

## → Ketosis vs. Keto Adapted

It's easy to get ketones in the blood by following a low carb high fat diet for a short period of time, but this doesn't mean that your body is fully adapted to using fat and ketones as fuel. After a longer period of time (weeks and sometimes months), the body will produce more enzymes that help the body use fat and ketones as their primary source of fuel more efficiently.

Tracking Progress: Urine Testing, Blood Testing and breath ketone monitors are some of the ways you can track ketone levels.

1.5 – 3 mmol/L are considered optimal nutritional ketosis levels.

## → What Are The Three Ketone Bodies?

The Ketone Bodies produced are Acetone, Acetoacetate and Beta-Hydroxybutyrate (BHB).

## → Benefits of Following a Ketogenic Diet?

Beneficial for reversing insulin resistance, reduces blood sugar levels, can improve cognitive function, beneficial for the reduction in epileptic seizures, Alzheimer's patients and cancer patients can also benefit from following a Ketogenic diet.

Understand what the macronutrient Ratios are on a Keto diet. A typical Ketogenic split of overall calories are 75% Fat, 20% Protein, 5% Carbohydrate.

## → The Rules

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# KETOGENIC DIET

By Marc Capistrano

## What is a Ketogenic Diet?

The Ketogenic diet is a diet that's high in fat, moderate in protein and low in carbohydrate. The purpose of this diet is to switch the body from using carbohydrates as its primary fuel source and instead use fat. When the body starts using fat as a fuel source, it creates ketone bodies.

What are ketones: When you metabolize fat, the body will create ketones, which the brain and skeletal muscle will use in place of glucose.

## Foods to Include

**FAT AND PROTEIN:** Fatty Fish (salmon – potassium), nuts and seeds (pumpkin, sunflower, almond and cashews), cheese, olive oil, coconut oil, coconut butter, MCT oil, grass fed butter, eggs, sausage, and bacon. Avocados (for potassium), almond butter, avocado mayo.

**CARBOHYDRATES:** Artichoke, lettuce, celery, cabbage, bok choy, cauliflower, broccoli, cucumber, olives, radicchio, endive, cucumber, radishes, sunflower sprouts, spinach, asparagus, and dandelion greens.

**ELECTROLYTES:** Salt (Sodium), seaweed (Magnesium), pumpkin seeds (Magnesium), avocado (Potassium), mushrooms (Potassium), bone broth.

**Keto Flu:** The loss of electrolytes (particularly sodium and potassium) can occur when following a Ketogenic diet. This can lead to symptoms like dizziness, headaches, insomnia, low blood pressure and irritability. This is what most people will refer to as the "Keto Flu".