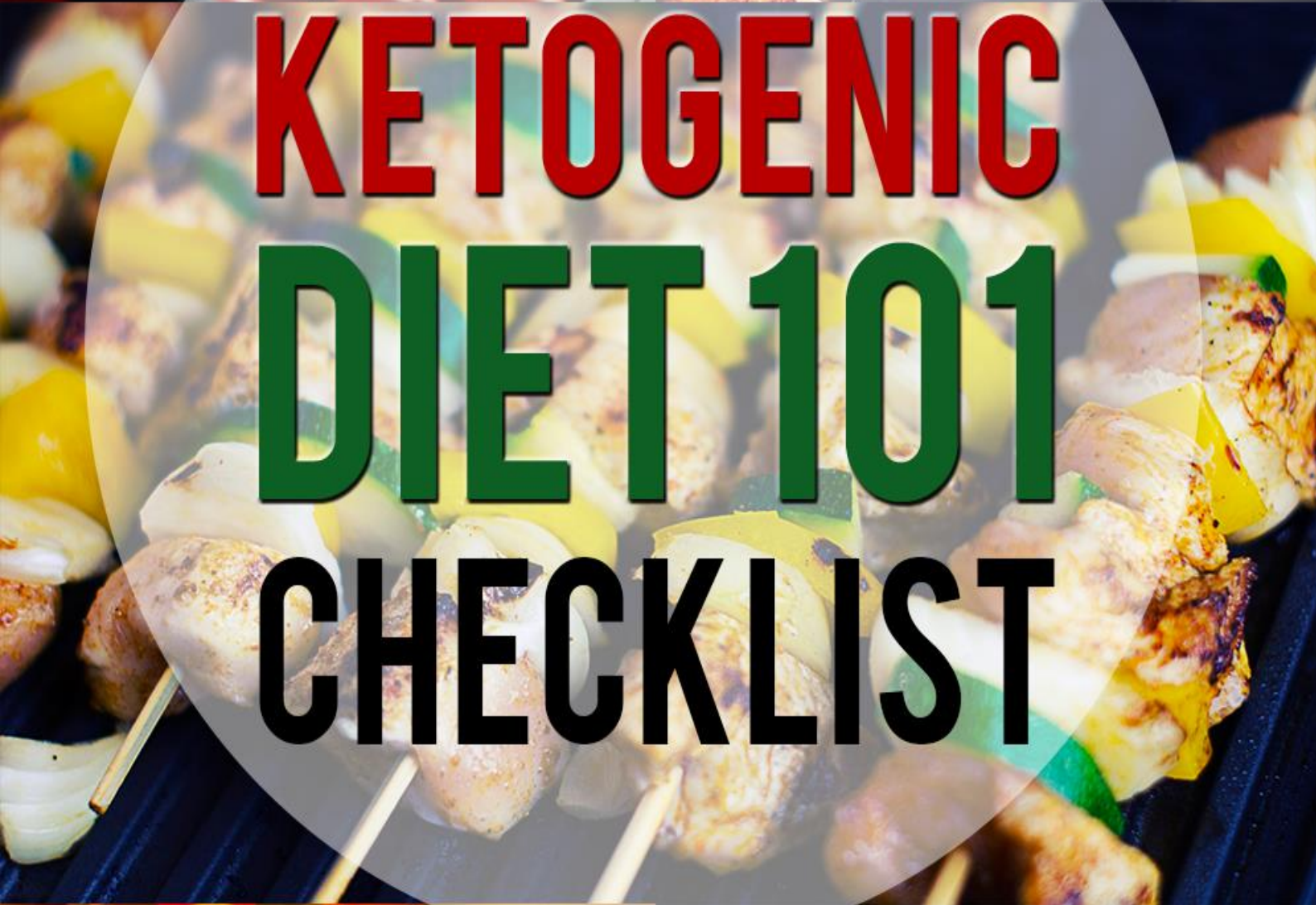




# KETOGENIC DIET 101 CHECKLIST



# Ketogenic Diet 101 Checklist

Although ketogenic diet has been around for almost a century, it is rapidly gaining popularity today. There is a reason why keto is so highly regarded. It's not a fad diet. It actually works, and it has tremendous health benefits in addition to weight loss. When on the keto diet, you are feeding your body exactly what it needs, while eliminating toxins that will slow it down.

The keto diet focuses on low carbohydrates, which the body converts into energy to help speed up weight loss. This checklist will run you through the simple tips and techniques to achieve your fitness goals.



# Chapter 1: What is Ketogenic Diet?

The keto diet is a low or zero carbohydrate diet, but it differs from other low-carb diets (such as Paleo) in that it deliberately manipulates the ratios of carbs, fats, and protein to switch fat into the body's primary source of fuel. Our bodies are used to using carbohydrates as fuel. Fats, which is a secondary source of fuel, are rarely tapped on. That means the extra fat is stored and keeps adding on the pounds.

The only ways to reduce fat in a 'normal' diet are to consume less fat and workout a lot in order to increase energy expenditure over daily calories intake, which is why most people fail to lose weight on conventional diet.

On the keto diet, you don't count calories. You count carbohydrates and adjust the intake of carbs vs. fat and protein. A typical keto diet will get 60 percent of its calories from fat, 15 to 25 percent of calories from protein, and 25 percent of calories from carbohydrates. The only limitation on the diet is sugar, which you need to avoid.

The ketogenic diet is not a fad. Many scientific studies have shown the benefits and healing effects of ketosis. Discuss the ketogenic diet with your doctor if you are interested in

consuming less sugar, losing weight, or as preventive measures against vulnerable health problems.

## Chapter 2 -Benefits of Keto Diet

Although ketogenic diet is popularly known as a ‘rapid fat loss diet’, it is actually more to this than meets the eye. In fact, weight loss and higher levels of energy are only by-products of the keto diet, a kind of bonus. It has been scientifically proven that the keto diet has many additional medical benefits. Here is a list of actual benefits for lowering your carbohydrates and eating fats that convert to energy:

- Control of Blood Sugar
- Increased Energy
- Acne
- Keto and Anti-Aging
- Keto and Hunger
- Keto and Eyesight
- Keto and Autism

## Chapter 3: Keto Diet and Cancer

Cancer has turned into a serious disease in our modern society. While cancer was not a large factor before the 20<sup>th</sup> century (it did exist, of course), our modern diet and sedentary lifestyle have made cancer the second primary cause of death, with 1600 American dying from this disease every day. It appears that our bodies do not react well to being exposed to daily toxins.

While any cancer treatment must be guided by your physician, it is a good idea to discuss the keto diet and what it can do to help in the treatment of this disease.

From what research has discovered so far, ketogenic diet may:

1. Stop the growth of cancer cells.
2. Help replace cancerous cells with healthy cells.
3. Change the body's metabolism and enable the body to "starve" cancer cells by depriving them of needed nutrition.
4. By lowering the body's insulin level, the ketogenic body may prevent the onset of cancer cells.

On a ketogenic diet specifically for cancer, your fats should be 75 to 90 percent, protein 15-20 percent, and less than 5 percent carbohydrates.

## **Foods to Eat**

1. Egg, including yolks
2. All green, leafy vegetables, as well as cauliflower, avocado, mushrooms, peppers, cucumbers, and tomatoes.
3. When choosing dairy, opt for full-fat version of cheeses, butter, sour cream, yogurt, and milk.
4. Eat nuts such as walnuts, almonds, filberts, and sunflower and pumpkin seeds.

## **Foods to Eat in Moderation**

1. Have one serving of root vegetables, such as yams, parsnip, carrots, and turnips per day.
2. Fruits contain sugar, so treat them like candy. One small piece per day.
3. A glass of dry wine, vodka, whiskey and brandy once a week. No cocktails with sugars.
4. A small piece of chocolate with 75 percent or higher cocoa content once a week.

## **Foods to Avoid**

1. Any food containing sugar, including cereals; soft drinks, juices, and sports drinks, candies, and chocolate. Limit artificial sweeteners as much as possible.
2. Starchy food such as pasta and potatoes, breads, potato chips, and french fries, cooking oils, and margarine.
3. All beers.



## Chapter 4: Keto Diet and Epilepsy

The initial use of the keto diet had nothing to do with weight loss or diabetes management, for which it is now so well-known. Instead, the diet was created by a doctor in 1924 to help his patients suffering from epilepsy.

Epilepsy is a nervous system disorder that can bring on recurrent seizures at any time. The symptoms can be spasms and convulsions, or an unusual psychological view of the world. In any case, it is caused by abnormal brain activity. The severity of the symptoms varies from person to person. A person is diagnosed with epilepsy only if he or she suffers from more than two seizures in one full day. Anyone can suffer from this disorder, but it seems to affect young children the most, perhaps because the young brain is still in a state of development.

As far back as 1924, however, Dr. Russell Wilder of the Mayo Clinic conducted groundbreaking research and created the ketogenic diet to help children suffering from epilepsy. It was remarkably effective, but doctors lost interest when new anti-seizure medications came on the market. It was easier for them to prescribe medication than to discuss diet.

However, people who used the keto diet to treat seizures continued seeing remarkable success. Today, doctors are returning to using the low carbohydrate, high-fat diet to treat their patients. The results have been extremely promising.

# Chapter 5: Keto Diet and Blood Pressure

One-third of American adults suffer from high blood pressure. It is a serious health problem that can lead to heart attacks and strokes. Obviously, the higher the blood pressure, the greater the risk. Aging and obesity greatly increase the chances of developing high blood pressure.

The symptoms of high blood pressure can be caused by an overload of carbohydrates in the diet, more than the body is able to handle. Consuming fewer carbohydrates decreases both the level of insulin and the blood pressure level. This simple dietary change can make a huge difference in your blood pressure.

## **Foods high in potassium are:**

- Avocado
- Acorn squash
- Bananas
- Coconut water
- Dried apricots
- Pomegranate

- Salmon
- Spinach
- Sweet potato
- White beans

While all these foods are permitted on the ketogenic diet, limit your intake of sweet potato and beans, which are starchy and can contain a high level of carbs.

# Chapter 6: What Do I Eat on a Keto Diet?

Some people associate the keto diet with the bad word “fat,” and are quick to dismiss it. Nothing could be further from the truth. Fat is allowed, because it is converted into energy. Our body needs healthy fats to thrive. Other foods on the diet could not be healthier. When you’re eating ketogenic, you’re filling your body with nutrition. Let’s take a look at the foods you’ll be eating.

## **Food to Eat on a Ketogenic Diet:**

1. Seafood
2. Vegetables
3. Dairy Foods
4. Avocados
5. Meat and Poultry
6. Eggs
7. Coconut Oil
8. Dark Chocolate

# **Chapter 7: Keto Diet For Rapid Weight Loss**

Many people confuse the ketogenic diet with low carb diets or paleo diets. However, there are considerable differences of which you should be aware.

- Keto v. Low Carb
- Keto v. Paleo

## **Ketogenic Diet**

Basically, ketogenic is low-carb, but it is much more.

There is a reason the ketogenic diet has become so popular. It helps improve your overall wellbeing in addition to helping you lose weight. You have more energy during the day, and you feel sated and full, thereby reducing the cravings for unhealthy snacks. In essence, you are eating less, but better. That's what makes the keto diet so unique and successful.



## **Ketosis Explained**

As we have stated earlier, the keto diet isn't magic. It is proven science. Ketosis is a natural occurrence that happens when you don't feed your body enough carbohydrates and it is forced to look for energy elsewhere.

We love our sugar and carbs, no matter how bad they are for us, and our bodies will happily use them as fuel. And since our bodies want to help us out, it turns any excess glucose into fat and stores it for future use. Stored fat translated into those ridiculous belly fat that you never want.

The more you restrict your carbohydrate consumption, the more your body will produce ketones. It really has no other options. When we restrict the amount of carbohydrates that we eat, our body will still provide us with energy, but it must turn to another source. And that alternate source is fat that was so thoughtfully stored for emergencies. The result is a state of ketosis. It happens when our body breaks down the fat into fatty acids and glycerol.

## **Benefits of Intermittent Fasting on Keto**

The science behind the ketogenic diet is that the body burns fat when deprived of other sources of fuel. Intermittent fasting is a deliberate deprivation of food and takes the concept a step further. We're not talking long-term fasting.

Intermittent fasting while on a keto diet meant having two meals a day or fasting for one day a week. The fasting time gives the body a chance to rest and rid itself of toxins. It provides an extra boost to the weight-loss benefits of keto and is a great way to jump-start the diet. For weight loss, the keto diet, combined with intermittent fasting, will help you reach your goal faster and easier.

# Chapter 8: Getting Started on the Keto Diet

You're ready for a new and improved you. Congratulations. There are so many wonderful benefits to the ketogenic diet, you can expect many positive changes, both physical and mental. So, let's not delay and get the journey started.

- Clear Your Pantry
- Weigh Yourself
- What About Your Favorite Meals?
- Always Stay Hydrated
- Condiments Can Be the Enemy
- Keep Track of Your Ketone Level
- Friends and Family Can Be Annoying – Bless Their Hearts
- Celebrate!
- Traveling
- Eating Out
- Exercise
- How Long Should You Stay on a Ketogenic Diet

## Chapter 9: Keto Recipes

You can take your favorite recipes and turned them “keto.” Below are a few recipes to show you how easy it is. It might be an excellent idea to buy a keto cookbook for your kitchen.

Two of the most important keto recipes are the simple cauliflower rice and “zoodles.” They couldn’t be easier to prepare. People can get frustrated on the keto diet when they crave pasta and rice. These two recipes definitely satisfy those cravings; they taste just like the real thing. The zoodles can be used for any pasta dish.

- Omelet Muffins
- Breakfast Casserole
- Keto Pancakes
- Apple Red Cabbage
- Cinnamon Granola
- Herbed Omelet with Smoked Salmon
- Cheeseburger Salad
- Cauliflower Rice
- Zoodles
- Bacon-Wrapped Chicken
- Cobb Salad
- Slow Cooker Pot Roast

- Spinach and Sausage Soup
- Tandoori Chicken
- Curried Lamb
- Cheddar Biscuits