

KETO DIET 101

The Foundation of the Keto Diet

- ✓ The keto (ketogenic) diet is a low-carb, high-fat diet that is designed to change your metabolism
- ✓ The keto diet is designed to remove the source of the body's fuel - carbohydrates
- ✓ The body then begins looking for alternative sources for fuel - namely the stored fat
- ✓ This metabolic state is called ketosis
- ✓ Carbohydrates become glucose when digested. Because glucose is the easiest thing to use for energy, the body will naturally gravitate to the simplest source of energy
- ✓ When food becomes scarce, the body begins to use the reserves stored up. This is called ketosis
- ✓ Ketosis is the state of the body when the metabolism changes from burning glucose to burning fat
- ✓ When the body switches to burning fat instead of glucose, it creates ketones in the blood
- ✓ Ketones are the product of the liver breaking down fat into fatty acids and glycerol

Benefits of Eating Keto

- ✓ Among other things, this state of ketosis can help control type 2 diabetes and help to turn around a pre-diabetic condition

- ✓ Since burning fat is steadier than burning carbs, your hunger becomes “normalized,” that is the sudden rush of energy, and the resulting crash right after is no longer the norm
- ✓ There are numerous research studies to indicate that ketosis helps with:
 - o Cholesterol and high blood pressure
 - o Insulin Resistance
 - o Healthier skin
 - o Weight loss
 - o Cancer
 - o Brain and neurological disorders
 - o Longer life

Who Should Consider Keto Diet?

- ✓ Keto is probably for you if you:
 - o Are looking to make a good thing better
 - o You're tired of being a slave to sugar
 - o You need to stabilize your blood sugar
 - o Healing
 - o You're just looking for all-around better health

Who Should Avoid It?

- ✓ there are some situations where extra caution is suggested:
 - o You are suffering from a serious autoimmune disease

- o You're taking insulin for diabetes
- o If you're taking blood pressure meds
- o If you're breastfeeding
- o If after a month, you're not feeling great
- o If you have thyroid or adrenal issues

What to Eat

- ✓ Unlike some diets that feature shredded cardboard or tasteless paste, the Keto diet is primarily what you've already been eating. Foods include:

- o Meat
- o Fish and seafood
- o Eggs
- o Natural fat oils
- o Veggies that grow above the ground
- o High-fat dairy
- o Nuts
- o Berries
- o Dark chocolate

What Foods to Avoid

- ✓ There's not a lot of rules here. Stay away from high carb foods. Keep in mind the acronym GPS which stands for Grains / Potatoes / Sugar

- o Sugar
- o Starch
- o Beer
- o Fruit
- o Margarine

Getting Started

- ✓ There are some things you can start doing now to get yourself ready for a keto diet. Most of these are free and simple things to do but prepping for the change will ensure a smooth transition
 - o Intermittent fasting
 - o Decrease stress
 - o Prioritize your sleep
 - o Add more salt
 - o Exercise
 - o Stop using diet soda and sugar substitutes
 - o Cook for the week in advance
 - o Be wary of carbs from Veggies
 - o Research recipes
 - o Create a meal plan
 - o Get ready for the flu
 - o Start drinking water
 - o Tell your family and friends
 - o Clean out the fridge and pantry