

# Ketogenic Diet

The ketogenic diet is a very low-carb, high-fat diet.

It offers many health benefits.

This type of diet can help you lose weight and improve your health.

Ketogenic diets may even have benefits against diabetes.



It also prevents cancer, epilepsy and Alzheimer's disease.

It involves reducing carbohydrate intake and replacing it with fat.

This reduction in carbs puts your body into a metabolic state called ketosis.

It also turns fat into ketones in the liver.

Ketogenic diets can cause massive reductions in blood sugar and insulin levels.

It also has many health benefits.

It lowers blood sugar and insulin levels and shifts the body's metabolism away from carbs.

## **Types of Ketogenic Diets**

There are several ketogenic diets including:

### **Standard ketogenic diet**

This is a very low-carb, moderate-protein and high-fat diet.  
It contains 75% fat, 20% protein and only 5% carbs.

### **Cyclical ketogenic diet**

This diet involves periods of higher-carb refeeds.  
This includes 5 ketogenic days followed by 2 high-carb days.

### **Targeted ketogenic diet**

This diet allows you to add carbs around workouts.

Cyclical or targeted ketogenic diets are more advanced methods.

They are for bodybuilders or athletes.

The information in this article applies to the standard ketogenic diet.

There are several versions of the keto diet.

The Standard ketogenic diet version is the most researched and most recommended.

# **Ketogenic Diets Can Help You Lose Weight**

Most people on the ketogenic diet lost 3 times more weight than those on the diet recommended by doctors.

A ketogenic diet is an effective way to lose weight.

It also lowers risk factors for disease.

The ketogenic diet is far superior to the often recommended low-fat diet.

The diet is so filling that you can lose weight without counting calories.

There are several reasons why a ketogenic diet is superior to a low-fat diet.

This includes the increased protein intake.

It provides many benefits.

The increased ketones lowers blood sugar levels.

A ketogenic diet can help you lose much more weight than a low-fat diet.

This often happens without hunger.

## **Ketogenic Diets for Diabetes and Prediabetes**

The ketogenic diet can help you lose excess fat.

And also prediabetes and metabolic.

The ketogenic diet facilitates significant health benefits.

This is especially for people with type 2 diabetes or prediabetes.

## Other Health Benefits of Keto

The ketogenic diet actually originated as a tool for treating neurological diseases.

Diseases such as;

- **Cancer:** The diet is currently being used to treat several types of cancer and slow tumor growth.
- **Polycystic ovary syndrome:** The ketogenic diet can help reduce insulin levels.

This plays a key role in polycystic ovary syndrome.

- **Epilepsy:** The ketogenic diet can cause massive reductions in seizures in epileptic children.
- **Brain injuries:** The diet can reduce concussions and aid recovery after brain injury.
- **Alzheimer's disease:** It reduces symptoms of Alzheimer's disease and slow its progression.
- **Acne:** Lower insulin levels and eating less sugar or processed foods may help improve acne.

- **Heart disease:** The ketogenic diet can improve risk factors like body fat and blood sugar.

## Avoid These Foods in Ketogenic Diet

Here is a list of foods that need to be 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:** 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.

This can affect ketone levels in some cases.

## Foods to Include in Ketogenic Diet

We should base the majority of our meals around this kind of food:

### Low-carb veggies

Most green veggies, tomatoes, onions, peppers, etc.

### Meat

Red meat, steak, ham, sausage, bacon, chicken and turkey.

### Cheese

Unprocessed cheese.

### Fatty fish

Such as tuna, trout, salmon and mackerel.

**Eggs**

Pastured or omega-3 whole eggs.

**Butter and cream**

Grass-fed is good.

**Nuts and seeds**

Pumpkin seeds, Almonds, walnuts, flax seeds, chia seeds, etc.

**Healthy oils**

Coconut oil and avocado oil.

**Condiments**

Salt, pepper and various healthy herbs and spices.

**Avocados**

Whole avocados or made guacamole.

## **Keto Meal Plan For One Week-Sample**

Here is a sample ketogenic diet meal plan for one week:

**Monday**

**Breakfast:** Eggs, Bacon and tomatoes.

**Lunch:** Chicken salad with olive oil.

**Dinner:** Salmon with asparagus cooked in butter.

**Tuesday**

**Breakfast:** Goat cheese omelet, Egg, tomato and basil.

**Lunch:** Peanut butter, almond milk, cocoa powder and stevia milkshake.

**Dinner:** Vegetables, Meatballs and cheddar cheese.

### **Wednesday**

**Breakfast:** Ketogenic milkshake.

**Lunch:** Avocado, Shrimp and salad with olive oil.

**Dinner:** Broccoli, Pork chops with Parmesan cheese and salad.

### **Thursday**

**Breakfast:** Omelet with avocado, salsa, peppers, onion and spices.

**Lunch:** Celery sticks with guacamole, a handful of nuts and salsa.

**Dinner:** Chicken stuffed with pesto and cream cheese, along with vegetables.

### **Friday**

**Breakfast:** Cocoa powder and stevia, sugar-free yogurt with peanut butter.

**Lunch:** Beef stir-fry cooked in coconut oil with vegetables.

**Dinner:** Bun-less burger with bacon, egg and cheese.



## **Saturday**

**Breakfast:** Ham and cheese omelet with vegetables.

**Lunch:** Cheese slices with nuts and Ham.

**Dinner:** Fish, egg and spinach cooked in coconut oil.

## **Sunday**

**Breakfast:** Fried eggs with bacon and mushrooms.

**Lunch:** Burger with salsa, cheese and guacamole.

**Dinner:** Steak and eggs with a side salad.

It is good to rotate the vegetables and meat over the long term.

# **Healthy Keto Snacks**

Here are some healthy keto snacks:

Strawberries and cream

Cheese with olives

Fatty meat or fish

A low-carb milkshake with almond milk, cocoa powder and nut butter

Smaller portions of leftover meals

A handful of nuts or seeds

1–2 hard-boiled eggs

90% dark chocolate

Full-fat yogurt mixed with nut butter and cocoa powder

Cheese

Celery with salsa and guacamole

## **Tips for Eating Out on a Ketogenic Diet**

It is possible to make most restaurants meals keto friendly when eating out.

Most restaurants offer some kind of meat or fish-based dish.

Egg-based meals are also a great option, such as an omelet or eggs and bacon.

Another favorite is bun-less burgers.

You could also swap the fries for vegetables instead.

Add extra avocado, cheese, bacon or eggs.

Type of meat with extra cheese, guacamole, salsa and sour cream.

Ask for a mixed cheese board or berries with cream for dessert.

## **Side Effects and Remedies**

It is also referred to as the keto flu.

It includes poor energy and mental function.

One can try a regular low-carb diet for the first few weeks.

There is also increased hunger, sleep issues, nausea and digestive discomfort.

This may teach your body to burn more fat before you completely end carbs.

A ketogenic diet can also change the water and mineral balance of your body.

Adding extra salt to your meals or taking mineral supplements can help.

The ketogenic diet causes weight loss without intentional calorie restriction.

It is important to eat until you are full and avoid restricting calories too much.

## **Supplements for a Ketogenic Diet**

### **Minerals**

Minerals can be important when starting out due to shifts in water and mineral balance.

## **Creatine**

This provides many benefits for health and performance.

## **Caffeine**

This can have benefits for energy, fat loss and performance.

## **Exogenous ketones**

This supplement may help raise the body's ketone levels.