



Keto 101

What is keto?

Keto is short for ketogenic. We are referring to nutritional ketosis and not keto acidosis. The ketogenic diet is a style of eating that is

- *Very high fat (75%)*
- *Moderate protein (20%)*
- *Very low carb (5%)*

What foods can you eat on keto?

- Grass-fed, pasture-raised meat, poultry, and eggs
- Organic produce
- Organic, unrefined oils such as coconut oil, olive oil, avocado oil, macadamia nut oil, sesame oil
- Grass-fed butter or ghee
- Lard, tallow and duck fat from properly-raised animals
- Natural sweeteners like organic liquid stevia and later on usually after 2 months small amounts of raw honey, grade B maple syrup
- Raw, grass-fed dairy (after 30 day elimination to make sure you tolerate it)

What foods to eliminate on keto?

- Processed vegetable and seed oils like canola, soybean, and safflower oils
- Margarine or other fake spreads
- Sugar, corn syrup, dextrose, or any other form of processed sweetener
- Feedlot meats, dairy, poultry, and eggs

Following these guidelines will ensure you are eating a nourishing diet that will work to lower inflammation.

What is ketosis?

Ketosis happens when the body is depleted of glucose and stored glycogen causing it to switch its metabolic pathways to begin using fat as fuel. In other words it is a state when the body is using fat as fuel instead of sugar and as part of this process it makes ketones. AS a result the body begins to break down fats in into fatty acids and signals the body to use both dietary and body fat as it primary fuel source for energy.

What are ketones?

Ketones are produced when the body begins breaking down fats into fatty acids and are the body's signal to start using both dietary and body fat as the primary source of energy.

How do you become a fat burner?

Train your body to become a fat burner by decreasing your carbs and increasing fat intake. Once the body depletes carbs it will use fat as fuel.

How do you know it's working?

There are many benefits of the keto diet and lifestyle and most people focus on weight loss. Some times weight loss is not the first indication that this eating plan is working for you.

- Less to no sugar cravings
- Improved mental clarity
- No brain fog
- Less pain and inflammation
- More energy
- Inches lost
- Sleep improved
- Healthier skin
- Weight loss
- Hormone balance
- Less need for medication
- Healthier skin, hair and nails

What are macros?

MACROS is short for macronutrients. There are 3 types:

- *Fats (there are plant based fats like olive, coconut, avocado oils, nuts, seeds, and animal based like butter, tallow, fish, meats, poultry)*
- *Proteins (there are small amounts in greens, nuts, seeds and most are animal based poultry, meat, fish)*
- *Carbs (mostly from grains like wheat, oat, barley, rice, corn, fruits and vegetables)*

How do you track your macros?

There are many apps that help you track your macros to help you get into ketosis. During your 8 week health journey you will learn how to track your macros without any apps but will be introduced to a food tracker that

we created. It's a simple method and it will help you to be an intuitive eater and not get caught up in counting calories and macros. This will be covered during the first week of keto eating plan.

What are common mistakes on keto?

Not enough water – most ladies do well with 72 to 96 ounces

Low minerals - Eat more salt or drink it by adding salt to your food, drink a glass of water with ½ teaspoon of sea salt 1-3 times a day as needed

Low electrolytes– drink a cup of bone broth add some salt and butter for more flavor

Not enough fat – fat helps you feel satiated and when you cut down on the carbs the body thinks it's starving; consume at least 5 tablespoons of olive or avocado oil (others MCT, coconut)

Not replenishing electrolytes – this is one of the biggest mistakes and you may have to increase your electrolyte intake especially magnesium which helps you sleep and eases muscle cramps; magnesium drops

Starting too low carb – the traditional keto diet is 20 g Carbs or less; I have found that even if we start at 80 g and titrate down most women do awesome