

Keto in a Nutshell

What is a Ketogenic Diet?

A hit-the-ground-running introduction to not being fat any more"

~ keto4life, 2016

Ketogenic Diets have grown in popularity and criticism over the last twenty or so years. Popular Ketogenic Diets include: South Beach Diet, Atkins Diet (induction phase only) and several natural diets all over the world used by various tribes and peoples.

1. What Does Keto Do to My Body?

Ketosis, to put it simply, is the state in which you burn fat for fuel. The human body isn't stupid, it will burn what it has in most abundance that yields the most energy for its volume. Carbs (some) burn up quick but are packed with INTENSE fuel that yield large bursts of energy. Compare this to an energy drink that a lot of modern culture seems to adore. Fat and protein burn slowly and allow a steady stream of energy; your energy levels won't soon crash because your body can't get rid of it near as fast as carbohydrates.

Ketosis also helps regulate your blood without complications. Involving complex carbs into your diet causes your body to heighten your blood sugar and as a result produce insulin. This stuff is nasty in large amounts; consider it to be your blood's very own personal, fat-kicking police force. High blood sugar is interpreted as TOXIC by your body, so the insulin regulates your blood to cleanse it. Soon, though, your body starts struggling to keep up; when you take high amounts of carbs (sugar) and the insulin cant keep up....your body converts sugar to fat and insulin stores it in cells. Your body is capable of regulating your blood sugar on its own without help when you aren't mainlining so much sucrose. Ketogenic diets avoid such problems!

"But what about heart disease and cholesterol? I DON'T WANNA DIE; BACON ISN'T WORTH IT!"

There is no evidence linking ANY bad cholesterol or heart disease with animal fat. Early human beings ate more than FIVE TIMES the modern recommended intake of animal fat and protein; do not worry about high ANYTHING while on Keto other than energy levels.

"But what about vitamins and minerals?!"

See section two, Keto isn't going to leave you without essential nutrients unless you live off of bacon and eggs.

2. What Do I Eat and Why?

I'm a firm believer in having a varied, balanced diet. Keto offers plenty of options in this department. The fact is that you eat exactly what you want to. Some keto-ers do their entire meal plans with bacon and eggs with multi-vitamins. Some do all veggies, some fish and eggs with NO vitamins. I, personally, eat everything. Leafy greens, beef, pork, chicken, fish, and eggs are a part of my regular diet.

"So whats up with fat, protein and fiber and all that crap? What does it all mean?"

Fat is essentially satiety. Eating fat keeps you full and makes you not want to gorge on french fries and coke every two hours. Contrary to popular belief, you don't have to eat 100000g of fat to stay in ketosis. Though it is GOOD for ketosis, it has nothing to do with how much fat you take in. Protein is muscle fuel, to put it simply. Maintaining protein levels keeps you burning fat and not muscle tissue. While little evidence is present to suggest you NEED fiber in your diet, it can be used keep your bowels in check. PLUS, you naturally get fiber from leafy green veggies. Green veggies, while being delicious, are rich in vitamins A and K AND fiber. So why dislike fiber when it comes with all kinds of amazing beneficial nutrients. EMBRACE THE GREENS.

Carbs, carbs, carbs. **As long as you're generally under 20 grams of them per day, you're fine**, but try to get those carbs in vegetables or nuts (simple carbs!). Fiber is technically a carb, but we love it to death. You often hear Ketoers mention the term net carbs. Net carbs are the amount of carbohydrates in a food minus the fiber, as you cannot digest fiber and it doesn't cause an insulin response. Its important to note that fiber isn't an undo button, though. You can't eat a bowl of ice cream with green beans and subtract carbs from the ice cream. You subtract it from the carb count of the food that contains the fiber. In general, try to get all the colours in food you can. Doing so ensures that you're getting a wide variety of nutrients and even minerals. (Mmm...liver).

2a What Do I Drink?

Coffee, diet sodas and tea are acceptable (sans sugar and milk), but.....

DRINK WATER

“You better love water more than Michael Phelps himself if you plan to last longer than a fuckin’ week on Keto “

~BCrosby, 2012

2b Are There Bad Foods out There?

Ketogenic diets aren't just about eating butter and shedding fat. Its about improving overall health. While things like hot dogs and Velveeta (processed cheese) are TECHNICALLY ketogenic in that they don't contain tons of carbs...they're generally not the best in terms of WHAT is in them. What's in them you ask? Read the ingredients and see for yourself. If you cannot replicate an item in your kitchen... chances are you shouldn't be eating the stuff anyway. Take pride in your food and what you make. Buy a low carb cookbook or try new recipes from [reddit.com/r/ketorecipes](https://www.reddit.com/r/ketorecipes). Buy fresh, local ingredients. CHALLENGE YOURSELF. Adopting a positive lifestyle around a diet can circulate into other facets of your life, too. That being said, when faced with the choice of un-organically sourced pork and a cream cake, use your common sense and opt for the lesser of two evils. Don't use a bad situation as an excuse for poor judgement.

3. How Long Should I Do Keto?

The short answer is for as long as possible. Some of us indulge more in carbs when we reach our target fitness but many of us never go back. After all, you don't tell a druggie or an alcoholic to partake once in awhile for indulgence sake! This isn't meant to be a temporary fix or an excuse to go back to binging on hundreds of grams of carbs.

“Its been a week. Why do I feel like crap?”

The first week or more is your body adjusting to the low-carb lifestyle. This includes feeling miserable with symptoms of influenza, colloquially known as the dreaded Keto-Flu. Your symptoms will eventually go away, don't worry. In the long term it is very worth it and if you're lucky you won't get it at all! Stay hydrated and drink salty broth if possible. Try not to over-exert yourself for the first week of the diet; wait to become more accustomed to using ketones as a primary fuel source before attempting too much exercise.

4. How Do I Know If I'm Stalling/Plateauing?!

Plateauing is when you stop losing weight entirely for 2 weeks or more. It happens to all of us and there are a few ways to push through it. Firstly, fluctuation is natural when it comes to weight loss. Water is coming and going so fast in keto that you can never trust a scale to the exact decimal. The general rule is to weigh-in once every two weeks or so, and assess where you're at in terms of progress. More importantly, put in the effort to log your food. Logging is a simple discipline that, too, can spread to other aspects of your life. While you don't HAVE to count your calories, it makes understanding problems a lot easier.

There are a few ways to combat plateauing. Some people do intermittent fasting (IF) as a means of breaking them. IF is when you break a 24 hour period into two sections. For example, a 20/4 IF schedule means that you fast for 20 hours (only drinking water) and then have 4 hours of calorie intake. You should do this anywhere from 3-7 days in order to break a plateau and some people even do it continuously. Water during a fasting state keeps your metabolism active and keeps you hydrated.

5. Booze: Whats It Do?

Alcohol is allowed on a low-carb diet but it certainly doesn't come without a price. Booze DOES count toward the calorie count and often has carbs, so be careful! In the same way your body burns fat over muscle, it also breaks down alcohol before others, as its toxic and needs to be handled as a priority. This means while you're drinking and alcohol is in your system...you are NOT burning fat. It is also worth mentioning that your alcoholic tolerance is LOWERED on while low-carbing. Space your drinks out more and be sure to avoid carby drinks like beer and sweet wines. Be safe and stay hydrated.

Summary:

Keep your net carbs under 20

Net carbs are total carbs minus fiber and alcohol sugars

Use an app to track you net carbs:

Carb manager

Myfitness pal



5-10% carbs 20-25% protein 60-75% fat



15-30% carbs 15-30% protein 40-70% fat

WHAT TO EAT:

- Healthy Fats
- Eggs
- Meat
- Poultry
- Seafood



- Full-fat Dairy
- Nuts & Seeds
- Leafy Greens
- Low Carb Veggies
- Berries



BREAD



PASTA



SUGAR



MILK



CORN



BEANS



RICE