

Is It Keto?

In a world filled with diet trends and fads, it can seem stressful to try to lose weight while maintaining a healthy diet. Fear not – these healthy diets do exist! One of these diets, the ketogenic diet (often referred to as the keto diet) focuses on what you put in your body to let your body's natural abilities work for you.

The Menu

The keto diet requires some changes to the way we eat like many diets. The focus of this diet is on eliminating carbs while increasing your intake of fat, which may seem strange. However, because there are no carbs to use as energy, your body resorts to using fats to produce that needed energy.

When the body turns fat into fuel, you lose weight – a lot of it.

Let's say you're in a grocery store aisle. You want to stay true to your diet. Looking for recommendations? What foods should you avoid achieving this fat-burning zone?

Watch out for scammers using the word KETO on everything. **Because the word Keto is not regulated by law, companies put the word KETO on products that aren't Keto.** Some things to watch out for – Keto Breads you find in the supermarket aren't Keto at all. Popular Keto ice creams have sugar and other non-Keto ingredients. You must check the ingredients and ignore the false claims. (Shame on these companies).

Grain – Because grains are high in carbohydrates, they should be eaten less often when attempting to reap the benefits of the keto diet. This includes foods like whole grains, oats, barley, pasta, cereals, or bread.



Starches – Often, rice and pseudo-grains are high in carbohydrates as well, contributing negatively to the carb/fat ratio. This includes foods like quinoa and amaranth; avoid these foods to stick to keto. As such, starch consumption should be minimized if possible.

Sugars – Like carbs, sugars provide the body with a fuel source and as such, should be avoided in the keto diet. Remember, the main benefit of structuring a diet in this way is to persuade the body to burn the only fuel source you're providing it: fat. Be careful – processed foods often have sugars hidden through fancy names on ingredients labels.



There are full aisles that you should probably avoid. These aisles include snack cakes, breakfast pastries, candies, and the like. Dextrose, fructose, or maltose could be on your ingredients label; these will definitely affect your Keto journey. **One ingredient is particular nasty. It's called maltodextrin. It's a form of sugar that is also used as a pesticide. If you see it in a product, run the other way!**

Now that we've eliminated some food and nutrient groups, what's left to eat? It may not seem like much. Don't worry, there's plenty! You just must know what aisles to key in on in the grocery.



Meat – Because meats are typically high in fat, they are a great energy source on the keto diet. Feel free to utilize various meat options throughout your diet, taking note of protein intake as well. Steak, beef, chicken, hamburger, and turkey are good to go. If you're in the deli/butcher section of the grocery, most of the options are safe for keto. Just make sure the deli meat has no added sugar (you'll be shocked).

Fish – Like meat before it, fatty fish is a great way to provide fat for your body to burn. Fish also represents a great way to mix up what you are eating while maintaining the high-fat content required for keto. Salmon is a great option on keto, as it's high in fat.

Eggs – Eggs pack a powerful one-two punch of high fat and moderate protein, perfect food for the keto diet. Obviously, eggs can play a major role for breakfast, but a hard-boiled egg could even work as a high-fat low carb snack or a topping for a salad.

Nuts – While not thought of that often, nuts can play a key role in any diet, but this is especially true in keto. Because nuts are high in fat, they function as a wonderful snack to provide an additional boost of fat. Nuts like almonds, cashews, and pecans are solid choices. Another great way to mix nuts into your diet is to try almond or coconut flours as subs. This can help lower carbs from your diet, subbing for grain.

Veggies – Low carb veggies play a key role in keto, as they provide various nutrients without compromising other areas of the diet, such as sugar or carb intake. Greens like broccoli, asparagus, and spinach offer positives. Cauliflower and cabbage also work well in this diet.

Avocados – This isn't necessarily a food group, but an avocado is a superfood when it comes to keto. Avocados pack a ton of fat into a small package. Avocados are higher in carbs than most options on the list. However, the high amount of fiber counteracts the high carbs. This allows the avocado to be a keto dieter's best friend.

Berries – Blackberries, strawberries, blueberries and raspberries contribute nicely to a keto diet. These berries are low in sugar. They also add other vitamins to your diet without adding negative nutrients. These fruits provide antioxidants that your body needs. Don't overdo the berries!

Dark Chocolate – Looking for a cheat for dessert? Dark chocolate may have you covered. Dark chocolate is low in sugar. Your cravings will be satisfied while staying true to keto.

Additional Tips:

A diet like keto can seem rigorous at first, but it's important to form a plan and stick with it. One of the best ways to keep on track during this diet is to meal plan. Meal planning represents a fun way to get to know exactly what you're putting into your body.

Additionally, because the keto diet is highly popular, there are various websites to provide support or meal ideas.

Some people find the calculations of Keto difficult. Fortunately, there's a form of Keto that gets great results without the complications. It's called **Speed Keto** and over 125,000 people have used it with tremendous success.



Wrapping it Up

A ketogenic diet focuses on food consumption that is high in fat and low in carbohydrates. This forces your body to process fat to create energy, allowing you to lose weight naturally by utilizing your body's abilities in a targeted way. Foods like red meats, eggs, and nuts can be used to help you achieve your weight loss goals; other diets often exclude these foods, making it an appealing choice. By making subtle changes to the food you consume, you'll notice a difference when it comes time to step on the scale.

There's a reason Keto is so popular – it just works. Stay tuned for more information about Keto.

