

'Keto' Diet

What is the Keto Diet?

The ketogenic diet is a very low-carb, high-fat diet that shares many similarities with the Atkins and low-carb diets. It involves drastically reducing carbohydrate intake and replacing it with fat. This reduction in carbs puts your body into a metabolic state called ketosis, where ketones are produced; hence "keto". The body becomes incredibly efficient at burning fat for energy and the liver creates ketones from fat, which then serve as a fuel source throughout the body, especially for the brain. Ketones are used as an alternative fuel source for the body, used when blood sugar (glucose) is in short supply.

Keto Variations:

There are several versions of the ketogenic diet:

- Standard ketogenic diet (SKD): This is a very low-carb, moderate-protein and high-fat diet. It typically contains 75% fat, 20% protein and only 5% carbs.
- Cyclical ketogenic diet (CKD): This diet involves periods of higher-carb refeeds, such as 5 ketogenic days followed by 2 high-carb days.
- Targeted ketogenic diet (TKD): This diet allows you to add carbs around workouts.
- High-protein ketogenic diet: This is similar to a standard ketogenic diet but includes more protein. The ratio is often 60% fat, 35% protein and 5% carbs.

Foods to Avoid:

Any food that is high in carbs should be limited. Foods that need to be reduced or eliminated on a ketogenic diet:

- Sugary foods: soda, fruit juice, smoothies, cake, ice cream, candy, etc.
- Grains or starches: wheat-based products, rice, pasta, cereal, etc.
- Fruit: all fruit, except small portions of berries like strawberries
- Beans or legumes: peas, kidney beans, lentils, chickpeas, etc.
- Root vegetables and tubers: potatoes, sweet potatoes, carrots, parsnips, etc.
- Low-fat or diet products: these are highly processed and often high in carbs
- Some condiments or sauces: these often contain sugar and unhealthy fat
- Unhealthy fats: limit your intake of processed vegetable oils, mayonnaise, etc.
- Alcohol: due to their carb content, many alcoholic beverages can throw you out of ketosis
- Sugar-free diet foods: these are often high in sugar alcohols, which can affect ketone levels in some cases, and they tend to be highly processed

Foods to Eat:

Most meals should be based around the following foods:

- Meat: red meat, steak, ham, sausage, bacon, chicken, and turkey
- Fatty fish: salmon, trout, tuna and mackerel
- Eggs: pastured-raised or omega-3 whole eggs when possible
- Butter and cream: grass-fed when possible
- Cheese: unprocessed cheese (cheddar, goat, cream, blue or mozzarella)
- Nuts and seeds: almonds, walnuts, flax seeds, pumpkin seeds, chia seeds, etc.
- Healthy oils: primarily extra virgin olive oil, coconut oil, avocado oil, MCT oil, palm fruit oil, flaxseed oil, and macadamia nut oil
- Avocados: whole avocados or freshly made guacamole
- Low-carb veggies: most leafy green veggies, tomatoes, peppers, broccoli, cabbage, Brussel sprouts and cauliflower, celery, cucumber, zucchini, chive, leeks, fermented foods (kimchi, kefir, sauerkraut), asparagus,

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- mushrooms, bamboo shoots, bean sprouts, radishes, green beans
- Condiments: salt, pepper and various healthy herbs and spices
- Baking: almond flour and natural sweeteners (stevia, xylitol, monk fruit)

It is best to base meals mostly on whole, single-ingredient foods. During the first few weeks, avoiding all sweet flavors will shift the palate away from sweet tastes. At the end of the month, sweet flavors won't cause so many cravings, even when using healthy natural sweeteners in moderation.

Tips for Eating Out on Keto:

- It is not difficult to make a meal at most restaurants keto-friendly when eating out. Restaurants usually offer some meat or fish-based dish and replace any high-carb food with extra vegetables.
- Egg-based meals are a great option, such as an omelet or eggs and bacon.
- Another favorite is bun-less burgers. Swap the fries for vegetables or a side salad instead. Add extra avocado, cheese, bacon or eggs.
- At Mexican restaurants, enjoy any type of meat with extra cheese, guacamole, salsa and sour cream.
- For dessert, ask for a mixed cheese board or berries with cream.

Exercise

A typical exercise prescription can be written using the FITT mnemonic.

- **F – Frequency:** Number of days per week (ideally five or more)
- **I – Intensity:** Moderate or greater (moderate = too winded to sing but can talk with exercise) – brisk walk, run, stairs, bicycle, elliptical, swim at 60-80% maximum heart rate. Use a pedometer that tracks your steps and heart rate. To calculate your maximum heart rate by subtracting 220 – your age (40 y/o ex: $220 - 40 = 180$, your workout heart rate should be between 108 to 144).
- **T – Time:** Number of minutes per session (at least 30 minutes a day, 5-7 days a week)
- **T – Type:** Activities that involve major muscle groups