

# Keto Food Guide

Many modern diseases are inflammatory in nature: diabetes; heart disease; fibromyalgia/pain; obesity; IBS; gastro-intestinal problems, etc...

Modern diets cause a significant amount of inflammation in the body every single day. Modern diets have excessive sugars and carbohydrates which spike glucose and insulin levels leading to inflammation and weight gain. Modern diets have developed much faster than humans' capacity to cope with these foods (evolution takes a long time). Our bodies are just not equipped to cope with a lot of the foods we eat and how often we eat and our health suffers as a result.

## The Diet

### Step 1 – if you are generally hungry or crave sugar

For three days:

- Eat no carbohydrates (bread, rice, root crops, sugars, soft drinks, fruit, alcohol, etc...) – see food list below.
- Eat a lot of healthy fats (this will help offset the reduction in carbohydrates) – see food list below.
- Eat per the main diet (see food list below).

If you are not generally hungry or really crave sugar then go straight to step 2.

### Step 2 – The Main Diet

- Eat per the food list below (to feel satisfied and full).
- Only eat when you are hungry – you will find you may not be hungry and will therefore skip meals.
- No snacking.

## What Do You Eat?

Here are typical foods to enjoy on keto diet. The numbers are net carbs per 100 grams. To burn fat, lower carbs is generally better:



The most important thing to burn fat is to avoid eating most carbohydrates. You'll probably need to keep carb intake to under 50 grams per day of net carbs, ideally below 20 grams. The fewer carbs the more effective.

This means you'll need to completely avoid sweet sugary foods, plus starchy foods like bread, pasta, rice and potatoes. Basically, follow the guidelines for a strict low-carb diet, and remember it's supposed to be high in fat.

A rough guideline is below 10% energy from carbohydrates (the fewer carbs, the more effective), 15-25% protein (the lower end is more effective), and 70% or more from fat.

## Food Lists

**Note: do not eat any foods you are allergic to or that you know upsets your digestion.**

### Eat all you like

- **Meat:** Any type: Beef, pork, lamb, game, poultry, etc. Eat the fat on the meat as well as the skin on the chicken. If possible try to choose organic or grass-fed meats.
- **Fish and shellfish:** All kinds: Fatty fish such as salmon, mackerel, sardines or herring are great. Avoid breading.
- **Eggs:** All kinds: Boiled, fried, scrambled, omelettes, etc. Preferably organic eggs.
- **Natural fat, high-fat sauces:** Using butter and cream for cooking can make your food taste better and make you feel more satisfied. Try a Béarnaise or Hollandaise sauce, check the ingredients or make it yourself. Coconut and olive oils are also good options.
- **Goods fats:** olive oil, avocado oil, coconut oil, ghee, grass-fed butter, red meat, and nuts and seeds (whole or as butters) Butter or ghee (clarified butter from Indian

cuisine), Avocados, Macadamia nuts, Coconut butter, Cocoa butter, Egg yolks, Coconut oil, olive oil, MCT oil, or avocado oil, nut butter (choose fattier nuts), animal fats, cream and lard.

- **Vegetables that grow above ground (have up to the equivalent of two cups a day):** Cauliflower, broccoli, cabbage and Brussels sprouts, kale, collards, bok choy, spinach, asparagus, zucchini, eggplant, olives, spinach, mushrooms, cucumber, lettuce, avocado, onions, peppers, tomatoes etc. (NO PUMPKIN).
- **Dairy products:** Always select full-fat options like real butter, cream (40% fat), sour cream, Greek/Turkish yogurt and high-fat cheeses. Be careful with regular milk, reduced fat and skim milk as they contain a lot of milk sugar. Avoid flavoured, sugary and low-fat products.
- **Nuts:** Best nuts: pecan, brazil, macadamia, hazelnut, walnut, peanut, almond.
- **Berries:** Okay in moderation, if you are not super strict or sensitive. Great with whipped cream.

### Drink on most days

- **Water**
- **Coffee:** Black or with small amounts of milk or cream is ideal for weight loss, especially if you drink coffee regularly throughout the day, even when you're not hungry. But if you are hungry feel free to use full-fat cream. Or try it with coconut oil and butter.
- **Tea**

### For special occasions

You decide when the time is right. Your weight loss will slow down.

- **Alcohol:** Dry wine (regular red or dry white wine), whisky, brandy, vodka and cocktails without sugar.
- **Dark chocolate:** Above 70% cocoa, preferably just a bit.

### Avoid

- **Sugar:** The worst. Soft drinks, candy, juice, sports drinks, chocolate, cakes, buns, pastries, ice cream, breakfast cereals. Preferably avoid sweeteners as well.
- **Starch:** Bread, pasta, rice, potatoes, French fries, potato chips, porridge, muesli and so on. Wholegrain products are just less bad. Legumes, such as beans and lentils, are high in carbs. Moderate amounts of root vegetables may be OK (unless you're eating extremely low carb).
- **Margarine:** Industrially imitated butter with unnaturally high content of omega-6 fat. Has no health benefits, tastes bad. Statistically linked to asthma, allergies and other inflammatory diseases.
- **Beer:** Liquid bread. Full of rapidly absorbed carbs. But there are a few lower-carb beers.
- **Fruit:** Very sweet, lots of sugar. Eat once in a while. Treat fruit as a natural form of

candy.

- **Bad fats:** Vegetable oils like cottonseed, sunflower, safflower, soybean, and canola oils, Fried foods.

## Low Carb Needs to be High Fat/Protein

A proper low-carb diet always means you get a lot more energy from natural fat (like butter or olive oil, etc.). The body has two main sources of energy: carbs and fats. Take away most of the carbs and the body switches to burning fat for energy. This can come from your body fat stores or the fat in your food.

How much fat should you eat? As much as you need to feel satisfied (but most of your calories should come from good fat sources). Whatever else the body burns it will take from your fat stores, as you lose weight. Eat much more fat than you need to and it will slow down your fat loss. Eat too little fat and you'll feel tired and hungry. Eat when you are hungry. Stop when you are satisfied. Then repeat. It's that simple.

## Guidelines

- Recognise false hunger. False hunger is your body telling you are hungry out of habit. Have a glass of water and stay busy. The feeling of hunger will go.
- When fasting if you ever feel nauseas or dizzy then eat.
- Make sure you drink plenty of water (min of 2 litres/day) and even add a small amount of salt to your water (or drink mineral water) if you ever feel a little light headed.
- Do not fast if you are pregnant, under 18, underweight or have GERD.
- Consult your GP before fasting if: you have gout, you are on medications including Metformin or aspirin.
- If you are on blood pressure medications, monitor your blood pressure. Fasting naturally lowers your blood pressure. You may need to change your dosage as your blood pressure naturally drops.
- Stop fasting if menstrual problems appear.
- If you are allergic to or know you don't tolerate any of the foods on the food lists then don't eat them.
- Continue to take any vitamins.
- Some constipation is normal on this diet. Eat psyllium husk (not Metamucil due to too much sugar) or take senna tea to keep you regular.
- Headache can be common when you start the diet. By lowering your insulin levels, your body then lowers your salt levels. If you get headaches, eat more salt or drink mineral water. If they do occur, headaches only happen in the first 72 hours.
- If you get muscle cramps take magnesium (or soak in an Epsom salt bath a few times a week).
- If you are a diabetic you need to regularly monitor your blood sugar to ensure it stays within range. It is highly likely you will need to reduce or even stop your

medication dosage as your blood sugar drops. We are targeting a stable blood glucose range of between 4.5 and 6 mmol/L. If your blood glucose drops to 4 mmol/L or below you must eat something to bring it back up. In the initial stages of this diet and fasting we recommend you take your fasting glucose levels (before eating) three times a day (if it is below 4 then you must eat). It may also be a good idea to monitor your fasting insulin levels – these should be in the 2 to 6 mIU/L range.

## Fasting

- Fasting means to not eat for a period.
- We will advise you about the level of fasting that's appropriate for you.
- **A general rule is do not eat after 6pm.** Your body is moving into 'repair mode' and food only complicates things.

## Fasting Tips

- Stay busy.
- Drink coffee (or green tea).
- Ride the waves of hunger – they only last for 15 minutes.
- Don't tell others – they won't understand and will try to talk you out of it because fasting is foreign to them.

## Fasting Fluids

- You can add the following to water: limes, lemons, cider vinegar, salt, chia and ground flaxseed.
- You can add the following to coffee or tea: 2 teaspoons coconut oil, butter, ghee, heavy clotted cream, whole milk, cinnamon.
- Homemade bone broth. Replaces electrolytes and provide nutrients and minerals **during longer fasts.**

## The Last Word

Remember, we are built to eat differently and less often than we do. In the first few weeks your body will get used to using fat rather than carbs for energy. After this you'll find eating this way and fasting very easy to do.

Many of our clients tell us the same thing:

***"I was scared of fasting, but now that I have done it I really had nothing to worry about. It was much easier than I thought it would be and now I feel great!"***

*Note: Do not pass this diet or information on to another person to use. This diet and fasting is tailored for you through your practitioner and must be professionally managed by us for safety. This diet information is only intended for the person it is handed to.*