

KETO DIET

101

**An A-Z Of Everything
You Need To
Know About The
Ketogenic Diet**

TOM HUNTER

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CONGRATULATIONS!

Congratulations! By taking a leap of faith and investing in this book, you took a huge step towards your health and fitness goals. Because even though this book is short, it'll be the most valuable nutrition resource you've ever dug your nose into – guaranteed.

I know, you've heard such claims over-and-over from commercials, health magazines, and nutrition "gurus." But there are two main reasons this book will be a complete game-changer for you and your life.

First, contrary to most nutrition books, this one is extremely easy to act on. You'll not only learn everything you need to know about the keto diet, but you'll also find out how you can put this info into action.

Second, I've based everything in this book on scientific research. (And I've cited every study so that you can review the data yourself.) In other words, what you'll discover is based on proven principles and methods so you can get excellent results in the fastest time possible.

Sounds good? Trust me, it is. So brew yourself a cup of sugar-free tea, settle in, and study every single word of this book because you don't want to miss this. Let's dive in!



WHAT IS THE KETO DIET?

01

On the ketogenic diet (or keto diet), you eat high amounts of dietary fat, moderate amounts of protein, and only a tiny bit of carbs (less than 50 grams a day). This minimal carb intake causes you to produce “ketones,” an energy source your body can use when glucose is scarce. When your body relies on ketones for a significant portion of energy, you’re in what we call “ketosis.” And that’s the keto diet in a nutshell. Got it? If not, no worries. Here’s the simplified and more detailed version of what the keto diet is all about:

HOW THE KETO DIET AND KETOSIS WORKS

Under “normal” conditions, your body uses three energy sources for fuel: glucose (carbs), free fatty acids (dietary fat), and amino acids (proteins). How much of each of these your body burns depends on various factors, with your diet being the main one.

To illustrate this point, imagine your body as a fireplace. Whatever energy source you toss into it is what gets burned. If you consume a lot of carbs, for example, your body will primarily burn glucose for fuel. But if you consume fewer carbs than dietary fat, your body will use more fatty acids for energy.

Why does that matter? Well if you’re on a keto diet, you eat lots of dietary fat but not many carbs. As a result of that, your body will burn almost no carbs for fuel but instead rely on fatty acids. In other words, your body becomes a fat burning machine.

For most bodily tissues, that's no problem – they can use fatty acids for fuel. In fact, many tissues even prefer to use fatty acids as energy. A major exception to this, however, is your brain – an organ that cannot function on fatty acids. That's a big deal because if your grey matter doesn't get energy (it usually operates on glucose), it'll die; and so will you.

The good news? During hunter-gatherer times, our ancestors often went without glucose for days or even weeks. As a result, the human body has developed a mechanism to create an additional energy source when there's no glucose available. We call this energy source a "ketone." Such a ketone is a chemical made in your liver from dietary fat when glucose is absent. This source supplies your brain (and other tissues) with energy to keep your body running.

For your body to produce ketones, you have to restrict your daily carb intake to around 50 grams or less. If you do that, your body will generate a significant number of ketones. Then, if your body relies almost entirely on ketones and fatty acids for fuel, you enter a state we call "ketosis."



The goal of the keto diet is to be in ketosis. Experiencing ketosis offers many benefits. For example, this state aids energy levels, boosts brain functioning, reduces your risk of various diseases, and maximizes fat loss. We'll look at these benefits in a minute, but first, let's answer the following question:

WHAT'S THE DIFFERENCE BETWEEN A LOW-CARB AND A KETO DIET?

Based on the description above, the keto diet may seem similar to a “regular” low-carb diet. After all, both diets focus on reducing carb intake. There is, however, one key difference: your total carb intake.

On a regular low-carb diet (so, one not labeled “ketogenic”), you consume around 60-100 grams of carbs per day. This amount is sufficient to fuel most or even all of your brain’s glucose needs. That’s why your body doesn’t produce much (if any) ketones on a regular low-carb diet. Instead, it will run for mostly on fatty acids for fuel.

On a keto diet, you keep your carb intake to less than 50 grams per day. Due to such minimal carb intake, your brain’s glucose requirements won’t be met. This causes your body to produce ketones. As a result, your body functions on fatty acids and ketones for energy while you follow a keto diet.

In other words, the difference between a regular low-carb diet and a keto diet (a very low-carb diet), is that the keto diet causes you to enter ketosis while low-carb diets do not.

Got it? Okay, great. So now that we’ve covered the more technical side of this diet, let’s discuss the topic that probably interests you most. (At least, it’s the topic most readers keep as their prime interest.) You ready? Let’s talk about why the keto diet is superior for fat loss.



HOW THE KETO DIET MAXIMIZES FAT LOSS

02

The keto diet is the best diet for losing weight. Want proof? Then consider the following:

- A meta-analysis of thirteen randomized controlled trials published in *British Journal of Nutrition* concluded that, “individuals assigned to a VLCKD [very low carbohydrate ketogenic diet] achieve a greater weight loss than those assigned to an LFD [low-fat diet] in the long term; hence, a VLCKD may be an alternative tool against obesity.” [1]
- Randomized controlled trials show the keto diet produces up to three times as much weight loss as a high-carb, low-fat diet. Plus, more of that lost weight comes from belly fat (the most dangerous body fat). [2][3]
- One study compared eating a balanced, energy-restricted diet with a food intake of 450 calories below maintenance to an unrestricted keto diet. In this study, the keto dieters lost much more weight and fat than the other dieters after just three and six months... even though they ate as much as they wanted! [4]

Yes, that’s right. The keto dieters could eat an unlimited amount of high-fat, tasty foods like bacon, eggs, and cheese, and they still lost much more weight than those who counted their calories! In other words, go keto and

you'll burn fat and lose weight as a "side effect" of the eating style... without sacrificing flavor and all the foods you already love.

HERE'S WHY THE KETO DIET MAXIMIZES FAT LOSS

The main reason the keto diet helps you maximize fat loss is that it optimizes insulin levels. You see, insulin is a hormone that makes it almost impossible to lose fat when elevated. That's because insulin suppresses fat burning while also stimulating fat storage. [5][6][7] Now, if you go keto, your insulin levels will drop while insulin sensitivity improves, which makes your body extremely effective at burning body fat. [8][9]

In addition, the keto diet is also highly satiating. [10][11] If you follow this diet, you'll experience either much less or even no hunger. This will cause you to eat less food, which further enhances weight and fat loss.

A person from behind, wearing a black t-shirt and dark blue shorts, holding two black kettlebells. The kettlebell on the left has a red circular label with '9 kg' and the one on the right has '6 kg'. They are standing in a grassy field with trees in the background under a bright sky.

THE HEALTH BENEFITS OF THE KETO DIET

03

The keto diet not only benefits the number on your scale, but also boosts your general health and well-being. In this chapter, we'll look at five of the many scientifically-proven benefits of the keto diet.

IMPROVED BRAIN FUNCTIONING

Most people note that they think sharper and more clearly when they go keto. [12][13] That's because ketosis supports your brain in various ways, such as by enhancing mitochondrial functioning. (14) For example, one study found that ketosis stimulates the formation of new brain mitochondria; this is linked to improved energy levels, memory, and mental clarity. [15]

Besides, the keto diet also works therapeutic wonders for various neurological diseases like ALS, Parkinson's disease, Alzheimer's, infantile spasm, and epilepsy. [16][17][18][19] Additionally, the keto diet benefits various mental disorders and conditions, like depression, autism, bipolar disorder, and schizophrenia. [20][21][22][23]

MANAGED OR EVEN REVERSED DIABETES

Whether you want to manage or reverse diabetes (or even just improve your general insulin health), the keto diet can help. For example, one study found that when type 2 diabetics went low-carb for two weeks, insulin sensitivity increased by up to 75%. [24] And another study following 21 men

and women with type 2 diabetes found that seven of them could stop their diabetes medication within 16 weeks of starting keto. [25]

IMPROVED CARDIOVASCULAR HEALTH

Because the keto diet is rich in saturated fat and cholesterol, you may think it increases heart disease risk. But nothing could be further from the truth! Not only does research show that saturated fat and cholesterol do not cause heart disease, but studies also show that the keto diet improves heart health. [26][27][28]

That's right! And the reason is that the keto diet stimulates weight loss, elevates "good" HDL cholesterol levels, decreases blood triglycerides levels, and reduces blood pressure – all things that reduce your risk of cardiovascular diseases. [29][30][31][32]

POSSIBLY PREVENT AND TREAT CERTAIN CANCER TYPES

Most cancer cells rely on glucose as fuel, which is why the keto diet may help prevent and fight the disease. For instance, when in-vitro cancer cells only get ketones and fat for energy, they often die. [33] Additionally, various studies show the keto diet may help fight brain cancer. [34][35]

IMPROVED GUT HEALTH

Gut pathogens and infections are a main cause of many bowel diseases. Well, guess what? They both rely on glucose for energy. So, if you minimize your carb intake, you can stave off these pathogens and infections. That's why going keto can improve gut health and help treat bowel disease.





HOW TO SET UP YOUR KETO DIET

04

Now that you know how the keto diet works and how it can help boost your health and figure, we're ready to put some rubber on the road. Let's start by reading through a three-step formula that'll help set up your keto diet. While this is not an all-inclusive formula, it shows you the basics on how to start the keto diet and reach your goals.

STEP 1: SET UP YOUR CALORIE AND MACRO INTAKE

As already mentioned, calorie counting is usually unnecessary on a keto diet. You'll lose weight and boost your health as a "side effect" of being in ketosis. However, just because something isn't necessary doesn't mean it's not beneficial.

No matter what your goal is, I still recommend you track your calorie and macro intake. That's because it'll help you optimize your results, which means you'll reach your goals in the fastest and most efficient way possible.

Here's a step-by-step formula that'll help you figure out your ideal calorie and macro intake based on your own personal situation, needs, and goals.

First, calculate your basal metabolic rate (BMR), which refers to how many calories you burn a day just by being alive. Use the formula below (Harris-Benedict equation) to do so:

$$\text{Men BMR} = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5$$

$$\text{Women BMR} = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161$$

For example, if you're a 30-year-old male who weighs 80 kilos and is 180 cm tall, your calculation would look like this: $(10 \times 80) + (6.25 \times 180) - (5 \times 30) + 5 = 1,780$. (If you have trouble with the math, [this easy calculator](#) will help you out.)

Second, we have to adjust your BMR to your activity level. That's because you burn calories while you move. So, if you are very active, you'll burn more calories than if you were inactive. To adjust your BMR to your activity level, select the option below that best fits your current situation and apply the multiplier shown to your BMR.

- **Sedentary = BMR x 1.2.**
(Little or no exercise and desk job)
- **Lightly active = BMR x 1.375.**
(Light activity with light exercise or sports one to three days a week)
- **Moderately active = BMR x 1.55.**
(Moderately active with moderate exercise or sports three to five days a week)
- **Very active = BMR x 1.725.**
(Very active or hard exercise or sports six to seven days a week)
- **Extremely active = BMR x 1.9.**
(Intensive daily exercise or activity and physical work)

For example, if your BMR is 1,780 and you're "lightly active," your calculation would be $1,780 \times 1.375 = 2448$. This number represents how many calories you need to eat to maintain your current body weight.

Third, modify your calorie intake so it matches your main goal. Here's how: to lose weight and fat, subtract 400 calories. To gain weight and muscle, add 300 calories. To maintain your current weight, don't change your previously calculated number.

Fourth, we need to set up your macros. In other words, calculate your protein, carbs, and dietary fat intake. Here's how:

Protein: Consume around 0.82 grams of protein per pound of body weight (1.8g/kg). So, if you're 160 pounds, aim to eat roughly 131 grams of protein a day. This amount prevents you from losing muscle while leaning down without interfering with ketosis. [36]

Carbs: Consume fewer than 50 grams a day. As we'll discuss in Chapter 7, you may have to adjust this number based on how your body responds to the keto diet.

Dietary fat: Get the remainder of your daily calories from dietary fat.

Fifth, By now, you should know your daily calorie and macro goals. To make sure you hit these numbers each day, it's essential to track your food intake. It's easy. Just use a tracking app and enter your food intake.

Cronometer is the tracking app I recommend the most. That's because it has an extensive database of foods already included. Plus, it shows you how much you consume of each vitamin and mineral. Just create a free account, log your daily food intake into the app, and the software will calculate your nutritional intakes for you.

STEP 2: AVOID THE FOLLOWING FOODS

As already mentioned, you should limit your carb intake to fewer than fifty grams per day. To make sure you stay below that target, you need to limit your intake of carb-dense foods. Below is a list of high-carb foods you should avoid. (Be sure to remember that, even though this list includes many foods, it's not all-inclusive.)

Grains: wheat, barley, oats, rice, rye, corn, quinoa, millet, sorghum, bulgur, amaranth, buckwheat.

Beans and legumes: kidney beans, chickpeas, black beans, lentils, green peas, lima beans, pinto beans, white beans, cannellini beans, fava beans, black-eyed peas.

Fruits: bananas, pineapples, papaya, apples, oranges, grapes, mangoes, tangerines. Starchy vegetables: sweet potatoes, yams, potatoes, carrots, parsnips, peas, yucca, corn, cherry tomatoes.

Sugars: honey, agave nectar, maple syrup, raw sugar, high-fructose corn syrup, cane sugar.

STEP 3: CONSUME THE FOLLOWING FOODS

So, which foods can you eat on the keto diet? You'll find a detailed overview below. Please note: while all of these foods are keto-friendly, you should still limit your intake with some of them.

Blueberries, for example, contain lots of beneficial nutrients and fit a keto diet. However, you can't eat an unlimited amount of the fruit because 100 grams still contains 14 gram of carbs.

Meat: bacon, beef, chicken, duck, biltong, turkey, pork, lamb, game, offal, cured meats, and sausage.

Fish and seafood: anchovies, angelfish, calamari, dorado, haddock, hake, kob, mackerel, mussels, prawns, salmon, sardines, scallops, snoek, squid, trout, tuna, and yellowtail.

Eggs: all types.

Fruits: avocado, berries, and coconut meat.

Vegetables: asparagus, artichokes, aubergine, broccoli, Brussels sprouts, cabbage, cauliflower, cucumber, green beans, kale, lettuce, marrows, mushrooms, olives, onions, peppers, pumpkin, radishes, spinach, and tomatoes.

Drinks: all drinks are fine as long as they're sugar-free. Examples of "safe" drinks include water, sparkling water, sugar-free tea, and coffee.





Oil and fats: animal fats, avocado oil, beef tallow, butter, coconut cream, coconut milk, coconut oil, coconut butter, duck fat, extra virgin olive oil, ghee, heavy cream, lard, macadamia nut oil, mayonnaise, sesame seed oil, MCT oil, MCT powder, and walnut oil.

Nuts: almonds, Brazil nuts,, hazelnuts, macadamia nuts, pecans, pine nuts, and walnuts.

Seeds: chia seeds, flax seeds, pumpkin seeds, sesame seeds, and sunflower seeds.

Dairy: blue cheeses, butter, cream, cream cheese, cottage cheese, feta cheese, ghee, Greek yogurt, parmesan cheese, and all other high-fat, low-carb cheeses.

Alcohol: brandy, cognac, dry wine, gin, rum, tequila, vodka, and whiskey.

Condiments: in general, these are fine as long as they are sugar-free, carb-free, and vegetable oil-free.

Herbs and spices: herbs and spices are fine as long as they have no added sugars (many spice mixes do). Some of the healthiest choices are basil, cayenne pepper, chili powder, cinnamon, coriander, cumin, nutmeg, oregano, parsley, pepper, rosemary, and turmeric.

That's quite a list, isn't it? As you can see, despite cutting carbs from your diet, the nutrient that makes up the primary source of calories for most people, you still have a ton of options!

However, even though you now know all the “allowed” foods, it’s still important to track your daily carb intake because most of the foods outlined above still contain a few grams of carbs per serving.

HERE’S AN EXAMPLE OF A THREE-DAY KETO MEAL PLAN

Day 1:	
Breakfast:	Boiled eggs with spinach and almonds
Lunch:	Spring salad with goat cheese
Dinner:	Pan seared boneless lamb chops with broccoli
Snack:	Keto-friendly dark chocolate

Day 2:	
Breakfast:	Poached eggs with spinach and macadamias
Lunch:	Creamy button mushroom soup
Dinner:	Low-carb beef stir fry
Snack:	Crispy pork salad

Day 3:	
Breakfast:	Avocado-baked eggs with bacon
Lunch:	Minced tuna with wild asparagus and garlic
Dinner:	Poached cod in tomato broth
Snack:	Keto chicken shawarma salad



COMMON MISTAKES

05

Everyone makes mistakes. That's an undeniable fact of life. But instead of failing countless times before you manage to turn things right, wouldn't it be better to learn from other people so you don't have to make those mistakes at all? Of course it would. So in this chapter, you'll learn the three most common keto mistakes and how you can prevent them.

MISTAKE #1: OVEREATING PROTEIN

While protein is crucial for various bodily functions, eating more protein isn't always better. In fact, it may even backfire. That's because your body converts excessive protein (amino acids) into glucose, which, in turn, can push you out of ketosis.

So, what should you do? Consume around 0.82 grams of protein per pound of body weight (1.8g/kg). So, if you're 160 pounds, aim to eat roughly 131 grams of protein per day. This number will help you optimize muscle mass (that is, it'll prevent you from losing muscle while you lean down) without interfering with ketosis. [37]

MISTAKE #2: OBSESSING OVER THE NUMBER ON THE SCALE

While the keto diet is the best diet for losing weight, you may still stumble upon a weight loss plateau at some point. Bad diet adherence aside, water retention is the main reason your scale might get stuck on the keto diet.

That's because dieting in general increases cortisol levels, which causes your body to hold onto more water.

Such water retention could mask progress if you rely too much on the number on your scale. I mean, if you drop three pounds of fat but retain the same amount of water, your body weight will remain the same. This can be discouraging and downright deceptive, even if you're actually making progress.

So, what should you do? It's simple. Instead of getting fixated on the number on your scale, take progress pictures. Pictures are a superior way to track progress because they allow you to see changes where they really matter – your appearance.

To take progress pictures, shoot one from the front, one from the side, and, optionally, one from the back. Do this every week and keep track of your progress based on comparing the images.

MISTAKE #3: EATING THE WRONG FATS

While the keto diet is a high-fat eating style, that doesn't mean all fat sources are created equal. You should avoid some fats because they do more harm than good, both for your health and figure. Vegetable oils are a prime example of this. These fat sources increase your risk of heart disease and other diseases by triggering inflammation and spiking "bad" LDL cholesterol.

So make sure you get your fats from sources that support your health and well-being. Examples of this include wild-caught fish, grass-fed beef, eggs, high-fat cheese, nuts, and coconut oil. For a more comprehensive list of excellent fat sources, take a peek at Chapter Four.

MISTAKE #4: NOT DRINKING ENOUGH WATER

As already mentioned, the keto diet reduces insulin levels. This makes your body shed more water, especially during your first seven to ten days of going keto. That's why the keto diet increases your risk of dehydration.

To make sure you maintain healthy fluid levels, consume enough water. While the "ideal" water intake varies among individuals, try to have five or more clear urinations a day as a rule of thumb. (That's not five urinations total, but five where your urine looks clear.) If you're not hitting that target, drink more water.



TROUBLESHOOTING

06

When you start the keto diet, you might feel worse during the first seven to ten days. If that's the case, don't drop what you're doing and assume that the eating style isn't right for you. The reason you'll experience these reactions as your body gets used to your new carb intake. In this chapter, we'll look at the most common side effects of going keto and give you tips on how you can tackle them.

BATTLING THE KETO FLU

A common side effect of the keto diet is the keto flu. This is a collection of symptoms that can happen when your body begins to adapt to minimal carb intake. Symptoms of this include sugar cravings, nausea, headaches, constipation, diarrhea, weakness, irritability, poor concentration, muscle cramps, sleep problems, and dizziness. [38]

While most people don't experience the keto flu, you may experience one or more of these symptoms during your first seven to ten days of going keto. After that, these feelings of sickness will vanish, and your strength and energy levels will rise again. In fact, I bet you'll feel stronger and more energetic than before you went keto.

Now, if the keto flu hits you or you just want to keep that from happening, there are four things you want to do. First, drink at least three liters of water a day. Second, sleep at least seven hours each night. Third, make

sure that you consume high-quality fats with every meal. And fourth, sprinkle a bit of salt onto your foods because going keto increases your sodium needs.

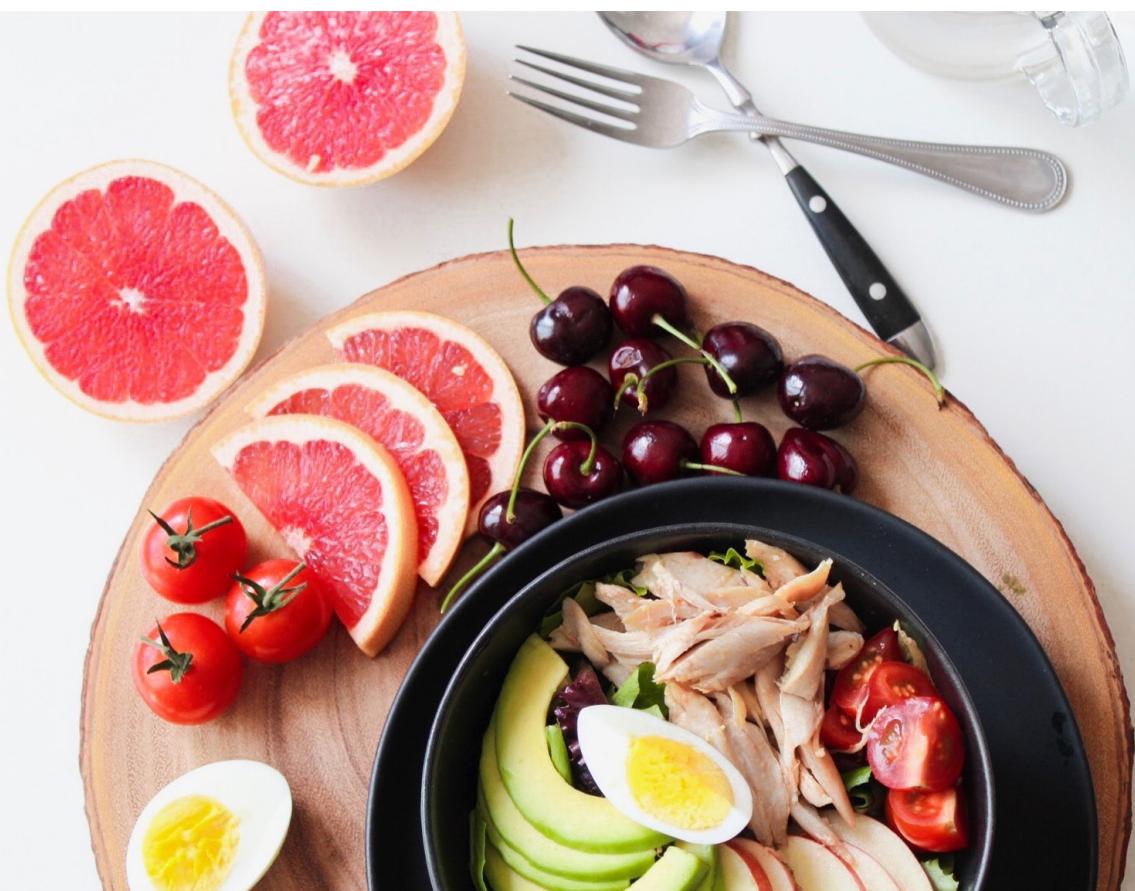
DEALING WITH EATING OUT

If you find it hard to stay on track with the keto diet while you're on the road or eating out, there are a few things you can do. First, bring keto-approved foods with you when you travel. Some excellent travel-convenient options are nuts, boiled eggs, avocados, pork rinds, beef jerky, sardines, tuna, sugar-free dark chocolate, and full-fat cheeses.

Also, when you eat out, your best options are usually meat, fish, and vegetables. And in case part of your dish is high-carb, feel free to ask the waiter or chef to replace it with veggies.

COMBATING NUTRIENT DEFICIENCIES

You're prone to nutritional deficiencies on all diets, and keto is no exception. To make sure you get enough of all nutrients, eat a wide range of different foods. Some healthy options include meat, fish, vegetables, high-fat dairy, nuts, seeds, and healthy oils. Besides, it's also wise to supplement your diet with a high-quality multivitamin to ensure you cover all bases.



ELIMINATING KETO BREATH

Some people experience that their breath smells “fruity” when they start the keto diet. That’s what we call “keto breath.” Two main reasons for this development are over-consuming protein and being in ketosis.

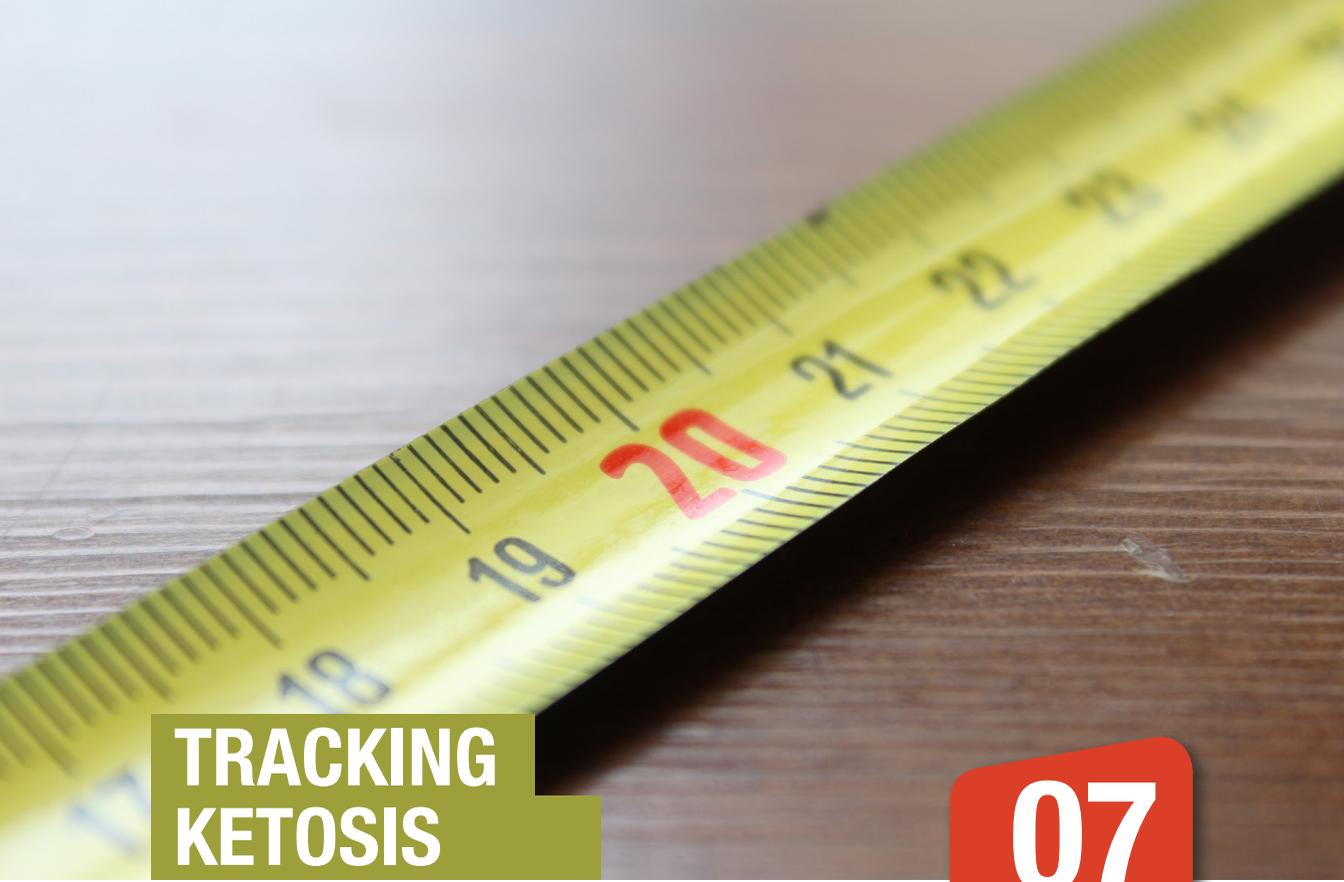
Overeating protein can cause the production of ammonia, which is partially released through the breath. [39][40] The solution, then, is to consume less protein. As a rule of thumb, consume roughly 0.82 grams of protein per pound of body weight (1.8g/kg).

Ketosis can also cause keto breath because acetone, one of three ketone bodies, gets excreted through breath. Fortunately, acetone secretion through the breath drops once your body adapts to a high-fat diet. That’s why acetone-related keto breath tends to weaken or even go away entirely after you’ve been on the keto diet for around seven to ten days.

Besides managing protein intake and giving your body time to get fat-adapted, there are a few more things you can do to battle keto breath.



First, always make sure you maintain proper oral hygiene. An ancient practice called “oil pulling” works wonders for this because it kills many of the bacteria that cause foul breath. In addition, drinking enough water and chewing sugar-free gum also help with bad breath.



TRACKING KETOSIS

07

To enter ketosis, the recommended guideline is a consumption of fewer than fifty grams of carbs a day. But since we're all different, that number may not get the job done right. To help you figure out your ideal carb intake, this chapter will teach you how to test your state of ketosis, so you can adjust your diet to meet your nutritional needs.

HOW TO TRACK KETOSIS

There are three methods by which you can measure ketosis: with urine strips, a breath analyzer, or a blood test. Each method has its own unique pros and cons. So, let's take a closer look at the three approaches.

First, we have urine strips. This is the most popular (but also the least accurate) testing method. This method is inaccurate because it measures AcAc levels in urine, levels that are influenced by hydration status. Besides, keto adaptations can make AcAc disappear from urine, which means the test could give you a false negative. That's why I don't recommend the use of urine strips.

Second, we have blood tests, which is the best method because it measures levels of BHB, the most important ketone body. This method is also the most accurate way to measure ketosis. The downside, however, is that blood tests can be quite pricey. Besides, they require a finger prick,

which some people find unpleasant. If you are okay with the cost and don't mind the prick, blood tests are the best way to measure ketosis.

Third, we have the breathalyzer. This device measures acetone levels in your breath. Acetone is one of three ketone bodies. What's great about breathalyzers is that you only have to buy the equipment once. Then, you can test yourself whenever you want. The downside, however, is that various factors influence breath ketone levels; for example, hydration status. Therefore, the breathalyzer is less accurate than the blood test. That said, this is a decent alternative if – due to price, disliking a finger prick, or something else – you can't (or won't) use blood tests.

HOW TO ADJUST YOUR DIET ACCORDING TO THE GATHERED DATA

Blood tests are the ideal way to see if you're in ketosis. If you decide to go that route, the optimal BHB level is between 0.5 and 3 mmol/L. If your BHB levels are below 0.5 mmol/L, reduce your carb intake by 20g a day. That'll get you deeper into a state of ketosis. If your BHB levels are 3 mmol/L, you are in deep ketosis. If you feel well and energetic, keep on going. If you feel unwell, up your carb intake until your levels are between 0.5 and 3 mmol/L. An extra ten grams of carbs a day is most often sufficient.



FREQUENTLY ASKED QUESTIONS

08

Q: Can I follow the keto diet while pregnant?

A: No. Even though some experts claim keto benefits pregnancy, don't follow it! There's a lack of research on how the keto diet influences pregnancy. So, until more data is available, maintain a more "balanced" eating style.

Q: I've heard ketosis is dangerous. Is this true?

A: That's incorrect. The reason many people think ketosis is harmful is that the term is commonly mixed-up with ketoacidosis, a dangerous metabolic state that only occurs in uncontrolled diabetes. Ketosis, however, is perfectly safe.

Q: What happens when I get off the keto diet?

A: Depending on your body weight, expect to gain between two and ten pounds when you reintroduce carbs to your diet. That'll happen because the carbs will refill your glycogen stores, which will make your body hold onto more water. Don't worry about this weight. It's water, not fat.

Also, when you return to a regular diet, you also stop experiencing the benefits of ketosis, such as increased energy levels and improved cardiovascular health.

Q: Are particular supplements mandatory on the keto diet?

A: There are no mandatory supplements on a keto diet. But because you avoid certain food groups on the keto diet, I recommend you do two things to make sure you cover all your nutritional bases.

First, take a multivitamin each day. Make sure the product contains at least your recommended daily intake of vitamin D, selenium, and magnesium. That's important because the keto diet often pairs with inadequate consumption of these nutrients. [\[41\]](#)[\[42\]](#)

Second, sprinkle some extra salt onto your foods. Why? Because the keto diet reduces insulin levels, which causes your kidneys to shed more sodium for your body. [\[43\]](#)[\[44\]](#) If you don't replenish that sodium, your plasma levels may drop, which can cause dehydration and symptoms like headaches, fatigue, lightheadedness, and constipation.

Q. Does the keto diet fit a tight budget?

A: While eating keto tends to be more expensive than following a regular diet, you can follow this diet while on a budget. Buying meat, fish, eggs, oils, dairy, and nuts in bulk can help a lot with cutting costs.

Q. Are artificial sweeteners okay on the keto diet?

A: Generally speaking, avoid artificial sweeteners. Many of them can hurt ketosis by spiking insulin levels. Examples of such sweeteners include sucralose, saccharin, and acesulfame potassium. That said, some sweeteners don't raise insulin levels, which means they're okay to consume. Examples of "good" sweeteners are stevia, monk fruit, erythritol, inulin, aspartame, and xylitol.

