

Ketogenic Diet Handout

The ketogenic diet is a very specific way of eating in order to change your basic energy metabolism by dramatically lowering your blood sugar and insulin levels. The ketogenic diet puts your body in a natural-fat burning state called ketosis. The purpose of the ketogenic diet is to train your body to burn fat for fuel rather than carbs. When ketones reach a level above 0.5mmol/L in the blood, the body is said to be in a state of “ketosis”.

Ketones are powerful messengers that reduce inflammation, protect cells against toxicity, and stimulate mitochondrial energy production making more energy available for all cellular functions.

WHAT IS IT MADE UP OF?

75%-80% of your Diet: Healthy Fats

15-20% of your diet proteins

0-5% Carbohydrates

Carbohydrate Goal: In the beginning, the goal is to remain below 50g carbs. In some instances, a person will need to remain under 25g carbs to achieve therapeutic ketosis

What are the benefits of a ketogenic diet?

The benefits of following a ketogenic diet may include weight loss, an increase in cognitive performance, balanced blood sugar, and improved cardiovascular health.

Mental focus—With a ketogenic diet, the brain utilizes ketone bodies instead of glucose as its primary fuel source. This switch can encourage more nerve growth factors and synaptic connections between brain cells and result in increased mental alertness, sharper focus, and improved cognitive capabilities.

Blood sugar management—Studies have shown that low-carbohydrate diets help support insulin metabolism in the body. This is because the absence of carbohydrates from the diet helps your body maintain blood glucose levels by breaking down fats and proteins.

Weight loss—A reduced calorie ketogenic diet encourages the utilization of body fat as fuel, and clinical studies support its use for weight management. Additionally, a ketogenic diet may help to suppress appetite and reduce cravings.

Increased energy—Carbohydrates only go so far to sustain energy throughout the day, and especially during a workout. In ketosis, your body uses fat as fuel instead of glucose, to provide the brain with a consistent supply of the ketone bodies necessary to sustain physical performance.

Cardiovascular and metabolic health— A ketogenic diet has been shown to help support blood lipid and fatty acid metabolism

FOOD & BEVERAGE LIST

Proteins: Aim to have all proteins, organic, 100% grass fed, pasture raised

- Red Meat: Beef, Bison, Venison, Elk, Ham, Pork, Bacon, Jerky
- Poultry: Chicken, Duck, Turkey
- Eggs
- Organ meats
- Sausages (avoid added sugars, artificial ingredients, added nitrates)
- Seafood: Shrimp, Mussels, Wild Cod, Wild Salmon (avoid farmed)

Vegetables: Aim to be all organic, considering the dirty dozen and clean fifteen

- Artichokes
- Asparagus
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Celery Root
- Cucumber
- Eggplant
- Garlic
- Green beans
- Kohlrabi
- Leeks
- Leafy greens: lettuce, kale, spinach, chard, collards etc
- Mushrooms
- Okra
- Onions
- Peppers
- Radishes
- Rutabaga
- Sea plants: dulse, kombu, kelp, nori
- Turnips
- Zucchini

Fats: Avoid refined and processed oils. Aim to buy organic and dark bottles for avocado & olive oil

- Avocado oil
- Bacon fat
- Beef tallow
- Butter (use in moderation and only if you tolerate dairy)
- Cocoa butter
- Coconut milk/cream
- Coconut oil
- Duck fat
- Ghee
- Lard
- Olive Oil

Fruits: Below is a list of fruits you can enjoy in moderation, and dependent on your carb tolerance. Be mindful of how much you are consuming, and consume on an occasional basis only

- Apricot
- Blackberries
- Blueberries
- Cantaloupe
- Strawberries
- Watermelon

Nuts & Seeds: Buy organic when possible, and always raw. Avoid refined oils and added salt. Be mindful that most nuts and seeds have moderate amounts of carbs, so your consumption has to be minimal

- Almonds
- Brazil
- Cashews
- Chia seeds
- Unsweetened coconut
- Ground Flaxseed
- Hazelnuts
- Hemp seeds
- Macadamia
- Pecans
- Pine Nuts
- Pistachios

- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Tahini
- Walnuts

Dairy Products: to consume in EXTREME moderation, and only if known to tolerate dairy or approved by Dr. Stacey. Cheese made from cow milk has an inflammatory protein called casein, so if consuming cheese opt for sheeps or goat or look for local and raw

- Butter
- Cheese

Beverages:

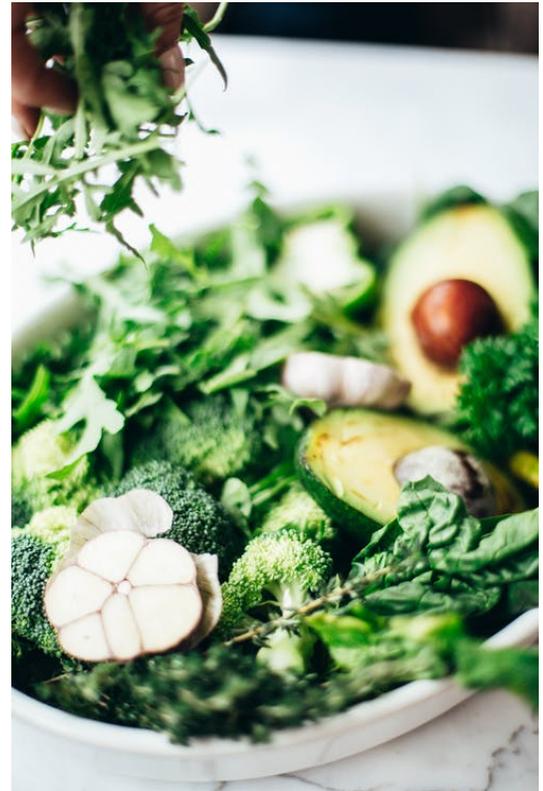
- Organic coffee
- Organic teas
- Sparkling water
- Unsweetened nut milks
- Water (#1 thing you should be consuming!)

Condiments/Seasoning:

- Cacao
- Carob
- Blackstrap Molasses
- Bone Broth
- Flavored extract (almond, vanilla)
- Garlic
- Ginger
- Herbs
- Horseradish
- Hot sauce
- Lemon
- Lime
- Liquid Aminos
- Mustard
- Salsa (unsweetened)
- Tamari
- Spices (Chili powder, cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion power, paprika, pepper, turmeric)
- Vinegars (unsweetened apple cider vinegar, balsamic, red & white wine vinegar)

Sweeteners:

- Erythritol: Ensure it is non GMO and from organic source
- Luo han guo: Monkfruit sweetener
- Stevia



FOOD & BEVERAGE LIST: WHAT TO AVOID

- **Dairy**
- **Grains:** any type of whole grain or grain based product (bread, pasta, cereal, rice, etc)
- **Fruit:** all fruit (a few blackberries or strawberries are the exception if you aren't at your total carb percentage for the day)
- **Root Vegetables:** potatoes, sweet potatoes, parsnips, yams, carrots
- **Beans & Legumes:** lentils, garbanzo beans, peanuts, peas, kidney beans, navy beans
- **Unhealthy fats:** canola oil, sunflower oil, peanut oil
- **Processed Food:** anything in a box or package
- **Condiments:** salad dressings (unless homemade), ketchup, BBQ sauce, teriyaki sauce
- **Alcohol:** Beer & wine are high in carbohydrates

Intermittent Fasting

Intermittent fasting is a powerful approach to eating that is becoming very popular because it can help you lose weight without feeling hunger, and help reduce your risk of chronic diseases like diabetes and heart disease. If done correctly, intermittent fasting can also lead to better sleep and lots of energy. Intermittent fasting can be used in conjunction with keto, but should only be done if you feel good doing so.

If you do not do well with fasting then consume 3-4 meals evenly spaced throughout the day. Anything more than 4 meals may increase your blood sugar even if they are ketogenic.

- Fast for at least 12 hours between the end of dinner and the beginning of breakfast.
- Once confident with a twelve hour fast, the fasting window can be expanded to 14 and then a 16 hour window. Coffee or tea drinkers may enjoy a cup or two of organic tea or coffee while still fasting
- Fast for at least three hours before going to bed
- As the day winds down, the body needs less food for energy and should be entering a fat burning state. This fat-burning state will facilitate your body's detoxification and repair

