junk and processed food filling super market shelves. The high protein and ketone levels in a Keto diet help minimize muscle loss and it is always recommended to anyone to participate in regular strength training as part of an overall healthy lifestyle.



Just when I thought
I had it all.
I forgot where I





ERUDITE LIFESTYLE MAGAZINE
WWW.ERUDITELIFESTYLE.CO.UK

