



BEGINNER'S GUIDE TO KETO

Your personalized guide to all things Keto!

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WHAT IS KETO?

The keto diet, also known as the "ketogenic" or "keto" for short, is a low-carbohydrate and high-fat diet that shares many similarities with other popular diets such as Atkins and Paleo. The goal of the keto diet is to get your body into a metabolic state called ketosis. Ketosis is when your body has to break down fats instead of carbohydrates for energy. When you're in this state, it will benefit you immensely because you'll have more energy, feel fuller for longer periods of time and even lose weight!

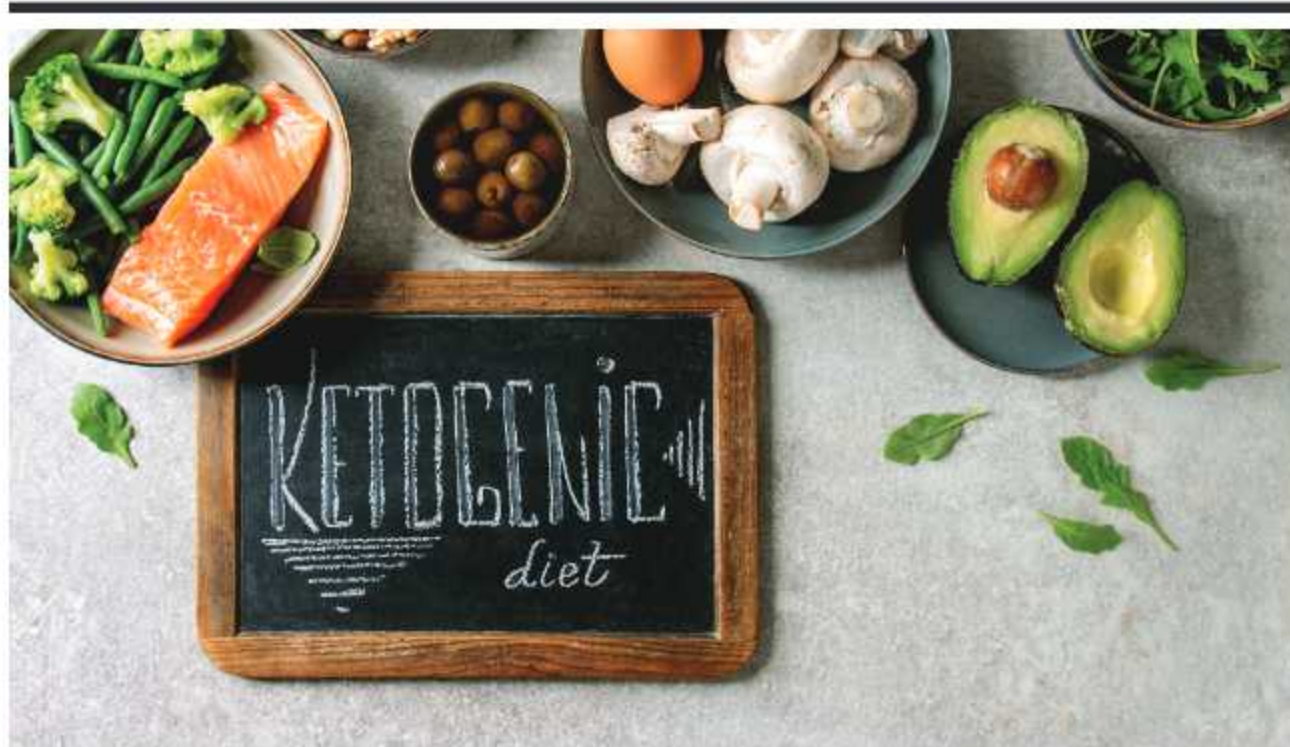
However, since going on a new diet can be difficult, sometimes it's important to know what foods are allowed on the ketogenic diet so that you know what you can have when going grocery shopping or eating out.

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KETO APPROVED FOODS & BEVERAGES

Keto approved foods

Although it may seem a bit overwhelming at first, the ketogenic diet actually has a very simple approach to food selection: eat real food! By this it means that you should focus on meat, fish and

eggs being your primary sources of protein while loading up on high-fat cheese, nuts and avocados to round out the fats you'll be ingesting.

As for what types of fats are allowed on the keto diet, it's important to remember that not all fat is created equal. Avoid trans fat at all costs when going keto because even small amounts will hinder your ability to reach ketosis. Instead of trans fat, focus on eating healthy fats such as



monounsaturated and polyunsaturated fats which can be found in avocados, olives and olive oil. Despite the fact that they contain fat, these actually have many health benefits and will allow you to lose weight much faster than other foods.

The keto diet also doesn't have to be overly restrictive when it comes to fruit and vegetables, however you should definitely keep the majority of your carbohydrates from a keto standpoint in these two food groups. There

are a variety of different types of berries that you can eat on the ketogenic diet including blueberries, raspberries and strawberries. On top of that, there are leafy green vegetables such as kale and broccoli that you should enjoy without limit.

Keto approved beverages

Although many people are afraid to drink alcohol on the keto diet because they think it will prevent them from reaching ketosis, this is actually not true. Hard liquors like vodka, whiskey or tequila are the only types of alcohol you should drink on the ketogenic diet because they are zero carbs unlike beer or wine which can have upwards of 20 grams of carbohydrates.

As for what type of drinks are not allowed on a keto diet, many people will tell you to avoid any beverages with sugars in them like soda and sugary energy drinks. However this is actually not true, as many diet sodas are actually low calorie and contain zero carbs. As for what type of drinks you should stay away from when doing the keto diet, it's important to remember that even though juices may be natural they can still have large amounts of carbohydrates in them (especially orange juice).



So now that you know what you should and shouldn't drink on the keto diet it's time to put your knowledge into action and begin shopping for real food!

FINAL THOUGHTS

Will you be starting a Keto Diet?

1. When going on the ketogenic diet, be aware of what you're eating.
2. Be careful about what you drink on the ketogenic diet, as drinks with added sugars can disrupt your attempts to get into ketosis and could derail your efforts pretty quickly.
3. Be aware that cutting carbs out is only half the equation; it's also very important to make sure you're bringing in good fats.
4. Finally, be patient and don't expect to see changes right away. It may take a few weeks before you start seeing the effects of the ketogenic diet on your body!

