

KETO DIET

OVERVIEW

A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names – ketogenic diet, low carb diet, low carb high fat, etc. When you eat something high in carbs, your body will produce glucose and insulin.

Glucose is the easiest molecule for your body to convert and use as energy, so it will be chosen over any other energy source.

By lowering the intake of carbs, the body is induced into a state known as **ketosis**. Ketosis is a natural process the body initiates to help us survive when food intake is low. During this state, we produce **ketones**, which are produced from the breakdown of fats in the liver.

The end goal of a properly maintained keto diet is to force your body into this metabolic state. We don't do this through starvation of calories, but through starvation of carbohydrates. Our bodies are extremely adaptive to what you put into it – when you overload it with fats and take away carbohydrates, it will begin to burn ketones as the main energy source.

NUTRITION

What you eat really depends how fast you want to get into a ketogenic state. The more restrictive you are on your carbohydrates (**less than 15g per day**), the faster you will enter ketosis. Normally, anywhere between **20-30g of net carbs** is recommended for every day dieting – but the lower you keep your glucose levels, the better the overall results will be.

You might be asking, "What's a **net carb**?" It's simple really! The net carbs are your total dietary carbohydrates, minus the total fiber. Let's say for example you want to eat some broccoli (**1 cup**) – seriously my favorite and most delicious vegetable out there.

- There are a total of **6g carbohydrates** in **1 cup**.
- There are also **2g of fiber** in **1 cup**.
- So, we take the **6g** (total carbs) and **subtract the 2g** (dietary fiber).

This will give us our **net carbs of 4g**.

KETO MACRO'S

Your nutrient intake should be something around **70% fats, 25% protein, and 5% carbohydrate**.

You want to keep your carbohydrates limited, coming mostly from **vegetables, nuts, and dairy**. Don't eat any refined carbohydrates such as **wheat** (breads, pastas, cereals, roti), **starch** (potatoes, beans, channe, Lentils,) or **fruit**.

Dark green and leafy is always the best choice. Most of your meals should be a protein with vegetables, and an extra side of fat. Chicken breast, paneer, fish, tofu with vegetables would be awesome. If you're finding yourself hungry throughout the day, you can snack on nuts, seeds, or peanut butter to curb your appetite.

Benefits of a Keto Diet

- **Cholesterol**. A keto diet has shown to improve triglyceride levels and cholesterol levels most associated with arterial buildup.
- **Weight Loss**. As your body is burning fat as the main source of energy, you will essentially be using your fat stores as an energy source while in a fasting state.
- **Blood Sugar**. The decrease of LDL cholesterol over time and have shown to eliminate ailments such as type 2 diabetes.
- **Energy**. By giving your body a better and more reliable energy source, you will feel more energized during the day. Fats are shown to be the most effective molecule to burn as fuel.
- **Hunger**. Fat is naturally more satisfying and ends up leaving us in a satiated ("full") state for

longer.
Acne. There will be a drop in acne lesions and skin inflammation over 12 weeks.

SAMPLE NUTRITION PLAN.

MEAL 1 - Omelet

2 Whole egg
3-5 Egg whites
28g Peanuts
1cup spinach

MEAL 2

28g Almonds
1sp Whey in 240ml Water
Add 2sp Flaxseed

MEAL 3

120g Grilled Chicken
cooked in Olive Oil or coconut oil then add 1sp Chia seeds
1cup Boiled or Pan fried Broccoli
28g Peanuts
Salad

MEAL 4 – Smoothies

1sp whey
4sp peanut butter
2sp Chia seeds

MEAL 5: Bhurji

250g Paneer
2 Whole eggs
1 cup cabbage or lettuce with cucumber, tomatoes,
OR
200g Fish
2 boiled eggs
Salad
OR
250g Paneer cooked in Olive oil
1cup cooked cauliflower and peas

MEAL 6: Nuts

30-50g Cashews

Designed & Created by
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Level-III CERTIFIED