

HEALTHY & BALANCED KETO DIET GUIDE

CONTENTS

- 3** The Keto Diet
- 4** Keto Diet Considerations
- 5** Healthy Keto Food List
- 7** How to Build a Health Keto Plate
- 9** Keto Meal Plan

THE KETO DIET

There are countless books, blogs and websites covering the ketogenic diet, but the purpose of this guide is to cut through the noise to provide everything you need to quickly understand, plan for and implement a healthy keto diet.

Background

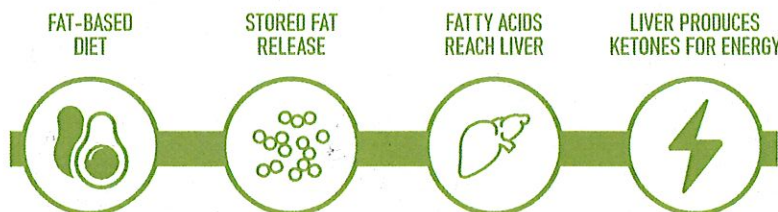
In the past two decades, keto diet has experienced a surge of interest for weight loss purposes, but its origin dates to the 1920s, when it was used as a method to lessen epileptic seizures. Currently, the keto diet is not only touted for weight loss, but is also effective for managing and potentially preventing health conditions such as diabetes, cardiovascular disease and even dementia.

How Does the Keto Diet Work?

STANDARD AMERICAN DIET (SAD): CARB DOMINANT



KETO DIET: FAT DOMINANT



KETO DIET CONSIDERATIONS

The keto diet is generally considered safe for healthy adults. As with any diet, take into consideration potential individual risks and proper implementation to ensure the best outcomes. The keto diet can potentially limit nutrient intake if implemented incorrectly, and some may experience constipation, kidney stones, dehydration, fatigue and nausea without proper supervision. Keep these factors in mind to support positive outcomes and mitigate any potential risks with the keto diet.

Counting Carbs and Fiber Intake

Since fiber is not digested, total carbs minus dietary fiber will give you net carbs. Ideally to reach and maintain ketosis 25-40 grams of net carbs is the target. A minimum of 25 grams per day of fiber is recommended and will decrease constipation and nutrient limits when fiber is consumed from fruits and vegetables. It is recommended to track your daily fiber intake.

Avoiding Too Much Protein

Protein has the ability to be transformed into sugar in the body (glucose). Limiting protein intake to no more than 20% of your total calories will ensure ketosis can be maintained. Adding full-fat foods and extra virgin olive oil helps reduce cravings and keep you full.

Hydration and Electrolytes

Limiting carbohydrate intake also limits the amount of water the body stores. For some losing water weight also results in a loss of minerals. Primarily the minerals that are lost are the electrolytes chloride, potassium, sodium and magnesium. This increases the risk of dehydration which for some can result in fatigue, constipation, kidney stones, fatigue and nausea. Drinking plenty of water is recommended.

Measuring Ketosis

As with many things measuring ensures you're on track. Ketones produced in the urine, blood and breath can be measured. Ketosis can only be induced through dietary changes. Supplementing exogenous ketone supplements will produce a false positive reading in the urine, blood and breath. Here's the best ways to measure ketones on your own:

1. Urine strips: the most cost-effective way to measure the ketone acetoacetate is through urine strips. Dehydration can result in false positives and being adapted to keto can result in false negatives.
2. Blood meter: the most accurate way to measure ketones is the blood via a ketone called beta-hydroxybutyrate (βHB). Buying a meter and testing strips can become costly long-term.
3. Breath meter: a breath meter will primarily measure acetone, which is the breakdown product of βHB and acetoacetate. While accuracy is good, breath meters can be expensive.

Testing may only have to be done occasionally after the keto diet has been followed for 6+ months, but is always good to ensure you are in ketosis.

HEALTHY KETO FOOD LIST

SEASONING/ CONDIMENTS

- Coconut Cream
- Cocoa Powder
- Dark Chocolate
- Cumin
- Dill
- Ginger
- Greek Seasoning
- Italian Seasoning
- Mint
- Olives
- Oregano
- Paprika
- Parsley
- Rosemary
- Saffron
- Sage
- Sea Salt
- Tahini
- Thyme
- Turmeric
- Red Pepper Flakes
- Apple Cider Vinegar
- Balsamic Vinegar
- Mustard
- Coconut Aminos
- Tamari Sauce
- Hot Sauce
- Vanilla Extract
- Coconut Flakes
- Flaky Salt
- Xanthum Gum
- Chili Sauce
- Red Wine Vinegar

LOW-CARB FRUITS & VEGGIES

- Artichokes
- Arugula
- Asparagus
- Avocado
- Broccoli
- Baby Spinach
- Basil Leaves
- Bean Sprouts
- Beets
- Bell Peppers
- Blackberries
- Blueberries
- Bok Choy
- Brussels Sprouts
- Cabbage
- Carrots (Heirloom)
- Cauliflower
- Celery
- Coconut
- Cucumber
- Eggplant
- Fennel
- Figs
- Garlic
- Green Beans
- Kale
- Leeks
- Legumes
- Lettuce
- Limes
- Mushrooms
- Onions
- Parsley
- Pomegranate
- Raspberries
- Radishes
- Spinach
- Strawberries

- Squash
- Tomatoes
- Watermelons

FATS, NUTS & SEEDS

- Almond Butter
- Avocado Oil
- Coconut Oil
- Coconut Butter
- Duck Fat
- Flaxseed Oil
- Ghee
- Extra Virgin Olive Oil
- Macadamia Oil
- MCT Oil
- Sesame Oil
- Sunflower Seed Butter
- Chia, Flax and Hemp Seeds
- Nut Butter
- Pumpkin Seeds
- Sunflower Seeds
- Tree Nuts
- Walnut Oil

DRY GOODS

- Almond Flour
- Coconut Flour
- Hemp Hearts
- Nutritional Yeast
- Unsweetened Shredded Coconut

MEATS, FISH & DAIRY (small amounts)

- Bacon
- Cod
- Collagen
- Feta Cheese
- Goat's Milk Cheese
- Game Birds

- Grassfed Beef and Lamb
- Halibut
- Mozzarella Cheese
- Mussels and Clams
- Unsweetened Nut Milk
- Organic Chicken and Turkey
- Organic Eggs
- Parmesan Cheese
- Pork (belly, chop, ground, loin, roast)
- Rainbow Trout
- Ricotta Cheese
- Sardines and Anchovies
- Sea Bass
- Shrimp
- Tuna (Albacore, Skip Jack, Yellowfin)
- Trout
- Unsweetened Greek Yogurt
- Wild Salmon
- Whey Protein

OTHER

- Filtered Water
- Organic Coffee
- Protein Powder
- Tea

Keto vs Low-Carb

Like all diets, the keto diet is not one size fits all and working with your health care provider or nutritionist to identify how many carbs will maintain ketosis is an important part!

Generally speaking, the keto diet will limit the carb intake to 4-10% and fat will be roughly 70-90% of the diet.

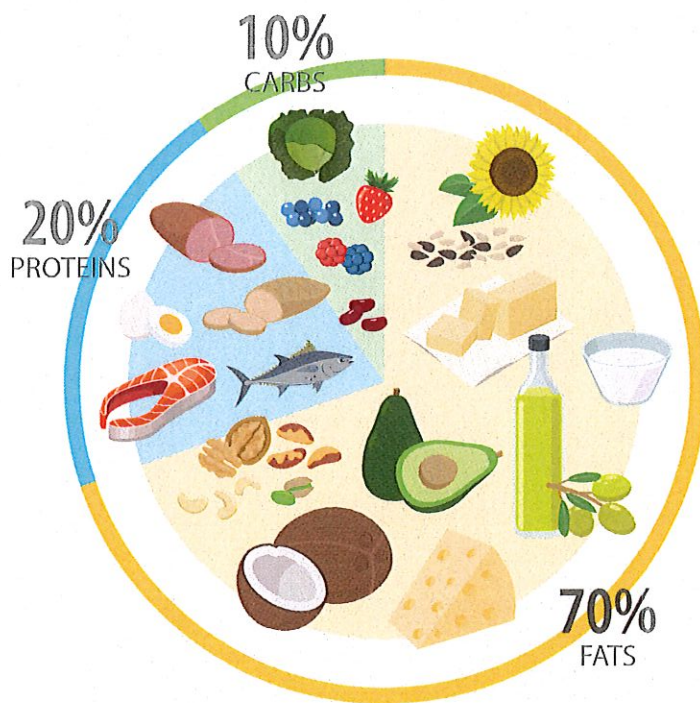
Diet	Fat	Protein	Carbs
Classic Keto	90%	6%	4%
Mainstream Keto	70-75%	20%	5-10%
Low-Carb Diet	20%	30%	50%

QUICK KETO TIPS

- While not part of the keto diet, **intermittent fasting** and/or **time-restricted eating** can accelerate ketosis and aid in weight loss and diabetic risk
- **Exercise**, while not needed to reach ketosis, can aid in weight loss and is vital to improve all aspects of health
- **Optimizing sleep and reducing stress levels** can help curb carb cravings
- Keto supplements, such as exogenous ketones or MCT oil, are not needed

HOW TO BUILD A HEALTHY KETO PLATE

When building a plate for the ketogenic diet, remember the goal will be to maintain ketosis, meaning carbs need to be kept to roughly 10% of the diet, or < 50g of carbs per day. The remainder of the plate will consist of quality proteins, fiber-rich, non-starchy vegetables and healthy fats.



Start with roughly 1-2, 4oz portions of protein chosen from the previous list:

- Fish/seafood
- Organic chicken
- Lean red meat
- Eggs

Next, choose 1-2 cups of fiber rich, non-starchy vegetables:

- Leafy greens
- Broccoli
- Peppers
- Mushrooms

Then, fill the remainder of your plate with healthy fats:




- Avocados
- Nuts/seeds

Finally, dress and prepare vegetables with healthy fats:

- Olive oil
- Avocado oil
- Grass-fed butter
- Ghee

HOW TO BUILD A HEALTHY KETO PLATE

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Protein	Food Choices
More	<p>Fish/seafood, eggs, organic poultry, lean red meat, minimally processed deli meats</p> 
Less	<p>High mercury fish, pepperoni/processed meats, plant based meats, fried meats</p>
Plants	Food Choices
More	<p>Green leafy veg, broccoli, cabbage, brussels sprouts, peppers, tomatoes</p> 
Less	<p>Squash, pumpkin, beets, green beans</p>
Fat	Food Choices
More	<p>Avocado, olive oil, avocado oils, cheese aged > 6 months, nuts and seeds, natural nut butters</p> 
Less	<p>Shortening, low quality oils (safflower, sunflower, corn, canola) cheese aged <6 months, heavy cream, regular nut butter, bacon, sausage</p>

KETO MEAL PLAN

KETO KETO MEAL PLAN

Healthy & Balanced Keto Diet Guide

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Peppers, mushroom egg muffins	Veggie scramble with avocado	Classic eggs and bacon with cherry tomatoes	Smoked salmon, scrambled eggs and chives	Keto chaffles with a side of bacon and eggs	No-bread keto breakfast sandwich	Cottage cheese breakfast bowl with nuts and berries
Lunch	Lettuce tomato and avocado turkey burger	Keto seafood chowder	Ground turkey stuffed zucchini boat	Italian meatloaf with mixed greens	Cobb salad with chicken, bacon, avocado and ranch dressing	Crustless broccoli and bacon quiche	Cauliflower risotto with spinach and goat cheese
Snack	Hard-boiled eggs	Almonds and cashews	Smoked salmon and brie	Pumpkin seeds	Cheddar cheese and bacon balls	Roasted nuts	Parmesan chips with butter
Dinner	Keto seafood chowder	Ground turkey stuffed zucchini boats	Italian meatloaf with mixed greens	Mushroom tomato and bacon cheeseburger lettuce wraps	Ginger lime chicken	Turkey meatballs with zoodles (zucchini noodles)	Garlic ginger stir-fry with shrimp and cabbage

Notes
