



3-STEP KETO DIET STARTER GUIDE

1. Be Knowledgeable

What is a ketogenic diet? The ketogenic diet is a high-fat, moderate-protein, very low-carb diet. This diet generates the production of ketone bodies which pass into the brain and replace glucose as an energy source.

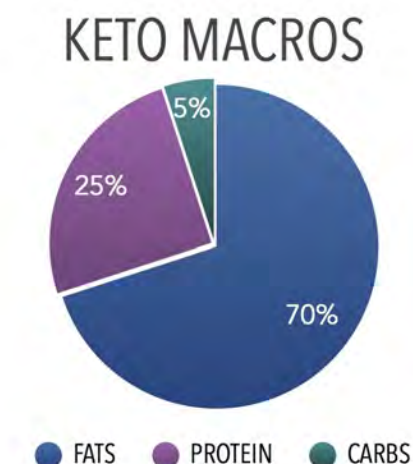
What is ketosis? The ketogenic diet causes the body to produce small fuel molecules called "ketones" which are produced from the breakdown of fats in the liver. The source of fuel and energy for the brain is glucose. Ketones are an alternative fuel for the brain, used when blood sugar (glucose) is in short supply. Ketones are produced if very few carbs and only moderate amounts of protein are eaten. On the keto diet, glucose levels are exhausted and the body is prompted to give the brain energy through an alternative method, ketones. The body takes stored fat through the liver and produces ketones which is then used as fuel throughout the body, including the brain. When the body produces ketones, it is called ketosis. Exhausting the body of glucose on a ketogenic diet forces the body to run entirely on fat which burns stored fat more rapidly.

Ketogenic Benefits:

- Fat Loss
- Better mood
- Control blood sugar
- Increased mental focus
- Increased physical energy
- Lessen stomach problems
- Clear skin
- And more!

2. Clear Out Your Pantry and Fridge

Your food should be 5-10% carbohydrates, 20-25% protein, and 70% or more fat.



***Note:** High-fat, moderate protein, and low carbs stimulates the ketosis process. Low-carb as well as only moderate-protein intake (less than 25%) is important as carbs and high protein have a lot of calories which will prevent ketosis from occurring.

-Foods to eat:

- Low-carb vegetables - broccoli, cauliflower, etc. (tomatoes are fine)
- Leafy greens - spinach, kale, etc.

- Nuts - macadamias, walnuts, etc.
- Other fats including coconut oil, extra virgin olive oil, avocado oil, high-fat salad dressing, saturated fats, etc.
- Meats - beef, lamb, poultry, eggs, etc.
- Fatty fish - salmon, tuna, etc.
- High-fat dairy including hard cheeses (cheddar, goat, mozzarella), high-fat cream (heavy whipping cream instead of whole milk), butter, etc.
- Avocado and berries – raspberries, blackberries, and other low glycemic impact berries. See the image below which depicts fruits permitted on the ketogenic diet. These are the general fruits encouraged on a keto diet, but some providers might suggest other fruits such as kiwi or peaches, so speak to your provider for individual instructions regarding fruits.
- Condiments: use salt, pepper and fresh herbs and spices.

***Note:** Although olive oil is recommended for consumption, it is not advised to actually cook with it on the ketogenic diet because olive oil, like many other oils, has a low flash point. Also, please check with your provider to determine the number of saturated fats to consume.

- Foods to avoid or eat sparingly at most:

- Most fruit - apples, bananas, etc. Most fruit has sugar which contributes to additional carbs.
- Alcoholic beverages due to their high sugar / carb content
- Legumes - beans, lentils, chickpeas, etc.
- Low-fat and diet products (including sugar-free foods)
- Condiments and sauces - condiments are often sugary with unhealthy fats
- Unhealthy fat: processed vegetable oils, mayonnaise, etc.

- Foods to NOT eat:

- Grains or starches - bread, wheat, corn, rice, cereal, etc.
- Sugar - sugar in all forms including honey, agave, stevia, simple sugar, etc.
- Tubers - potatoes, sweet potatoes, etc.

- In Summary: Avoid carb-based foods like grains, sugars, legumes, rice, potatoes, candy, juice and most fruits and focus on carbs from vegetables and certain fruits.

3. Get Your Family Involved!

- Healthy snacking - make sure the snacks you choose for your kids are healthy such as approved fruits, veggies with hummus, or nuts.
- Skip the fast food - it is easy to stop for fast food for the kids, but avoid doing so. Keep your family dining habits healthy to foster healthier food cravings in your children.
- Get your kids involved - keep a step stool in your kitchen so that your kids can help with cooking. Teach them about the different herbs and healthy ingredients. This way, they will get excited about the food choices in your home! They will feel personally involved, developing a taste for the healthy foods.

