

Dr Lipman's New Keto Diet

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1. About Dr Lipman's Keto Diet

Dr. Lipman's keto diet is a high protein, moderately high fat, and low-carbohydrate diet that forces the body into a state called ketosis. Normally, the body gets most of its energy from ingested and stored carbohydrates. Reducing net carbs to less than 50 g/day forces the body to look towards stored fat cells for energy. Stored fat breaks down into fatty acids which are then converted to **ketone bodies**. These ketone bodies travel to the brain and increases energy while decreasing hunger as well as provide energy to our muscles and tissues. Then they are excreted in the urine as **ketones**. Two to three days after starting the carb restriction, the fat in the cells are being used for fuel and they begin to shrink. The ketones can be measured in your urine with a tiny dipstick providing the dieter with the rate and degree of fat burning. A negative test implies a hidden carb in the diet

You may be surprised to hear that on a low-carb diet weight loss mainly happens in the same way as on any other weight loss diet—by creating a calorie deficit (consuming fewer calories than you expend). The difference is that while a low-calorie diet has an externally-imposed calorie limit, a low-carb diet works with your body so that you desire fewer calories. **It's like changing the demand rather than the supply of food.** Carbohydrate reduction associated with elevation in ketones works on the appetite system in several ways, including altering levels of hormones and other transmitters of information about hunger and satiety in our body.

Benefits of Keto Diet:

1. Eliminates cravings and hunger through direct effects of ketones on appetite centers.
2. Quick results and rapid weight loss as stored fat becomes a source of energy and burns quickly.
3. Easy progress monitoring with daily ketone testing to ensure you are in ketosis.

Macronutrients or “Macro’s”: Calories, Carbs, Protein, Fat

"Macros" is an abbreviated term for macronutrients. Important macros you must be mindful of while on the keto diet are “the big 3” nutrients: **carbohydrates, fats, and protein**. Consumption of these macros are dependent on your age, height, gender, and goals.

Carbohydrates The Secret to the Keto Diet: How Many Carbs per Day to Stay in Ketosis? What are NET Carbs:

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, minus the sugar alcohols (if present). These are the carbs that are quickly absorbed from the GI tract and raise blood sugar and blood insulin levels and quickly turn to fat. In the beginning, I recommend keeping total daily net carbs below 30g.

Nutrition Facts	
Serving Size 1 Bar (34g)	
Amount Per Serving	
Calories 170	Calories from Fat 110
% Daily Values*	
Total Fat 12g	18%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 0g	
Sugar Alcohol 15g	
Protein 2g	4%

Net Carb Calculation

Total Carbs (19g)

Fiber (2g)

Sugar Alcohol (15g)

Net Carbs: Total carbs - fiber - sugar alcohols
fibers and sugar alcohols are not absorbed and do not impact blood sugar. In ex. $19 - 2 - 15 = 2$ NET CARBS

The benefit of eating a near zero carb diet like the keto diet is that you won’t have to worry about cravings and hunger. Carbs can cause a quick rise in sugar and insulin, only to fall leaving you hungry and looking for more sugar. This ketone diet results in rapid weight loss as fat deposits are depleted to provide energy for metabolism. While in ketosis, your body effectively uses fat for fuel. You need to reduce your net carb intake to 20 to 75 net carbs per day (50 net carbs per day may be better maximum per day for faster weight loss) to force your body to burn fat instead of carbs. There are two ways to find your ideal net carbs intake:

- **Low to high method**

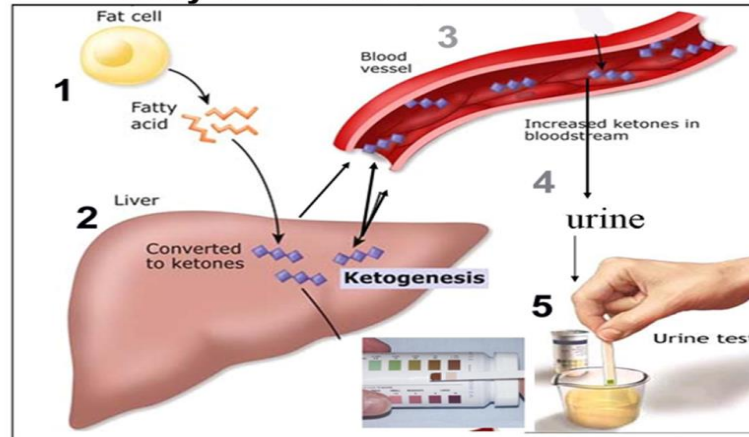
Start from a low level of net carbs to ensure you quickly enter ketosis (~ 20 grams of net carbs per day). When you detect ketosis after about 2-3 days, start adding net carbs (about 5 grams each week) until you detect a very low-level or no ketones (using Ketostix or blood ketone meter). This is usually the most reliable and quickest way to discover your net carbs limit. It could be a bit hard the first couple of days, as you have to give up almost all carbs from one day to another but it will be worth it.

- **High to low method**

Assuming you're not in ketosis, start from a relatively high level of net carbs (~ 50 grams) and keep reducing (about 5 grams each week) until you detect presence of ketones. This is a less difficult approach but not recommended, as you may spend a long time out of ketosis before you find your net carbs limit.

If you can't see any ketones, be patient. It typically takes 2-3 days for your body to deplete sugar (glycogen stores), so don't expect to be in ketosis after just a day of low-carb. Remember, ketosis is a favorable condition and an indication that your body uses fat for fuel but you can lose weight even without being in ketosis. Diet high in fat, adequate in protein and low in carbohydrates is naturally satiating, making you less hungry and, therefore, help you lose weight

Reducing Net Daily Carbs to < 30 g Forces Body to Use Fat for Fuel



1. Fat cells broken
2. Fat is released, goes to liver & forms ketones
- 3.- 4 Ketones go to blood then to kidney & urine
5. Ketones in urine turn keto strip purple

Protein Requirements on the Keto Diet:

The body needs a certain amount of protein to maintain healthy tissues and to increase muscle mass especially if you are working out. When you eat enough protein you'll experience reduced hunger and cravings.

The accepted standard for the amount of protein you need to eat daily is **0.6 – 1.2 grams of protein per pound of lean body mass**. Your **lean body mass** is your total body weight minus your fat. A standard that is commonly accepted in the keto community is **0.8 grams of protein per pound of lean body mass**.

For example, if you currently weigh 180 lbs and your body fat is at 30%, your lean body mass is 126 lbs. In order to calculate your daily protein multiply 126 x 0.6 to 1.2, and you'll get a range of 76 to 151 g protein/day. The minimum amount you need in order to maintain your bodily functions and muscle mass is 76 grams.

A simpler method is to take your body weight and divide by "3", then multiple by "1.5 to 2". Ex: 180 lb/ 3= 60, 60x 1.5= 90 to 120 grams per day.

It comes down to about 100 grams of protein per day for most people, and between 25-40 grams of protein per meal (depending on how many meals per day you're eating). Meeting this goal will make weight loss and muscle gain (or maintenance) much easier.

Fats on the Keto Diet:

Fats are the most filling foods on the ketogenic diet. They help you feel full for longer periods of time, will give you energy, and are essential for maintaining your hormonal balance. **There's a catch, though:** it's possible to eat too much fat, to the point that you don't burn off the excess body fat as quickly. Even when following a ketogenic diet, you still need to burn more energy than you consume in order to lose weight. Fats are the highest calorie of all our food groups. Fat is used to fill in the caloric gaps that you get from removing carbs from your diet after you take into account the amount of protein you need to consume. Fats that are typically consumed on a ketogenic diet include **avocados, coconut oil, butter, avocado oil, olive oil**, and limited quantities of **nuts and cheese**. Some people tend to overdo some of these

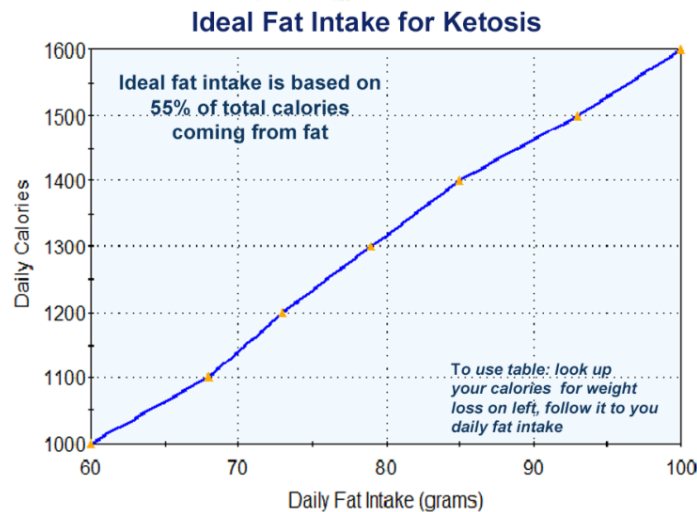
foods, which can stall weight loss. If you know you'll eat too much nuts, cheese or peanut butter, it might be safer to just avoid them.

Adding Dietary Fat to Increase Ketosis

Dietary fat is the basis of the ketogenic diet. It's the high fat and low carb intake that makes the diet "work" and keeps your body in **ketosis**. With a low carb intake (less than 30 net carbs/day), your metabolism uses the stored carbs in the form of glycogen and when depleted (2-3 days) permits the body to switch from carb to fats for fuel and energy. This promotes weight loss and other healthy factors since the body is living off its own fat stores.

It's often difficult for new dieters to understand these principles. They are not used to eating fatty foods and they think they are unhealthy. In fact, it's the carbs that are really unhealthy. Often we see people who can easily reduce their carbs but have difficulty finding the fats to replace them. The ideal intake of fat in the keto diet is about **50-60 %** of daily calories.

ex: Knowing your daily caloric intake for weight loss (about 1100-1200 for women and 1400-1600 calories for men) you can quickly determine your ideal fat intake from the graph below. Most women need to eat about 1100 calories and most men about 1400 calories per day. In the graph below you can see that the ideal fat intake for a woman eating 1100 calories per day is 68 grams of fat and for a man eating 1400 calories is 85 grams of fat per day.



Sources of Healthy Fats: Egg yolks, Healthy oils like coconut oil, olive oil, MCT oil, and avocado oil, Nuts and seeds (watch your **overall nut intake** and choose fattier versions like almonds and macadamia nuts), fatty fish, avocados, butter or ghee, coconut butter, cheeses, full fat yogurt, fatty cuts of meat like bacon.

Good Sources of Fat for Keto Diet

Food Group	Group includes:	Portion	Fat (g)	fat per nut
Nuts/ Seeds	almonds, peanuts	1 oz.	14	1/2 g
	cashews, walnuts	1 oz.	18-20	1 g
	Macadamia(highest)	1 oz.	21	2 g
	Butter, coconut butter, olive oil,			
Oils	MCT oil, sesame oil	1 tbs	10-14	
Dairy Products	cheeses, yogurt,	1 oz.	6-10	
	mayo(20g), cream cottage cheese (2 g)			
Beef, chicken, fish			1 to 50	see table p12
		4 oz.	g	

What are Keto or Fat Bombs?

You may have heard dieters talking about 'keto fat bombs' or 'ketogenic fat bombs' or 'keto bombs.' So what, exactly, is a keto bomb? A keto or fat bomb is similar to an energy bar. Energy bars, however, are based around carb and sugar-heavy ingredients like dates and oats, keto bombs are high in fat like coconut oil, peanut butter and cream and low in sugar and carbs. Keto bombs can be used in many different ways – as snacks, meal replacements, or as a side dish. They can also be used as creamers to coffee and tea. Often used as a quick breakfast, mid-afternoon pick-me-up or pre- or post-workout snack, they have as much as 85% fat. Unlike high protein meals or snacks, they do not provide protein or carbs that can be used as fuel. They do not disrupt ketosis, in fact increase the ketosis and fat burning. Most keto bombs are ketogenic and can be incorporated into low-carbohydrate diet plans.

The most common ingredients that are found in keto bombs are **coconut oil** and **high-fat dairy products such as cream cheese and butter**. Coconut oil, for example, provides the body with supplemental ketones. This is because coconut oil contains medium chain triglycerides (MCTs), which are a type of fat that is absorbed quickly and used as fuel. *Much more about keto bombs, recipes, ingredients at <https://www.ruled.me/comprehensive-guide-fat-bombs/>*

Why Keto Bombs May Help Weight Loss

Fats take longer to break down in the digestive tract and slow the breakdown of carbohydrates into sugar, keeping our blood sugar levels stable and helping us to feel fuller for longer. According to scientific research, a spoonful of coconut oil a day could even whittle our waistlines away! You'll still need to watch your portion sizes but, since fats are intrinsically satisfying, adding a keto bomb for breakfast could actually help you *stop* snacking.

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Much more about keto bombs, recipes, ingredients at <https://www.ruled.me/comprehensive-guide-fat-bombs/>

Here are the macronutrients for the Keto Diet based on height for men and women. Carbs is net carbs. Protein is the minimal amount of daily protein.

Macros for Keto Diet

Calories/day		Protein Grams	Carb Grams		Fat Grams	
Feet	Inches	(must eat)	F	M	F	M
5	0	52	16	26	79	131
5	1	55	18	27	82	137
5	2	57	17	29	86	144
5	3	60	18	30	90	150
5	4	63	19	31	94	156
5	5	65	20	33	98	163
5	6	68	20	34	101	169
5	7	70	21	35	105	175
5	8	73	22	36	109	182
5	9	75	23	38	113	188
5	10	78	23	39	117	195
5	11	80	24	40	121	201
6	0	83	25	41	124	207
6	1	85	26	43	128	214

2. Getting Started on the Keto Diet

Getting started on a low-carb diet can cause a lot of anxiety. There are new terms and concepts. You are suddenly lowering your carbs to very low levels. You may experience keto flu(see below) in the beginning or episodes of low blood sugar. You may worry about changing your daily meal routine, how you will feel, or have anxiety about the diet not working. Information on what to expect regarding weight changes your first month can ease your mind a bit:

The First Week of a Low-Carb Diet-often a lot of Water Loss

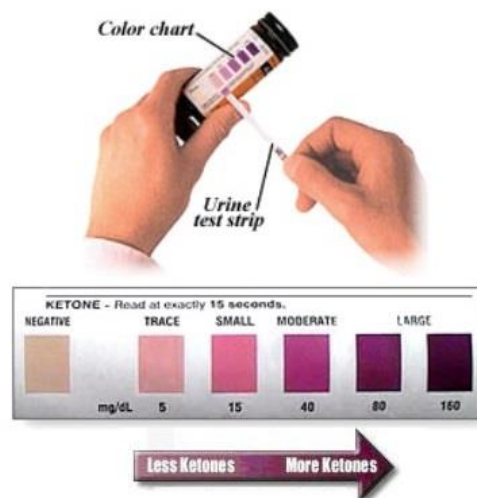
The first week of a low-carbohydrate diet leads to a shift in the body's metabolism. This is because the body has been using primarily glucose for energy and must switch to using primarily fat. You may have been relying on carbs for years and years, suddenly everything changes. A lot of weight loss can occur in the first week because the glucose which is stored for easy use in our liver is in a molecule called glycogen which is bound up with a lot of water. When starting a low-carb diet, stored glycogen is released and broken down, and water is lost with it. The weight loss tends to be more pronounced in people who restrict their carbohydrates to less than 50 grams per day (a very low carb diet), as opposed to those who stick to a low-carb diet which is between 60 and 130 grams of carbohydrates daily. A standard diet contains about 200 to 300 grams of carbohydrates daily, so a low-carb diet offers a dramatic drop. Glycogen stores gradually build back up, with the glucose mainly coming from gluconeogenesis from protein. That's important since the body needs some glucose and carbs especially for brain function. This is not at all a bad thing, as the body needs to maintain a certain level of blood glucose, and having a reserve is important.

These changes can be concerning to scale-watchers who are anxiously tracking lost pounds. Even when you are losing fat, the fluid shifts occurring in your body may create what looks like stalls in your weight loss. The trick is not to get too tied to the scale during this time.

Typically, in the first week of the keto diet people see a very quick drop in weight — anywhere from a few pounds to as much as 10! That's because at first, keto makes your body release a lot of water weight (not fat) due to your lower carb intake. Carbs need water to stay in your body. When your body doesn't use glucose immediately, it stores it as glycogen in your muscles and glycogen binds to water. Each gram of glycogen is stored with 2–3 g of water. When you first switch to keto, your body will burn all the glycogen reserves first before using fat. Once it runs out of glycogen, the water that was needed to store it gets eliminated and that's why the weight on your scale changes so drastically.

First Signs of Ketosis:

On about the 3rd day of the diet you will notice when testing the first urine in the morning ketones have turned positive. Any change in the color of the ketostix toward pink or purple indicates ketosis. At the same time you may smell a fruity taste and bad breath as the ketone bodies are excreted as acetone thru the lungs. Its the ketones that burn fat.



The Second Week of a Low-Carb Diet:

It's good to think of the second week as a week of stability after the roller coaster metabolism shift of the first week. Even so, this is often where the real fat loss will start in most people who respond well to low-carb diets. Some bodies do take a little longer to adjust, however, so try to remain patient. It's also important at this time to ensure that you are not only reducing your carbohydrate intake but choosing healthy alternatives. For instance, since carbohydrates are found in many fruits, vegetables, grains, dairy products, and alcoholic drinks, you will be eating more fats and proteins.

Be sure to choose healthy sources of protein and fats (called monounsaturated and polyunsaturated fats) like:

- Avocado
- Nuts and seeds
- Olive oil
- Fish higher in fat, like salmon

Fruits and vegetables are healthy, though you just need to choose low-carb options like:

- Broccoli and cauliflower
- Spinach and Kale
- Bell peppers
- Brussel sprouts
- Asparagus
- Strawberries

The Third and Fourth Week of a Low-Carb Diet:

Sometime in the second half of the first month, your body will probably settle into a pattern of weight loss. The rate at which you lose depends on many factors, the most prominent of which is how overweight you are to start, your age and your gender. In other words, people with less to lose will lose much more slowly than those with a lot of extra fat. You can lose 2-4 lb's per week or even more depending on the starting weight. The usual advice is to weigh yourself once a week because of day-to-day weight fluctuations due to fluid, fiber consumed, and other factors. Also, women who are having menstrual cycles sometimes decide not to weigh in the second half of their cycles, especially if they tend to retain water at this time. It's important to choose a consistent time of day to weigh yourself. Most of the time people choose to weigh first thing in that morning, before beginning to eat and drink, because this is the best basis for comparison. If you weigh yourself at another time of day, there will be even more fluctuations.

Keto Flu: What is it? What to Do?

The “keto flu” can be unnerving if you don’t understand it. The keto flu is a natural reaction to entering ketosis, it’s very temporary, and there are ways to remedy it. Your body burns carbohydrates (glucose) for energy by default. But when your carb intake is drastically reduced, like on the ketogenic diet, your body is depleted of stored glucose and instead turns to burning fatty acids for energy. This is the metabolic process of ketosis. The keto flu is a natural reaction to our bodies entering ketosis and switching to a state of glucose-burning to fat-burning. Your body’s response to entering ketosis can often mimic symptoms of the flu, thus the name “keto flu.”

The Common Symptoms of The Keto Flu:

Most people experience the keto flu when they first start keto. Here are some of the most frequently reported manifestations of it:

- Stomach aches or pains
- Brain fog
- Dizziness or confusion
- Nausea

- Irritability
- Diarrhea or constipation
- Muscle cramping or soreness
- Lack of concentration or focus
- Trouble falling or staying asleep
- Sugar cravings
- Heart palpitations

Keto flu symptoms usually occur within the first day or two of starting a ketogenic diet, and the severity and length of symptoms vary per person. Some people may have no symptoms at all, while others could experience several for up to a week or two. On some occasions it takes a week to develop fully. Either way, the symptoms shouldn't last more than a 1-2 weeks and should go away once your body is adapted to burning fat for fuel.

What Causes the Keto Flu? The keto flu is due to electrolyte loss and dehydration as well as withdrawal from carbohydrates and sugary foods:

Electrolyte Imbalance: The standard American diet contains a lot of processed foods, which are high in added sugars and salts. When we switch to a keto diet of whole foods, most salt-laden choices are eliminated and sodium intake is drastically reduced. Sodium causes the body to retain water, so less sodium intake means less water retention. The lack of carbs also lowers insulin levels. All of this leads the kidneys to release excess water. With that excess release of water, electrolytes are flushed out, leading to electrolyte imbalance and dehydration. This can cause flu-like symptoms until everything becomes balanced again.

Carbohydrate Withdrawal: Some research has shown sugar affects the brain in a way similar to heroin or cocaine. It's pleasurable, and we get a nice shot of the "feel good" hormone, dopamine, when eating sugar. When sugar is drastically reduced from starting a keto diet, we can experience withdrawal effects like mood swings, irritability, cravings for sugar, and other symptoms of the keto flu. Someone who has come from eating a diet full of processed and refined carbs and sugars is more likely to also experience these withdrawal-like symptoms and have more trouble adapting to fat burning.

How to Avoid or Get Rid of the Keto Flu:

Although the keto flu is temporary, there are things we can do to reduce or even eliminate symptoms during the transition into ketosis.

Stay Hydrated: The water loss that occurs at the beginning of a ketogenic diet needs to be replenished. This can help reduce keto flu symptoms like headaches, fatigue, or nausea that are often caused by dehydration. Keep water near you to drink regularly throughout the day. Always drink when you feel thirsty. If your urine is yellow, you need to drink more water. Clear urine is an indication that you're well hydrated. Often thirst is a sign of dehydration already, so try to get ahead of it.

Increase Fats and Calories: Your body is no longer getting its energy from carbohydrates and sugars, so it needs plenty of fat for fuel. Make sure the calories from carbs are replaced by eating plenty of keto-friendly fats. Supplement with MCT oil powder to help further increase ketone levels for fuel.

3. What to Eat on the Keto Diet:

To start a keto diet, you will want to plan ahead. That means having a viable diet plan ready and waiting. What you eat depends on how fast you want to get into a ketogenic state. The more restrictive you are on your carbohydrates the faster you will enter ketosis. Most dieters do very well starting with 30 g of carbs per day. Others start on 20 g a day. (The level made famous by the original Atkins diet). Some individuals reach ketosis with even as much as 75 to 100 grams of carbs a day. You want to keep your carbohydrates limited, coming mostly from vegetables, dairy, a few fruits, and a few ultra low carb wraps or crackers. Don't eat any refined carbohydrates such as wheat (bread, pasta, and cereals), starch (potatoes, beans, legumes) or large fruits like apples, oranges, grapefruit etc. The small exceptions to this are avocado, star fruit, and berries which can be consumed in moderation.

Do NOT Eat:

- Grains – wheat, corn, rice, pasta, cereal,
- Sugar – honey, agave, maple syrup
- **Large Fruit** – apples, bananas, oranges grapefruits (plum size or smaller)
- **Below ground vegetables:** Tubers – potato, yams, carrots, beets

Do Eat:

- Meats – fish, beef, lamb, poultry, eggs
- Leafy Greens – spinach, kale
- Above ground vegetables – broccoli, cauliflower,
- High Fat Dairy – hard cheeses, high fat cream, butter
- Nuts and seeds – macadamias, walnuts, sunflower seeds
- Avocado and berries – raspberries, blackberries, and other low glycemic impact berries
- Sweeteners – **stevia (liquid or powered Truvia)**, Erythritol, monk fruit, Pure Vie (Stevia), nutrasweet and **other low-carb sweeteners (not xylitol, mannitol or splenda that in powered form contains malodextrin and dextrose).**
- Other fats – coconut oil, high-fat salad dressing, saturated fats, etc.

Typically, anywhere between 20-30g of net carbs is recommended for everyday dieting – but the lower you keep your carbohydrate intake and glucose levels, the better the overall results will be. If you're doing keto for weight loss, it's a good idea to keep track of both your total carbs and net carbs.

Fats and Oils in the Keto Diet:

Fats are added to your daily caloric intake when you are on a ketogenic diet, so choices should be made with your likes and dislikes in mind. They can be combined in many different ways to add to your meals – sauces, dressings. Fats are vital to our bodies, but they can also be dangerous if you are consuming too much of the wrong types of fats. There are a few different types of fat that are involved in a ketogenic diet. Different foods usually have various combinations of fats, but the unhealthy fats are easy to avoid. Here's a brief overview:

- **Saturated Fats.** Eat these. Some examples of these are butter, coconut oil, and lard.
- **Monounsaturated Fats.** Eat these. Some examples of these are olive, avocado, and macadamia nut oils.
- **Polyunsaturated Fats.** Know the difference. Naturally occurring polyunsaturated fats in animal protein and fatty fish are great for you, and you should eat these.
- **Trans Fats.** Completely avoid. These are processed fats that are chemically altered (hydrogenated) to improve shelf life. Avoid all hydrogenated fats, such as margarine.
- **Saturated and monounsaturated fats** such as butter, macadamia nuts, avocado, egg yolks, and coconut oil are more chemically stable and less inflammatory to most people, so they are preferred. Below, you can see some common ways to increase the amounts of fat you eat on a ketogenic diet. Some ketogenic diet foods that are ideal for fats and oils:

- | | |
|--|------------------|
| ▪ Animal Fat (non-hydrogenated)—Fatty fish | ▪ Mayonnaise |
| ▪ Lard | ▪ Coconut Butter |
| ▪ Tallow | ▪ Cocoa Butter |
| ▪ Avocados | ▪ Olive Oil |
| ▪ Egg Yolks | ▪ Coconut Oil |
| ▪ Macadamia/Brazil Nuts | ▪ Avocado Oil |
| ▪ Butter | ▪ Macadamia Oil |

Protein Importance in the Keto Diet:

Some examples of how to get your protein while on a ketogenic diet are below:

- **Fish.** Cod, flounder, halibut, mackerel, mahi-mahi, salmon, snapper, trout, and tuna. Fattier fish is better.
- **Shellfish.** Clams, oysters, lobster, crab, scallops, mussels, and squid.
- **Whole Eggs.** You can prepare them in many different ways like fried, deviled, boiled, poached, and scrambled. The yolk does not raise cholesterol.
- **Beef.** Ground beef, steak, roasts, and stew meat.
- **Pork.** Ground pork, pork loin, pork chops, tenderloin, bacon and ham
- **Poultry.** Chicken, duck, quail, pheasant and other wild game.
- **Other Meat.** Veal, Goat, Lamb, Turkey
- **Bacon and Sausage.** Check labels for anything cured in sugar, or if it contains extra fillers. Don't be overly concerned with nitrates. Note how much fats in bacon.
- **Nut Butter.** Go for natural, unsweetened nuts and try to stick with fattier versions like almond butter and macadamia nut butter. Here's a nutritional list of some of the most commonly consumed proteins on keto and their respective nutritional profile. Watch out for added sugars:

Keto Protein* Source	Cal	Fats	Net Carbs	Protein g
Ground beef (4 oz., 80/20)	280	23	0	20
Rib eye steak (4 oz.)	330	25	0	27
Bacon - 1 slice	43	3.3	0	3
Pork chops (4 oz.)	286	18	0	30
Chicken thigh (4 oz.)	250	20	0	17
Chicken breast (4 oz.)	125	1	0	26
Salmon (4 oz.)	236	15	0	23
Ground lamb (4 oz.)	319	27	0	19
Liver (4 oz.)	135	5	0	19
Egg (1 large)	70	5	0.5	6
Almond butter (2 tsp.)	180	16	4	6
Cal= calories, Carbs= net carbs, all in grams				

In the table above note the difference in calories between the white and dark meat of chicken and the huge amount of fat in the dark meat as compared to the white meat. A single slice of bacon also has a lot of fat.

Vegetables and Fruits in the Keto Diet:

The higher the amount of carbs, the less you will want to consume. The best type of vegetables for a ketogenic diet are high in nutrients and low in carbohydrates. These, as most of you can guess, are dark and leafy. Anything that resembles spinach or kale will fall into this category. Try to go after cruciferous vegetables that are grown above ground, leafy, and green. Studies show that organic and non-organic vegetables still have the same nutritional qualities. Both frozen and fresh vegetables are good to eat. Here are some below ground growing vegetables to avoid:



***Note:** Vegetables that grow below the ground can still be consumed in moderation – you just have to be careful about the number of carbs that they have. Usually, underground vegetables can be used for flavor (like half an onion for an entire pot of soup) and easily moderated. In general, there's no fitting rule that works perfectly. Try to choose your vegetables with carbohydrates in mind and portion them based on their carb counts. Here are the calories, fats, net carbs and protein in best vegetables and fruits:*

Keto: Veggie/Fruit	Cal	Fats	Net Carb	Protein
Cabbage (6 oz.)	43	0	6	2
Cauliflower (6 oz.)	40	0	6	5
Broccoli (6 oz.)	58	1	7	5
Spinach (6 oz.)	24	0	1	3
Romaine Lettuce (6 oz.)	29	1	2	2
Green Bell Pepper (6 oz.)	33	0	5	1
Baby Bella Mushrooms (6 oz.)	40	0	4	6
Green Beans (6 oz.)	26	0	4	2
Fruit	Portion	cal	Carb	
cherries	1/2 cup	35	9	
strawberries	1 cup of halves	49	11	
blackberries	1/2 cup	31	6	
cantelope wedge	1/8 wedge (100 g)	34	7	
peaches, plums	1 med-2 in di.,	35	7	
blueberries	1/2 cup	41	10	
Cal= calories, Carb = net carbs				

Dairy Products in the Keto Diet:

Dairy is commonly consumed in tandem with meals on keto. Try to keep your dairy consumption to a moderate level. Most of your meals should be coming from protein, vegetables, and added fats/cooking oils. If you have lactose sensitivities, stick with very hard and long-aged dairy products as they contain much less lactose. Some examples of dairy you can eat on keto are:

- Greek yogurt
- Heavy whipping cream
- Spreadables including cottage cheese, cream cheese, sour cream.
- Soft Cheese including mozzarella, brie, blue, Colby, monterey jack,

- Hard Cheese including aged cheddar, parmesan, feta, swiss, etc.
- Mayonnaise and mayo alternatives that include dairy.

Keto Dairy Source	Cal	Fats	Carbs	Prot
Heavy cream (1 oz.)	100	12	0	0
Greek yogurt (1 oz.)	28	1	1	3
Mayonnaise (1 oz.)	180	20	0	0
Half n' half (1 oz.)	40	4	1	1
Cottage cheese (1 oz.)	25	1	1	4
Cream Cheese (1 oz.)	94	9	1	2
Mascarpone (1 oz.)	120	13	0	2
Mozzarella (1 oz.)	70	5	1	5
Brie (1 oz.)	95	8	0	6
Aged Cheddar (1 oz.)	110	9	0	7
Parmesan (1 oz.)	110	7	1	10

Nuts and Seed in the Keto Diet:

Remember, the keto diet is NOT the same as the Atkins diet where nuts and seeds are almost unlimited. Calories do count!

Some people choose to consume them as snacks – which can be rewarding but may work against weight loss goals.

Snacking, in general, will raise insulin levels and lead to slower weight loss in the long term. Nuts can be a great source of fats, but you always have to remember that they do have carbohydrate counts that can add up quickly. It's also important to note that they do contain protein as well BUT NOT AS MUCH AS YOU MIGHT THINK. Nut flours especially can add up in protein rather fast – so be wary of the amount you use. Next time you're thinking about opening a new bag of nuts to eat, consider what's better for you on keto from the following:

- **Fatty, low carbohydrate nuts.** Macadamia nuts, brazil nuts, and pecans can be consumed with meals.
- **Fatty, moderate carbohydrate nuts.** Walnuts, almonds, hazelnuts, peanuts, and pine nuts can be used in moderation.
- **Higher carbohydrate nuts.** Pistachios and cashews should rarely be eaten or avoided as they're very high in carbohydrates (2 handfuls of cashews is equivalent to a full day's allowance of carbs).

Keto: Nuts	Cal	Fats	Carbs	Prot
Brazil Nuts (2 oz.)	373	37	3	8
Pecans (2 oz.)	392	41	3	5
Almonds (2 oz.)	328	28	5	12
Hazelnuts (2 oz.)	356	36	3	9
Macadamia	407	43	3	4

Water and Beverages Important in the Keto Diet:

The ketogenic diet has a natural diuretic effect, so dehydration is common for most people starting out. If you are prone to urinary tract infections or bladder pain, you have to be especially mindful. Drink as much fluid as you can.

Considering we're made up of about two-thirds water, hydration plays a substantial role in our everyday life.

Many people choose **ketoproof coffee** or tea in the morning to ramp up energy with added fats. This is amplified when it comes to caffeine as too much will lead to weight loss stalls; try to limit yourself to a maximum of 2 cups of caffeinated beverages a day.

- **Coconut/Almond milk.** The unsweetened versions in the carton from the store to replace your favorite dairy beverage.
- **Diet soda.** Try to reduce to 2-3 drinks a day or completely stop drinking this.
- **Flavoring.** The small packets that are flavored with Sucralose or stevia are fine. You can alternatively add a squeeze of lemon, lime, or orange to your water bottle.
- **Alcohol.** Choose hard liquor (1.5 oz) or wine (4.5 oz). Beer is high in sugar. Alcohol mixes should be eliminated. Use zero calorie, zero sugar mixes. Frequent consumption of alcohol will slow down weight loss. Women can probably drink 3-4 alcohol based beverages per week as described while men 6-7/week and still lose weight.

Spices and Cooking:

Even small ingredients can add up in carbs; make sure to monitor spices and condiments that you add to your meals. Seasonings and sauces are a tricky part of ketogenic diet foods, but people use them on a regular basis to add flavor to their meals. The easiest way to remain strict here is to avoid processed foods. There are many low carb condiments and products on the market, and there's no way to list them all. A handful of them are great, but the majority use high glycemic index sweeteners. Below you'll find some common herbs and spices that people use on a ketogenic diet. Always remember that spices do have carbs in them, so may need to adjust your nutrition based on this.

- Cayenne Pepper
- Chili Powder
- Cinnamon
- Cumin
- Oregano
- Basil
- Cilantro
- Parsley
- Rosemary
- Thyme

Condiments and Sauces:

There is a lot of added sugar in just a teaspoon of sauce; double check nutrition labels to make sure it fits into your macros. If you choose to make your own sauces and gravies, you should consider investing in guar or xanthan gum. It's a thickener that's well known in modern cooking techniques which thickens otherwise watery sauces. Although it varies from brand to brand (make sure to read the ingredients), standard pre-made condiments for keto include:

- **Ketchup (choose low, or no sugar added--IMPORTANT- 4.5g net carbs)**
- Mustard
- Hot Sauce
- Mayonnaise
- Sauerkraut (choose low, or no sugar added)
- Relish (choose low, or no sugar added)
- Horseradish
- Worcestershire Sauce
- Salad Dressings (choose fattier dressings like ranch, Caesar and unsweetened vinaigrettes)

Sweeteners and Sugar Alcohols in the Keto Diet:

When searching for sweeteners, try to go after liquid versions as they don't have added binders (such as maltodextrin and dextrose). These are commonly found in blends like Splenda and can add up in carbs very, very quickly. For keto, you want to try to stick with lower glycemic index sweeteners. Typically you want to stay away from any brands that use filler ingredients like maltodextrin and dextrose, or high glycemic sweeteners like maltitol. Many low-carb products that claim low net carbs usually use these sugar alcohols. Many candies that are "sugar-free" also use these sweeteners. When a sweetener has a low glycemic impact (or a low glycemic index), it has little effect on blood sugar. The higher the glycemic index is, the higher your blood sugar will spike during consumption. Here is the best zero carb sweeteners:

- **Stevia.** One of the most common sugar substitutions used on the market today. Incredibly sweet with no glycemic impact. The liquid form is preferred. Best is Truvia brand of Stevia, Pure Via has some dextrose.
- **Sucralose.** A very easy, but very sweet substitution to sugar that has a lot of misinformation around it. Many people confuse this with Splenda, but Sucralose is the pure sweetener. Liquid versions are preferred. Powdered versions have maltodextrin and dextrose--both carbs.
- **Erythritol.** This is a great sugar substitution that has 0 glycemic impact. It's special because it passes through our bodies undigested, and is excreted without absorbing the carbs.
- **Monk fruit.** This is a less common sweetener and usually used in combination with others. While somewhat rare, if you can find it, it makes a great balanced sweetener.
- **Various blends.** There are numerous brands on the market that combine these sweeteners in their ratios. Be careful and read the ingredients.

Beside each sweetener's name, you will see "GI" and then a number. This refers to the **Glycemic Index**, which measures how much your blood sugar is raised by a certain food. Many sweeteners are zero GI, meaning they don't raise blood sugar. The baseline is glucose, which measures up at 100. Typically you want to use the sweeteners that are lowest in GI, but may find it more beneficial (taste wise) to use a mixture.

Below you'll sweeteners and their respective glycemic index(GI) and carbs(Net Carbs):

Sweetener	GI	Type	Carbs
Stevia	0	Natural	5
Allulose	0	Natural	0 – 5
Inulin	0	Natural	1
Monk Fruit	0	Natural	0 – 25
Tagatose	3	Natural	35
Erythritol	0	Sugar Alcohol	5
Xylitol	13	Sugar Alcohol	60
Maltitol	36	Sugar Alcohol	67
Sucralose	0-80	Artificial	0
Aspartame	0	Artificial	85
Saccharin	Variable	Artificial	94
Table Sugar	63	Processed	100

Hidden Sugars in the Keto Diet to Avoid- Natural or NOT:

Avoid High Fructose Corn Syrup: High fructose corn syrup is a sweetener that's highly processed and derived from corn. Many studies have been done to compare HFCS and sugar, many of which show similar results. They're practically the same thing

Avoid Sugar: Sugar, as most of us know, should be avoided at all costs. It is linked to obesity, type 2 diabetes, bad cholesterol, sugar addiction, and metabolic syndrome. It has no real nutrients and consumption leads to fat storage. It is

labeled as many different things on nutrition packaging but a good rule of thumb is if it ends in “ose”, it’s sugar and should be avoided. Regular table sugar is broken down into fructose and glucose when it enters the bloodstream. Glucose is naturally occurring in our bodies, but fructose is not.

Avoid Coconut Sugar: Coconut sugar is made from the flower of the coconut palm, where the sap is heated until the water is evaporated. The finished product is brownish in color. It retains some nutrients from the heating process and does contain some inulin, but is still not a good option for people on a low carb diet at 11g carbs per tablespoon.

Avoid Fruit Juice: Raspberries and blackberries are the 2 best types of berries to consume on a low carb diet due to the lower amount of sugars in them. Typically they contain fructose which has a very high glycemic index, resulting in both blood sugar and insulin spikes. Most fruit juices will contain at least 20g carbs per serving

Avoid Honey: Honey is one of the most nutritionally dense sweeteners but is packed full of fructose. One tablespoon of honey typically contains 17g carbs which is well over half of our daily allotted amount.

Avoid Maple Syrup: While maple syrup and honey are widely accepted on lesser low-carb, paleo diets they are **not** allowed on ketogenic diets. Maple syrup typically has 13g carbs per tablespoon..

Avoid Agave Syrup: Typically a very highly processed sweetener even though it’s marketed as a natural alternative. It can contain up to 80% fructose which has a very high impact on our blood sugar levels and is typically seen as one of the most damaging sources of sugar. It is made by pressing the agave plant until the sugars and fluid come out.

Foods to Avoid on the Keto Diet:

- **Sugar.** It’s typically found in soda, juice, sports drinks, candy, chocolate, and ice cream. Anything that’s processed and sweet you can think of most likely contains sugar. Avoid sugar at all costs.
- **Grains.** Any wheat products (bread or buns), pasta, cereal, cakes, pastries, rice, corn, and beer should be avoided. This includes whole grains like wheat, rye, barley, buckwheat, and quinoa.
- **Starch.** Avoid vegetables (like potatoes and yams) and other things like oats, muesli, etc. Some root vegetables are okay in moderation – be sure to read the section on vegetables. Vegetables grown underground—onion, roots, potatoes etc are high in carbs.
- **Trans Fats.** Margarine or any other spreadable replacement butter should be avoided as they contain hydrogenated fats (bad for us).
- **Fruit.** Avoid any **large fruits** (apples, oranges, bananas) as they’re extremely high in sugar. Some berries can be consumed in moderation – be sure to read the section on fruits.
- **Vegetables are a paramount** part of a healthy keto diet, but sometimes we’re stuck with decisions we might regret later. Some vegetables are high in sugar and don’t cut it nutritionally – so we need to weed them out. Use whether they are grown above or below ground to sort them out.

Hidden Carbs and Nutrition Labels:

Going on a ketogenic diet can be very difficult in the very beginning. Knowing what to eat and what not to eat takes some time to get used to, so if you make some mistakes in the beginning don’t be too hard on yourself. It’s better to make a mistake and learn from it than to make a mistake and not realize it was in error.

There's always going to be foods that are bad for us when it comes to eating. Some foods are particularly sneaky at hiding carbohydrates from us. **Here's a small list of common items that sometimes have hidden carbs:**

- **Low-carb products.** There are a lot of choices when it comes to bars, snacks, and foods. Make sure to read the label. Many use high glycemic index sweeteners in their products.
- **Spices.** As mentioned above, spices do have carbs – but certain ones have more carbs than others. These include onion powder, cinnamon, garlic powder, allspice, and ginger. Always read labels and make sure no added sugar is in your spice blends.
- **Fruit and berries.** Most fruits are NOT allowed to be consumed due to the high sugar content. Many people still eat berries, but you have to control your portioning with these. Be careful blueberries and cranberries as they add up in carbohydrates fast.
- **Tomato-based products.** Lots of people use tomato sauces and canned diced tomatoes. Make sure to read the nutrition labels – food companies are infamous for messing with serving sizes to make their foods seem “healthier.” Make sure that there are no added sugars.
- **Condiments.** It's almost tradition to add sauce to a meal – but be careful about your favorites. Sometimes condiments and sauces can show minuscule serving sizes which skew the actual carbs that are inside. Make sure you read the nutrition and ingredient lists well.
- **Peppers and chilies.** Be very careful when you use small peppers as sometimes they can be incredibly sweet inside. There can sometimes be 3-4g carbs in a tiny chili pepper. When using bell peppers, try to opt for green as red/yellow bell peppers will have slightly more carbs.
- **Chocolate.** You can eat chocolate on keto, but you have to be very cautious with the serving sizes. You want to stick to very dark chocolate (90% or higher), as this will have much fewer carbs. Also seek chocolate with no sugar with erythritol or Stevia as the sweetener. Seek zero sugar, zero carb chocolates.
- **Medicine.** Cold medications, cough syrups, and flu remedies often contain lots of sugar. Some of the generic over the counter cough medicines contain 20g of carbs per serving, so be very careful when sick. There are usually sugar-free or diabetic alternatives.




There are so many food items out there that contain hidden sugars and carbs. Always be careful about what you're purchasing –look at the label.

4. Hard to Find Low Carb Foods




Low Carb Foods At Amazon.com

Buying Keto Foods on Amazon Prime


Low Carb Bread <http://bit.ly/ketobreads>

		
45 cal/7 carbs	90 cal/ 0 carbs	72 cal/0 carbs/15 protein

Keto Snacks <https://amzn.to/2JZRPDX>

		
75 cal/ 1 carb, 8 prot	10 cal/cracker/1 carb	70 cal/pack 7 net carbs

Keto Treats, car cake <http://bit.ly/smarkcak>


38 cal/ 0 carb/0 sugar

Low carb foods from Thin Slim Foods:



[Bagels](#)
[Breads and Buns](#)
[Brownies](#)
[Cakes](#)
[Cookies](#)
[Muffins](#)
[P](#)

www.thinslimfoods.com

Thin Slim.com has an extensive selection of low carb products. Many are available on amazon.com as well. The sampler sale offers a nice selection of the many products here.



5. Eating Out on the Keto Diet

1. Best Fast Food Restaurant Choices for the Keto Diet: Burgers

Typical burger meals from fast-food restaurants are high in carbs due to their buns. For a keto-approved version of a fast-food burger meal, simply skip the bun and any toppings that could be high in carbs. Popular high-carb toppings include honey mustard sauce, ketchup, teriyaki sauce and breaded onions. swap the above toppings with mayo, salsa, fried egg, avocado, mustard, lettuce, ranch dressing, onions or tomato to cut back on carbs and add extra fat to your meal. Here are some examples of low-carb, keto-friendly burger meals:

- McDonald's Double Cheeseburger (no bun):** 270 calories, 20 grams of fat, 4 grams of carbs and 20 grams of protein
Wendy's Double Stack Cheeseburger (no bun): 260 calories, 20 grams of fat, 1 gram of carbs, 20 grams of protein
Five Guys Bacon Cheeseburger (no bun): 370 calories, 30 grams of fat, 0 grams of carbs and 24 grams of protein
Hardees 1/3 lb Thickburger with cheese and bacon (no bun): 430 calories, 36 grams of fat, 0 grams of carbs and 21 grams of protein
Sonic Double Bacon Cheeseburger (no bun): 638 calories, 49 grams of fat, 3 grams of carbs and 40 grams of protein

Most fast-food establishments will be happy to serve you a bunless burger. Boost your vegetable simple, keto-friendly fast-food that will keep you satisfied when eating on the go.

2. Low-Carb Burrito Bowls:

Surprisingly, a single burrito wrap can pack over 300 calories and 50 grams of carbs. Since the ketogenic diet is very low in carbs skipping burrito shells and wraps is a must. Fortunately, you can build a delicious burrito bowl without the added

carbs. Start with a low-carb base like a leafy green, then add your preference of protein and fat choices. Be sure to avoid high-carb toppings like tortilla chips, beans, sweet dressings or corn. Instead, stick with high-fat, low-carb options like sliced avocado, sautéed veggies, guacamole, sour cream, salsa, cheese, onions and fresh herbs.

- **Chipotle Steak Burrito Bowl with lettuce, salsa, sour cream and cheese (no rice or beans):** 400 calories, 23 grams of fat, 6 grams of carbs and 29 grams of protein
Chipotle Chicken Burrito Bowl with cheese, guacamole and romaine lettuce (no rice or beans): 525 calories, 37 grams of fat, 10 grams of carbs and 40 grams of protein
Taco Bell Cantina Power Steak Bowl with extra guacamole (no rice or beans): 310 calories, 23 grams of fat, 8 grams of carbs and 20 grams of protein
Moe's Southwestern Grill Burrito Bowl with pork carnitas, grilled peppers, sour cream, cheese and guacamole (no rice or beans): 394 calories, 30 grams of fat, 12 grams of carbs and 30 grams of protein.

3. Egg Based Breakfasts

Choosing a keto breakfast option at a fast-food restaurant doesn't have to be difficult. Most fast-food establishments serve [eggs](#), which are a perfect food for those following a ketogenic diet. Not only are they high in fat and protein, they're also extremely low in carbs. In fact, one egg contains less than 1 gram of carbs. Although many egg dishes are served with bread or hash browns, it's easy to make your order keto-friendly. The following breakfast options are great choices for people following a ketogenic diet:

- **Panera Bread Power Breakfast Bowl with steak, two eggs, avocado and tomato:** 230 calories, 15 grams of fat, 5 grams of carbs and 20 grams of protein.
McDonald's Big Breakfast without the biscuit or hash browns: 340 calories, 29 grams of fat, 2 grams of carbs and 19 grams of protein
McDonald's Bacon, Egg and Cheese Biscuit without the biscuit: 190 calories, 13 grams of fat, 4 grams of carbs and 14 grams of protein
Burger King Ultimate Breakfast Platter without pancakes, hash browns or biscuit: 340 calories, 29 grams of fat, 1 gram of carbs and 16 grams of

Alternatively, ordering plain eggs with a side of sausage and cheese is always a safe bet for ketogenic dieters. If you have the time to stop at a deli, an omelet with cheese and greens is another quick alternative. One of the easiest ways to order a keto-friendly lunch or dinner when eating fast food is to keep it simple.

4. Grilled Chicken Sandwich-no BUN:

Ordering a grilled chicken sandwich without the bun and customizing it with high-fat toppings is a nutritious and satisfying way to stay in [ketosis](#). The majority of fast-food restaurants have this option available — you just have to ask. Here are a few ways to make a low-carb, high-fat chicken meal when on the go:

- **McDonald's Pico Guacamole Sandwich without the bun:** 330 calories, 18 grams of fat, 9 grams of carbs and 34 grams of protein
Burger King Grilled Chicken Sandwich with extra mayo and no bun: 350 calories, 25 grams of fat, 2 grams of carbs and 30 grams of protein
Chick-fil-A Grilled Chicken Nuggets dipped in 2 servings of ranch avocado dressing: 420 calories, 18 grams of fat, 3 grams of carbs and 25 grams of protein
Wendy's Grilled Chicken Sandwich with extra mayo and no bun: 286 calories, 16 grams of fat, 5 grams of carbs and 29 grams of

When ordering grilled chicken, avoid items marinated in sweet sauces, including honey or maple syrup. Skip the bun and up the fat to give fast-food grilled chicken sandwiches a keto-approved makeover.

5. Low-Carb Salads on the Keto Diet:

Salads from fast-food restaurants can be very high in carbs. For example, Wendy's full-sized Apple Pecan Chicken Salad

contains 52 grams of carbs and a whopping 40 grams of sugar ([15](#)). Carbs from popular salad toppings like dressings, marinades and fresh or [dried fruit](#) can quickly add up. To keep your salad low in carbs, it's important to skip certain ingredients, especially those high in [added sugar](#). Avoiding sweet dressings, fruit and other high-carb ingredients is key for people following a ketogenic diet. The following are several salad options that fit within the ketogenic diet:

- **McDonald's Bacon Ranch Grilled Chicken Salad with guacamole:** 380 calories, 19 grams of fat, 10 grams of carbs and 42 grams of protein
- **Chipotle Salad Bowl with steak, romaine, cheese, sour cream and salsa:** 405 calories, 23 grams of fat, 7 grams of carbs and 30 grams of protein
- **Moe's Taco Salad with adobo chicken, fresh jalapenos, cheddar cheese and guacamole:** 325 calories, 23 grams of fat, 9 grams of carbs and 28 grams of protein
- **Arby's Roast Turkey Farmhouse Salad with buttermilk ranch dressing:** 440 calories, 35 grams of fat, 10 grams of carbs and 22 grams of protein

To minimize carbs, stick with high-fat, low-carb dressings like ranch or oil and vinegar. Be sure to avoid breaded chicken, croutons, candied nuts and tortilla shells as well. There are lots of salad options on fast-food menus. Cutting out sweet dressings, fruit, croutons and breaded poultry can help keep the carb content of the meal low.

6. Keto-Friendly Beverages:

Many beverages served in roadside restaurants tend to be [high in sugar](#). From milkshakes to sweet tea, sugar-laden drinks rule fast food menus. For example, just one small Vanilla Bean Coolatta from Dunkin' Donuts packs in 88 grams of sugar. That's 22 teaspoons of sugar. Fortunately, there are many fast-food beverages that fit into a ketogenic diet. The most obvious choice is [water](#), but here are a few other low-carb drink options:

- Unsweetened iced tea, Coffee with cream, Black iced coffee, Hot tea with lemon juice, Soda water

Keeping a no-calorie sweetener like Stevia in your car can come in handy when you want to sweeten your beverage without adding carbs. When following a ketogenic diet, stick with unsweetened tea, coffee with cream and sparkling water.

7. Lettuce-Wrapped Burgers:

Some fast-food restaurants have noticed that many people have adopted a low-carb way of eating. This has led to keto-friendly menu items like lettuce-wrapped burgers, which are an excellent option for people following ketogenic diets or those wanting to cut carbs. The following lettuce-wrapped burgers are available on fast-food menus:

- **Hardee's 1/3 lb Low-Carb Thickburger:** 470 calories, 36 grams of fat, 9 grams of carbs and 22 grams of protein
- **Carl's Jr. Lettuce-Wrapped Thickburger:** 420 calories, 33 grams of fat, 8 grams of carbs and 25 grams of protein
- **In-n-Out Burger "Protein Style" Cheeseburger with onion:** 330 calories, 25 grams of fat, 11 grams of carbs and 18 grams of protein
- **Five Guys Bacon Cheeseburger in a lettuce wrap and with mayo:** 394 calories, 34 grams of fat, less than 1 gram of carbs and 20 grams of protein

Even if a lettuce-wrapped burger isn't featured as a menu option, most fast-food establishments can accommodate this request. Skip the bun and ask for a lettuce-wrapped burger instead.

Bunless Burgers at Fast Food Restaurants



8. “Unwiches” from Jimmy John’s:

If you are following a ketogenic diet, you should eliminate bread from your diet. When choosing a lunch or dinner option from a fast-food restaurant, consider an “unwich.” Unwiches are simply sandwich fillings without bread. Jimmy John’s, a popular fast-food restaurant, coined the term and currently offers many tasty unwich options. Here are a few keto-friendly unwich combinations from Jimmy John’s:

- **The J.J. Gargantuan (salami, pork, roast beef, turkey, ham and provolone):** 710 calories, 47 grams of fat, 10 grams of carbs and 63 grams of protein.
- **The J.J. BLT (bacon, lettuce, tomato and mayo):** 290 calories, 26 grams of fat, 3 grams of carbs and 9 grams of protein.
- **The Big Italian (salami, ham, provolone, pork, lettuce, tomato, onion, mayo, oil and vinegar):** 560 calories, 44 grams of fat, 9 grams of carbs and 33 grams of protein.
- **Slim 3 (tuna salad):** 270 calories, 22 grams of fat, 5 grams of carbs and 11 grams of protein.

Some unwiches, like the J.J. Gargantuan, are very high in calories. For a lighter meal, stick to the Slim unwich options, which are all under 300 calories. Unwiches are meals that consist of sandwich fillings without bread. Made up of meat, cheese and low-carb vegetables, they make an excellent meal choice for people on a ketogenic diet.

9. Handy On-the-Go Snacks:

Stopping at your favorite fast-food restaurant can provide you with quick, keto-friendly food, but keeping ketogenic approved snacks on hand can help tide you over between meals. Like meals, ketogenic snacks must be high in fat and low in carbs. Surprisingly, many convenience stores and gas stations have a good selection of low-carb foods. On-the-go snacks for a ketogenic diet include:

- Hard-boiled eggs, Peanut butter packets, String cheese, Peanuts, Almonds, Sunflower seeds, **Beef and Turkey jerky**
- Meat sticks, Tuna packets, Pork rinds

Although buying snacks is convenient, focusing on preparing homemade snacks will give you more control over the food that you eat. Investing in a cooler to keep in your car can make it easier to bring along healthy ketogenic snacks, including hard-boiled eggs, low-carb veggies and cheese. Many keto-friendly snacks, including hard-boiled eggs, jerky and nuts, are available at gas stations and convenience stores.

Restaurant Eating on the Keto Diet:

If you are new to a particular diet, make it easier on yourself. You can handle pasta places some time down the road, so save that Italian restaurant for later. When making dinner plans, don't forget about the carbs present in other cuisines. The rice and noodles at Chinese restaurants throw up red flags, as do the tortillas at Mexican restaurants. With each of these, there are ways to order a great low-carb meal, though it may be a little too difficult at first. For now, think about restaurants with easy and natural low-carb choices. Places where things come separately (like steak and salad) are easier than cuisines that emphasize dishes with lots of ingredients.

Steak Restaurants:

You can definitely eat at a steak house as long as you watch the portions and the carb sides. You can splurge once a week on a 5-8 oz. steak as long as it's lean and has no high sugar sauces. Again ask for double vegetables and a salad with dressing. Fish and chicken dishes are also represented at these restaurants.

Japanese Restaurants:

The food not only tastes good, it looks great. The visual preparation is as good as the taste. Only the freshest ingredients are used and the sauces (other than soy sauce) can easily be avoided. Start with a bowl of miso soup, then a salad and an assortment of sashimi. Hold the rice and have some fruit for dessert. Japanese cooks are great at making a simple orange look like a flower. In addition, tofu dishes are good choices as are the many vegetable combinations. Teriyaki dishes often contain sugar based marinades and should be avoided. Stick with the fresh fish, shrimp, crab and lobster and you really cannot make a mistake even if you tried. Not a fry around. Noodle and rice are a mainstay of Japanese food, but can easily be avoided.



Chinese Restaurants:

Not nearly as easy as Japanese restaurants. Perhaps, this is due to the fact that Japanese restaurants are fairly new in the US as compared to Chinese ones. The latter have had a chance to become Americanified. The healthy Chinese cuisine such as fish, shrimp, crab, lobster and vegetables, and even chicken are combined in hundreds of ways. Eliminate the MSG and the corn starch. Look for steamed vegetables, fish and chicken. That's the real Chinese food in the first place.

Italian Restaurants:

If You're Skipping the Pasta, What's Left? You may be surprised to find how many low-carb offerings are hiding in plain sight under other headings. Italians are known for shopping daily for the freshest and choicest produce, seafood and meat, which they prepare simply to let the fresh flavors shine. These are your best bets when dining at an Italian restaurant. Also, be sure to take advantage of the copious olive oil available on every table. Olive oil's antioxidants and heart-healthy fats are part of the reason why the Mediterranean Diet is so healthy, and it fits perfectly into your low-carb diet. Go for Meat And Veggie Appetizers (Antipasti)

In Italian, “pasta” means “meal” and “antipasti” or “antipasto” is “before the meal.” A lot of antipasti are made with meats, seafood, and vegetables, providing lots of low-carb options. For example:

- An “antipasto platter” typically contains an assortment of meats such as salami, cheeses and marinated vegetables such as artichokes and peppers.
Carpaccio is aged, raw, thinly sliced beef or raw fish, usually served with an olive oil dressing and a few vegetables.
- Gamberoni (shrimp) is a common antipasto dish, served either cold or hot, and the shrimp is often sautéed with garlic and wine.
- Look for grilled, roasted or marinated vegetables.
- Steamed clams or mussels are common antipasti.

Look for Thinner Soups

Italians love soup, and in Italy, soups are often served instead of pasta. Many Italian soups are low in carbs, although some have bread in them. Even the soups with beans or pasta in them often only have small amounts per serving. Since there are so many different soups, the exact carb count depends on the cook, but generally, you should look for thinner soups. Seafood soups, stracciatella (a sort of Italian eggdrop soup) and vegetable-heavy minestrone are good options.

Think of Salads (Insalata) As Your Safety Net

Salads abound in Italy and are almost always a good bet if you avoid croutons or other bread (such as the bread-and-tomato salad panzanella). An Italian salad could contain any fresh vegetables, cheeses, and, of course, olive oil and vinegar.

Make Meat and Seafood (Secondi) Your Centerpiece

This is the main part of the meal for someone eating a diet low in carbohydrate. Most of the meats and seafood on an Italian menu have little starch or sugar added. Avoid breaded meats (such as chicken or veal parmesan or Milanese), and you'll be in great shape. True Italian tomato sauces have little or no sugar, although many pasta sauces in the United States are loaded with added sugars. If your local restaurant uses these, avoid red sauces, or go for tomato sauces labeled “fresh.”

When you think about your favorite Italian restaurant, visions of pasta, Caesar salads and great bread dipped in olive oil come to mind. Trying to avoid the high carb pasta is not a reason to avoid these restaurants. There are a lot of great selections. Starting with a cup of Minestrone soup (avoid the noodles and beans as you eat), a great Italian salad and a serving of grilled fish or chicken with vegetables make great choices here.

Mexican Chains:

Skip the chips, but keep the guacamole: Not only is it delicious, guacamole has a high nutritional content. Ask if the restaurant has cucumber or [jicama slices](#) to dip. If not, save the [guacamole](#) to have with your main dish.

- **Ceviche:** This citrus-marinated seafood varies from area to area and is often served with chopped raw vegetables such as bell pepper, onion, and parsley. Be daring and try ceviche—you may get hooked!
- **Albóndigas Soup:** This soup has meatballs and veggies in a broth base. The meatballs usually have some rice in them, so this is probably not best if you are in a very low-carb diet phase.
- **Salads:** Enjoy as an appetizer or side dish, or make it a meal with some carne asada or other protein on top.

Seafood: Coastal Mexican food often revolves around grilled seafood with light and delicious sauces ([salsas](#)). If you seldom cook fish at home, take this opportunity to get a [protein source](#) consistently correlated with good health.

- **Grilled Meats:** Try carne asada (steak grilled with Mexican spices) or chicken dishes, sometimes served with grilled veggies and always with salsas.
- **Fajitas:** This classic low-carb Mexican dish is widely available and you just have to skip the tortilla.
- **Mole:** Mole (pronounced moe-lay) sauces vary. Some are sweet, but some are not very high in carbohydrates, consisting of complex mixtures of chilies, spices, seeds, and often chocolate. Most often they are seen with chicken.
- **Chili Verde:** This is a spicy stew, usually made with pork.
- **Tostada Salads:** You can enjoy these, but skip the shell.

Fajitas are one of your best options. Classic, delicious, and perfectly keto without tortillas. Smother them in queso, sour cream, guac, or all three! The meat and veggies will satiate any craving you walked in with! Taco salads are a great option because they're normally topped with cheese, sour cream, and guac. Just don't eat the shell! Most Mexican restaurants also have variations of the dishes below. Any meat dish that is served with veggies and/or covered in queso is a good bet. Skip the rice and beans though!

Advantages and Disadvantages of Keto Diets:

Increased fat burning potential: When you are on a high carb diet, your ability to burn stored fat is minimal. During ketosis, when your body is almost entirely relying on fat stores for energy, you are **optimising** the amount of fat you can burn and thus weight you can lose.

✓ **Protein isn't 'wasted':** Whilst in ketosis, the body does not need to **oxidise protein** to generate glucose, since it doesn't need to produce glucose, as it has a preferable form of energy in ketones. This means that your body can use the protein you intake more **efficiently** for building **lean muscle**.

✓ **Appetite is suppressed:** Ketones which are released during ketosis help to **suppress** appetite. Similarly, the high protein, high fat foods you will be eating will also fill you up, unlike high carb foods which will leave you **satiated** for a short while, but then give you **cravings** later on.

✓ **Low insulin levels** This reduces fat accumulation and promotes more fat burning, since insulin is a powerful hormone which signals fat storage. By lowering your insulin levels, you are increasing your fat burning potential further.

The disadvantages of a Ketogenic Diet

✗ **It is hard to get used to at first:** Initially, the body has to undergo a metabolic shift. This means that you could experience **fatigue and dehydration** due to increased water loss (as a result of a low carb intake). Since you are cutting your carbs drastically, your body will have to rapidly adapt to the new diet. Fatigue and weakness is usually limited to the first few days.

✗ **Blood lipid content could rise:** Since you are eating vast quantities of fats, the levels of unhealthy saturated fats in your diet will be higher. To prevent this, you can ensure you are getting fats from healthy sources, such as nuts, avocados etc.

