



Keto Cycle

# **KETOGENIC DIET GUIDE**

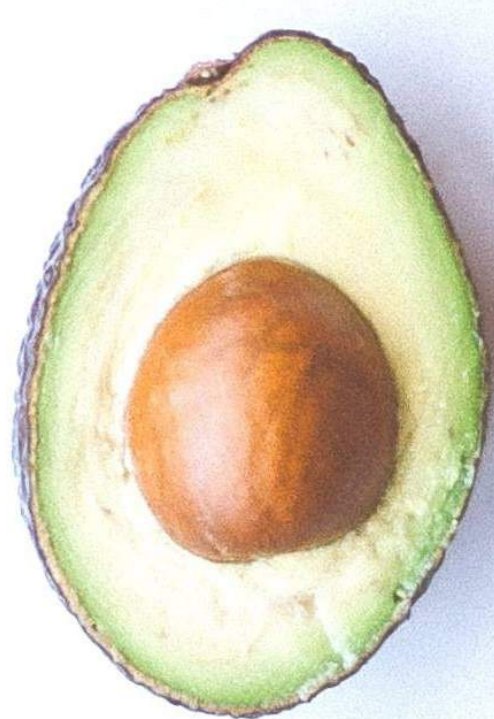
## **FOR BEGINNERS**



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# Introduction

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This book was designed specially for you to help you kick start your keto diet so you can lose weight, have higher energy levels throughout your day and in general become healthier. As you read further you will go through the guidance of the ketogenic diet and how to start it successfully.

*"Let food be thy medicine  
and medicine be thy food"*

.....

# History of the Keto diet

Fasting and other dietary regimens have been used to treat epilepsy since at least 500 BC. The original Ketogenic Diet was designed in 1923 by Dr. Russell Wilder at the Mayo Clinic for the treatment of epilepsy. For two decades this therapy was widely used, but with the modern era of antiepileptic drug treatment its use declined dramatically. Over the past 15 years, there has been an explosion in its use, and scientific interest in the ketogenic diet. A steady flow of studies have emerged revealing the ketogenic diet to be effective in treating health conditions such as [obesity](#) and [type 2 diabetes](#).



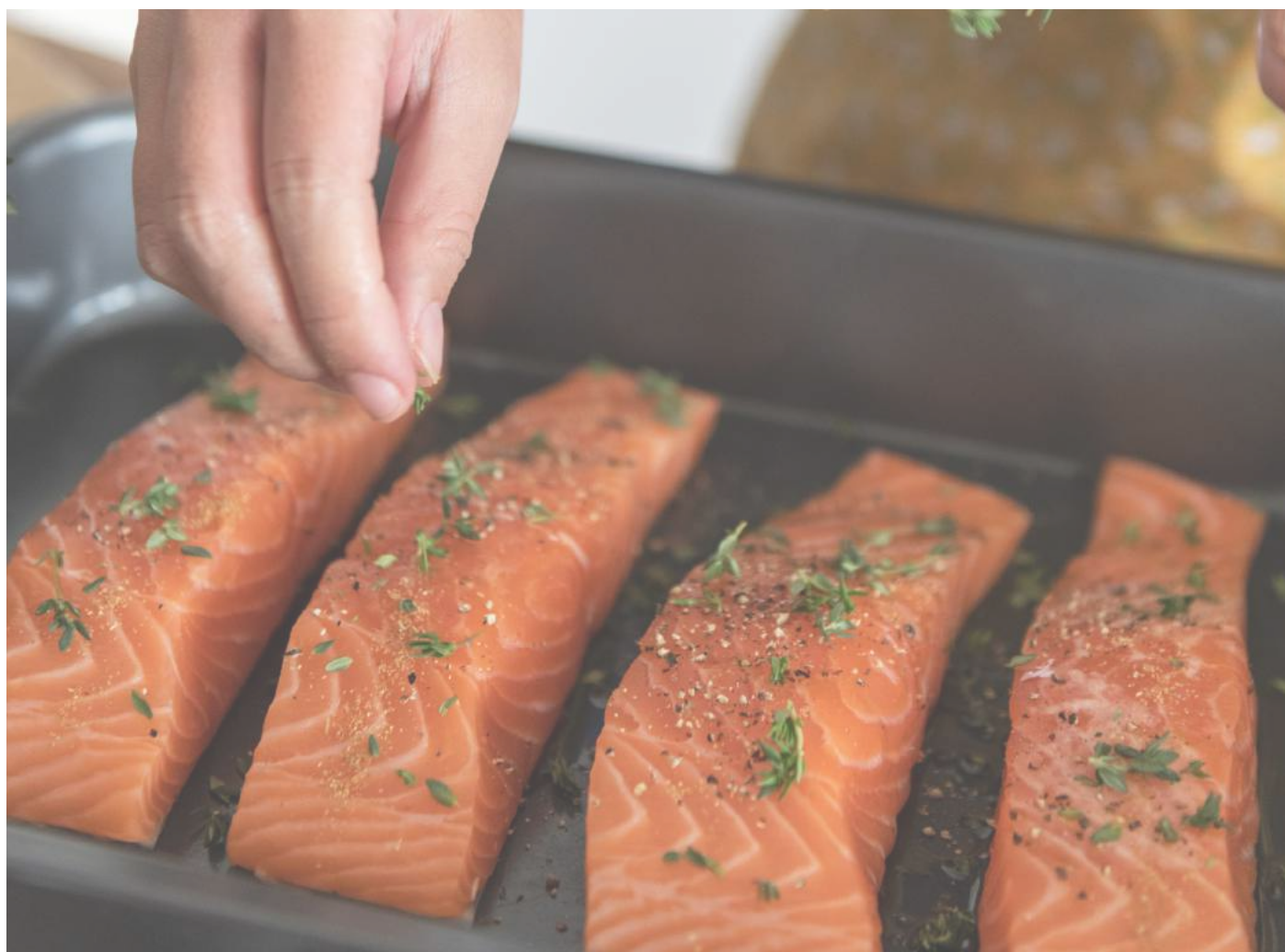
Dr. Russel Wilder



# About fats



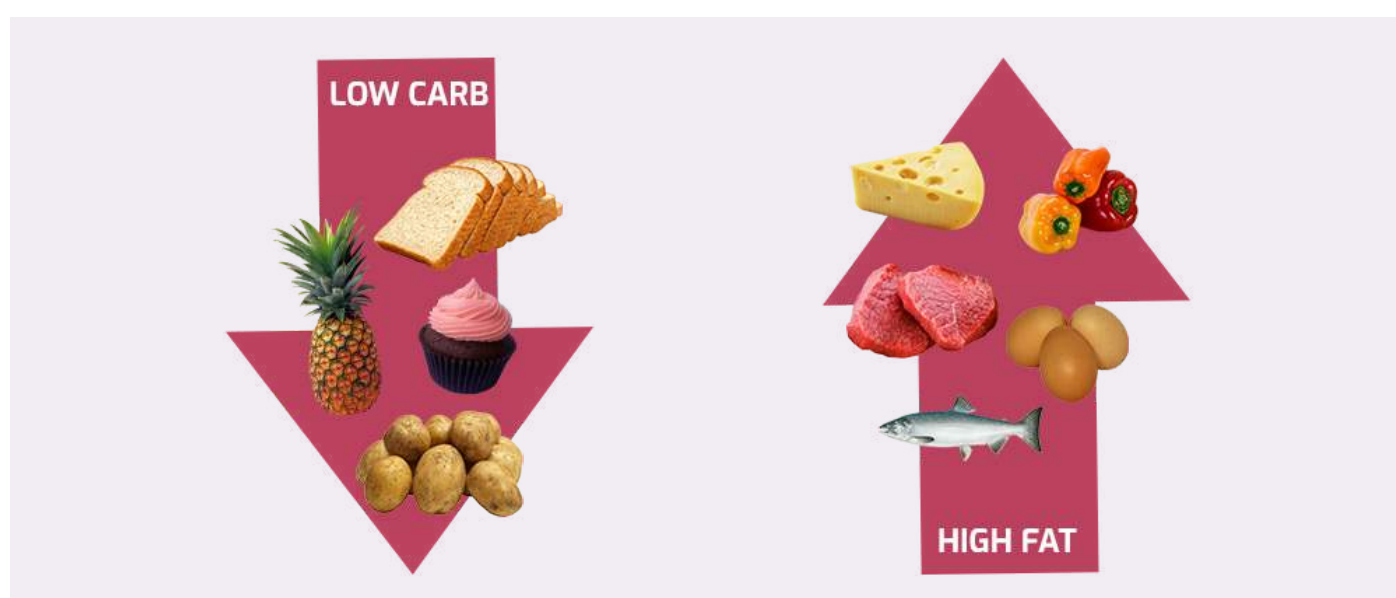
You might think that fats are bad as we have this image of fat foods to be greasy. However, the truth is that most fats are good and are very important to our health. Also, fats are the most efficient source of energy as 1 gram of fat has around 9 calories. In comparison to carbohydrates and protein it has double the amount, as protein and carbs have only 4 calories per gram. If you would mostly eat protein and fat by greatly reducing your daily intake of carbs, your body would adapt and start to convert all of that fat and protein, as well as the fat you have stored, into ketone bodies – ketones for energy. This whole metabolic process is called ketosis.



# Low carb high fat

It might sound shocking at first but it is already proven by dieticians that one of the most beneficial ways to lose weight is to maintain a low-carb, high-fat diet. Most importantly, according to an increasing number of studies, the keto diet helps to reduce risk factors for diabetes, stroke, Alzheimer's, heart diseases, epilepsy, and more. Also, keto diet is mainly combined from fresh whole foods namely: meat, veggies, fish, and healthy fats and oils by also reducing processed and chemically treated foods. On this diet you can enjoy all the natural and tasty foods for the long-term. Could you have ever imagined that there is the diet that encourages you to eat bacon and eggs for breakfast?

Studies consistently showcase people who lose more weight, improve energy levels throughout the day and stay satiated longer and this is by being on the keto diet! All of these effects, such as increased satiety and higher energy levels are mostly attributed to calories that come from fat, which is slow to digest and calorically dense. Because fat is harder to digest, it is very common amongst keto dieters to consume fewer calories and eat not as often as when being fueled by carbohydrates.





*"The way you eat  
is a reflection of the  
respect you have  
for yourself"*

.....

# Why go keto?

The main thing that happens to your body when you are on a ketogenic diet is that your body starts burning fat for fuel. This is actually pretty great for many reasons, starting from the previously mentioned, that fat contains more calories so you need to eat less food every day. Because of that your body becomes more consistent at burning fat as well as the fat you have stored (the fat you are trying to lose), which results in more weight loss. Moreover, fat is a more consistent source of energy which does not spike your blood glucose, so you can forget suffering from the highs and lows when eating carbohydrates. Just think about getting more done in your day and feeling less tired...

Other long-term benefits when being on the keto diet:

- Reduce blood pressure
- Improve levels of HDL (good) and LDL (bad) cholesterol
- Result in more weight loss (specifically body fat)
- Improve brain function
- Reduce blood sugar and insulin resistance
- Reduce triglyceride levels





# Experiment

Mice that were fed a low-carb, high-fat diet lived longer and maintained their health later in life, according to [two independent studies](#) that were recently published in the journal "Cell Metabolism." Researchers at University of California, Davis, observed a [13% increase](#) in median life span for mice on the Keto diet. In fact, in human-beings, that would be seven to 10 more years.



# Getting into ketosis

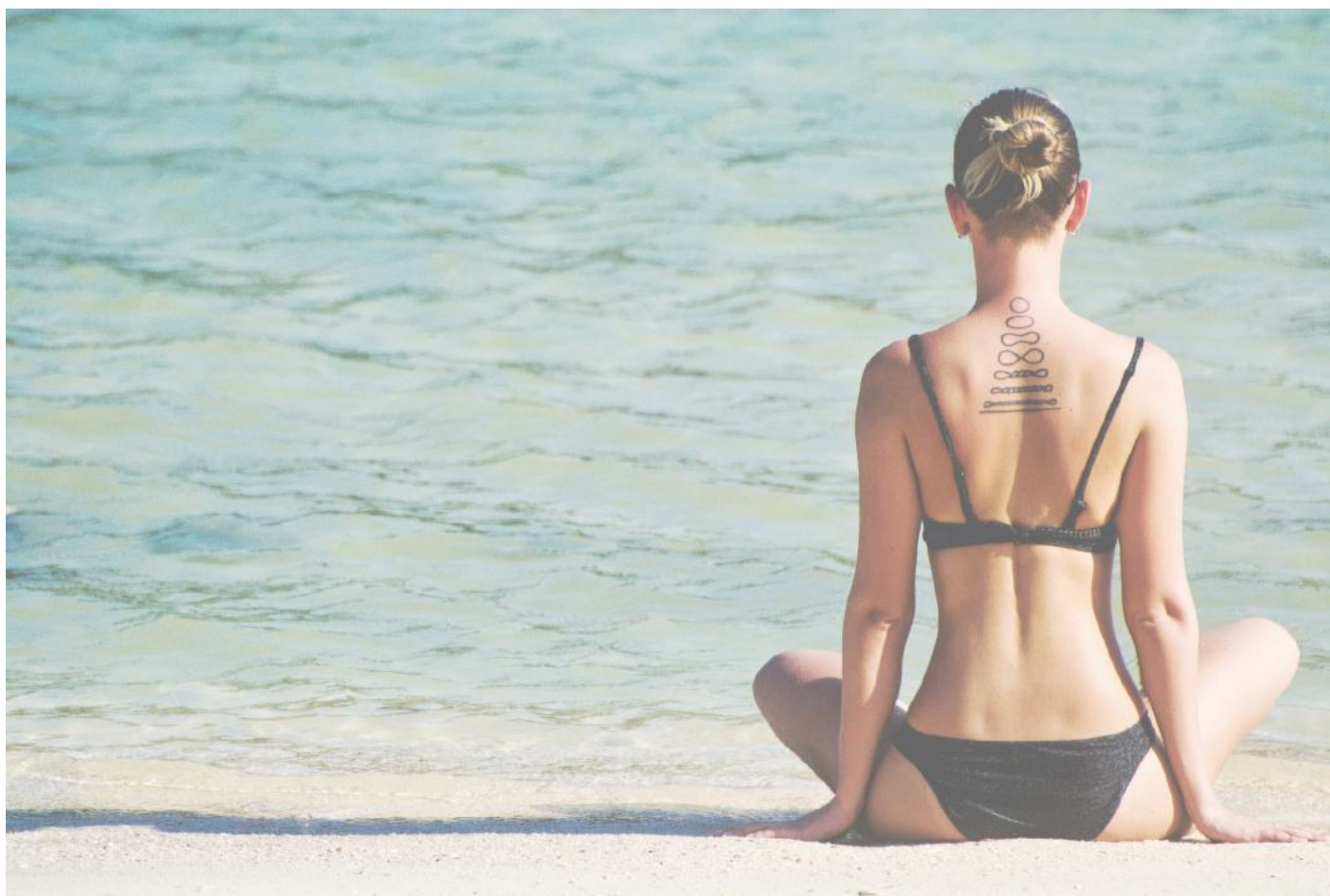
When you eat a lot of carbs or carbs are involved in your diet, your body is in a metabolic state of glycolysis, which means that your energy comes from blood glucose or in other words sugar. When being in this state, your blood glucose spikes higher levels of insulin every time you eat. This process blocks your stored fat from releasing as carbs take over the fat and the fats stays in your body.

On the other hand, when being on a high-fat, low-carb diet, your body is in a metabolic state called ketosis. In this state your body breaks down all the fat into ketones which become your primary source of energy. This whole process becomes totally natural. When your body is low on carbohydrates, it starts looking for new sources of energy and in this case it takes fat as fuel. Most cells in your body use ketones and glucose for fuel. For cells that can only take glucose, like parts of the brain, the glycerol derived from dietary fats is made into glucose by the liver through gluconeogenesis.



The biggest challenge is to stay in nutritional ketosis all the time. If you are just starting now, it might take you a few weeks to become fully adapted as it is very easy to get the wrong snack and get back to carbs as your primary source of energy.

Once you become keto-adapted, glycogen (the glucose stored in your muscles and liver) goes down, your muscle endurance increases, you carry less water weight, and overall you become more energetic. As mentioned before it is hard to start and it is very possible you will kick yourself out of ketosis by eating too many carbs, yet getting back into the keto state will be much easier and will take less time when you are keto-adapted. The good part that you might like is that once you are keto-adapted, you will be able to eat up to 50 grams of carbs per day and still be able to stay in the keto regime.



# Keto diet and diabetes

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It is a very common question amongst diabetics if they can be on keto diet. If you have diabetes too you should not worry, as for type 2 diabetes the keto diet can help you to reverse the condition and for type 1 diabetics, it can greatly improve blood sugar control.

Of course, do not jump straight into it and always consult with your doctor before starting a low-carb diet, especially if you have the type 1. The reason is that when you start a keto diet and take medications at the same time, you may need to immediately decrease your doses. A trial after a consultation with your doctor might be the best option as they could be able to track your blood glucose levels and insulin doses. In addition to that, if you are a type 1 diabetic, you should consumer over 50 grams of carbohydrates per day to prevent ketoacidosis.

Ketoacidosis – toxic metabolic state which happens when the body fails to regulate ketone production, that results in a severe accumulation of keto acids, which causes the pH of the blood to decrease dramatically, by making your blood more acidic. Most common triggers for ketoacidosis are type 1 diabetes, extreme starvation, and alcoholism. Other than for type 1 diabetics, ketoacidosis rarely occurs.

The chart is for your reference to understand the content of carbohydrates of the most commonly eaten foods.



CARBOHYDRATE CONTENT OF FOODS

## Carbohydrate Content of Foods

### BREADS / CRACKERS / GRAINS/ STARCHY VEGETABLES

\* carbohydrate content may vary from brand to brand, always read the food label!

Starches	Amount	Carb grams
<b>BREADS</b>		
Bread, white or wheat	1 slice (1 oz)	15 g
Light bread	1 slice (1 oz)	7-8 g
Low Carb bread	1 slice (1 oz)	9 g
Challah	1 oz	15 g
Lawash, plain	2 oz	30 g
Pita bread, all types	2 oz	30 g
Mini/Pocket	1 oz	15g
Turkish/Middle Eastern	1 oz	15 g
Hamburger or Hot dog bun	1 bun	20 g
Dinner rolls	1 small	15 g
Sandwich roll	1 medium (2 oz)	30 g
Bagel	1 (Deli style)	60-70g
Mini bagel	1 (1 oz)	15 g
Croissant, plain	1 mini (1 oz)	15 g
	1 medium (1 ½ oz)	20 g
	1 large (2 ½ oz)	35 g
Danish, fruit	1 regular	30 g
Doughnut	1 medium	25 g
Pancake or waffle, frozen	1 small	15 g
English muffin, plain	1	30 g
Muffin, blueberry	1 small (2 oz)	30 g
Dunkin Donuts	1 regular	75 g
Tortilla, corn, 6"	1.2 oz, each	10 g
Soft Taco	1	15 g
Flour Tortilla	1 (1.7 oz)	30 g
Burritos Tortilla	1	30 g
Wraps, plain		
Regular size	1	75 g
Large size	1	120 g
<b>CRACKERS</b>		
Saltine	1 cracker	2 g
Cheese	1 crackers	2 g
Graham	1 cracker	5 g
Wheat Thins	1 cracker	1 g
Soda	1 cracker	10 g
Peanut Butter	1 cracker	4 g

**CEREALS**

<i>Check the label!</i>	1 serving (1 cup)	15-45g
Oatmeal	1 cup (cooked)	30 g
Farina	1 cup (cooked)	25 g

**GRAINS**

Rice, white or brown	1 cup (cooked)	45 g
Spaghetti	1 cup (cooked)	40 g
Elbows/spirals	1 cup (cooked)	40 g
Small Shells	1 cup (cooked)	30 g
Mac & Cheese	1 cup (cooked)	30 g
Grits	1 cup (cooked)	30 g

**STARCHY VEGETABLES**

Corn	½ cup	15 g
Corn on the cob	1 medium	20 g
Popcorn	3 cups	15 g
Potatoes		
Plain, baked	small (3 oz)	15g
Wendy's, baked	large	60-70g
Mashed	½ cup	15g
Plantain	1 medium	30 g
Yam	½ cup (mashed)	15 g
Yucca	½ cup (mashed)	15 g
Hash browns	½ cup (mashed)	10 g
French Fries		
McDonald's	small	25 g
	medium	60 g
	large	70 g
Restaurant style	15 fries	25 g
Ku(Wendy's)gel	5 oz	25 g

**BEANS**

Beans, dry:		
Black-eyed peas	1 cup (cooked)	30 g
Lentils or peas	1 cup (cooked)	40 g
Navy beans	1 cup (cooked)	45 g
Pinto or Black beans	1 cup (cooked)	45 g
Beans canned:		
Baked in sweet sauce	1 cup	50 g
Black or Kidney beans	1 cup	40 g
Chili with beans	1 cup	30 g
Garbanzo beans	1 cup	50 g
Lima beans	1 cup	30 g
Refried beans	1 cup	40 g

**FRUIT/ FRUIT JUICES**

\* Use a Food Scale to measure carbohydrate content of fruit per amount (oz.)

Food	Amount	Carb grams
<b>FRESH FRUIT</b>		
Apple		
Small	4 oz *	15 g
Medium	6 oz	25 g
Large	8 oz	35 g
Apricots	1 medium (2oz)	6 g
Applesauce	½ cup unsweetened	15g
Banana		
1 medium	5 oz	20 g
1 large	7 oz	25 g
Berries	1 cup	20 g
Cantaloupe/Honeydew		
Flesh/no skin	1 oz	2 g
	1 cup (cubes)	15 g
Cherries	10 pieces	10 g
Clementine	1 medium (3 oz)	15 g
Grapefruit	½ fruit	15 g
Grapes	15 pieces	15 g
Kiwifruit	1 medium (3 oz)	10 g
Mandarin	1 small (3 oz)	6 g
Oranges		
Small	1 (5 oz with skin)	12 g
Medium	1 (7 oz)	18 g
Papaya	½ cup (cubed)	8 g
Medium	1 (with skin)	30 g
Peaches	1 medium (4 oz)	8 g
Plum	1 small (2 oz)	6 g
Pear	1 medium (6 oz)	22 g
Pineapple	1 thick slice (3 oz)	10 g
Strawberries	1 cup (sliced)	10g
	3 large (2 oz)	3 g
Watermelon	1 cup cubes	12 g
<b>CANNED FRUIT</b>		
(check the label!)		
<b>DRIED FRUIT</b>		
Apricots	8 halves (1 oz)	15 g
Prunes	3 medium	15 g
Raisins	2 Tbsp.	15 g

**FRUIT JUICE**

Apple juice	4 oz (1/2 cup)	15 g
Grape juice	4 oz (1/2 cup)	20 g
Orange juice	4 oz (1/2 cup)	12 g
Vegetable juice	4 oz (1/2 cup)	6 g

**MILK / YOGURT**

<b>Food</b>	<b>Amount</b>	<b>Carb grams</b>
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**MILK**

Whole, low-fat or skim	8 oz (1 cup)	12 g
Chocolate milk	8 oz	26 g
Soy milk (plain)	8 oz	8-10 g

**YOGURT**

Yogurt (plain)	8 oz (1 cup)	12-14 g
Yogurt (light)	8 oz	16-20 g
Yogurt with fruit	8 oz	32-40 g

**CONDIMENTS / SWEETENERS**

<b>Food</b>	<b>Amount</b>	<b>Carb grams</b>
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**SUGARS**

Table sugar	1 Tbsp	15 g
Honey	1 tsp	6 g
Jam or preserve	1 Tbsp	15 g
Syrup, Regular	1 Tbsp	15 g
Syrup, Light	1 Tbsp	7 g

**CONDIMENTS**

BBQ sauce	1 Tbsp	6 g
Ketchup	1 Tbsp/ 1 pkt	5 g
Spaghetti sauce	1/2 cup	10 g
Cranberry sauce	1/4 cup	25 g

**FAST FOODS**

\* Ask for nutritional information where you buy/eat fast food

New York style pizza	1 slice	45 g
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*"Your diet is a  
bank account.*

*Good food choices  
are good investments."*



# Testing

You can test yourself to see whether you have entered ketosis just a few days after you have begun the keto diet. Simply use a [ketone test strip](#) and it will tell you the level of ketone bodies in your urine. If the concentration is high enough, you've successfully entered ketosis!



# Ratios

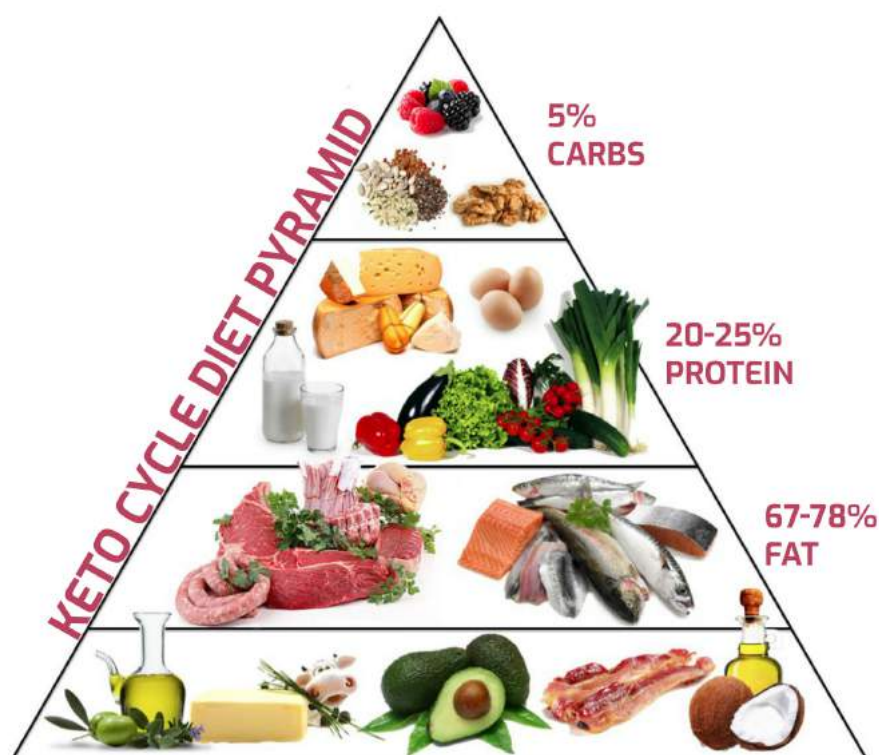


Just like in any diet it is very important to get the right balance of macronutrients so your body has the energy it needs to function. We believe you already know all of the macronutrients: fat, protein and carbohydrates. Each of them provides a different amount of energy – calories. As mentioned earlier:

- **Fat has 9 calories per gram**
- **Protein and carbohydrates provide around 4 calories per gram**

When being on a keto diet, it is very important to understand that 65-75 percent of your daily calorie intake should come from fat. About 20-25 percent has to be protein, and the rest (around 5 percent) remains for carbohydrates.

Here is the pyramid of daily intake of macronutrients for your reference:



# Daily calorie intake

It makes sense that if fat has more calories, you should eat less food, yet the amount of daily calories you should eat stays the same depending on a few factors:

- Current lean body weight (total body weight minus body fat)
- Levels of activity (are you active during the day or you mostly sit)
- Workouts? What sort of workouts?
- How many hours per week do you participate in physical activity?
- What is your goal? To lose weight, maintain weight or gain muscle?

To find out more about how many calories you should intake, you can use this [ketogenic-based macro calculator](#):



## Keto Calculator

This is a weight loss calculator for the [ketogenic diet](#). It finds your optimal food intake for your personal weight loss goals. [Click](#) for more!

### Your Fat Loss Calculation

To get your personal customized recommendations, please enter some data about yourself.

Female  Male

kg weight ( lbs)

cm tall (' ")

Date of birth:  MM/DD/YYYY

However, unlike with other diets, you do not need to specifically measure your daily calorie intake very precisely.

# Nutrients

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Water is crucial when being on the keto diet, especially in the beginning and the consequence of that is more visits to the toilet which are totally normal. This will happen as you will clean yourself out of processed foods. Processed foods have a lot of added sodium, and the sudden change in diet will cause an instant drop in sodium intake.

In addition to that, by reducing the intake of carbs you will reduce your level of insulin, which in turn sends a message to your kidneys to release excess stored sodium. Between restricting your body from sodium intake and getting rid of stored sodium, your body will begin to remove much more water than usual and end up low on all the necessary electrolytes.

When this happens, you might feel fatigue, coughing, sniffles, headaches, nausea and irritability. This state is very often called “keto flu”. However, it is not an actual virus and you should not be scared.



# Keto Flu



Most of the people who experience these symptoms get scared and go back to eating carbs, when in actuality you should wait for one or a few days as what actually happens to your body is that it gets rid of all of the sugars, high carbs, processed foods and is readjusting so it can use fat as fuel for energy. If you do not want to feel these symptoms, just try adding more sodium and electrolytes to your diet.

## Foods containing electrolytes:

avocado  
nuts  
dark leafy greens  
(such as spinach and kale)  
salmon  
plain yogurt  
mushrooms

### Potassium

nuts  
dark chocolate  
artichokes  
spinach  
fish

### Magnesium

cheeses  
leafy greens  
broccoli  
seafood  
almonds

### Calcium

meats  
cheeses  
nuts  
seeds  
dark chocolate

### Phosphorus

most vegetables  
olives  
salt  
seaweed

### Chloride



# Constipation

Constipation is another possible side effect, especially during the first time on a low-carb diet, as your digestive system may need time to adapt.

Three steps to cure it:

1

Drink plenty of water and sometimes add some extra salt;

2

Eat plenty of vegetables or other sources of fiber;

3

Try to be physically active.



# Alcohol and Keto

Alcohol and its harms are much more potent on a ketogenic diet. The ketogenic diet can help you minimize your cravings for alcoholic drinks.



## Wine

Even on a keto diet (below 20 grams per day) you can probably have a glass of wine fairly regularly. The wine is not a problem. Dry wines contain less than 0.5 grams of sugar per glass.

## Beer

Beer is a problem for a keto diet. There are loads of rapidly digestible carbs in beer. It has been called liquid bread. For that reason, sadly, most beers are a catastrophe for weight control and should be definitely avoided on Keto.



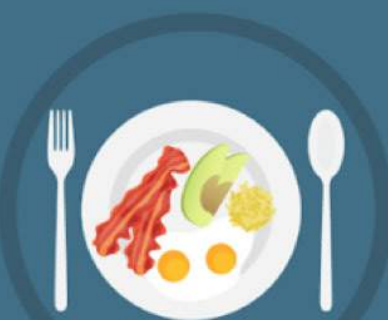
# Top 5 Keto alcoholic drinks (1 glass)



1	Champagne or dry sparkling wine	1 grams of net carbs
2	Dry wine – red or white	2 grams of net carbs
3	Vodka & Soda Water	0 grams of carbs
4	Dry Martini	0 grams of carbs
5	Whiskey	0 grams of carbs

# 6 GUIDELINES WHEN DRINKING ALCOHOL IN KETOSIS

EAT A KETO-FRIENDLY MEAL BEFORE DRINKING



WATCH OUT FOR HEAVY POURS



CALORIES MATTER JUST AS MUCH AS CARBS



FOLLOW THE "ONE DRINK MAX" RULE



THE ROLE OF NON-ALCOHOLIC MIXERS ON A KETO DIET



CHOOSE THE RIGHT ALCOHOL



In short, small amounts of low-carb alcohol are fine, but if your weight loss stalls or you still have concerns with your metabolic health, consider abstaining, at least for now.

# How The Ketogenic Diet Benefits Us All

The Keto diet is known for being a fast way to lose weight but research suggests that there are many other possible benefits with this diet. Many people have reversed or improved all sorts of health problems by switching to it. Here are some general benefits of following The Ketogenic Diet:

- improves memory and increases energy efficiency
- lowers blood sugar levels
- muscles are then more likely to grow and repair better
- better sleep and mood
- improves skin
- slows down aging
- relieves migraines
- reduces appetite



# How to get ready

We believe you now understand all of the benefits and the science behind the ketogenic diet and hopefully you are ready to start. Now, in the next chapters we will give you some guidance on how to correctly kick-start your keto regime and maximize your health whilst being on a keto diet.

*"A healthy outside starts from the inside"*

# Go over your pantry

This one is quite tricky as you will have to go through the food you store in your home and make sure you get rid of everything that could fail you. All the sugars, processed foods, breads, pastries, candies, pastas etc. you must throw it all away or just give it to somebody who is not going to do keto. If you do not live alone, inform your housemates that you are on a keto diet from now on and ask them to be more supportive by keeping certain things that are not allowed to you in different/specific locations that will be out of your sight.

This will lead you to a better experience as you will have less temptations followed by less cravings.



This is the list of all the basics that will help you when you shop for keto-friendly meals and snacks:



Water, coffee, tea



Low-carb condiments like mayonnaise, mustard, pesto, sriracha



All spices and herbs



Broths



Sweeteners



Pickled and fermented foods



Lemon and lime juice



Nuts and seeds

# Shopping



## Meats

It is fine to buy any type of meat when being on keto, it is totally your preference of choice. Most importantly you should start eating (if you did not before) all of the fat the meat has and the skin on the chicken. All of the fishes and seafood is totally fine as well, apart from farmed fish, try to avoid that. Eggs will become your best friend, you should start loving them if you did not before.



## Veggies

All of the vegetables are okay apart from potatoes, yams, corn and legumes like beans, lentils and peas.



## Fruit



We said previously to get rid of the fruit, yet if you eat a small amount of berries every day it will not harm your ketosis as long as you consume only 5 percent of carbs per day. Try to avoid anything other than berries.



## Dairy



Everything that is unsweetened and does not have a lot of carbs is fine. Try avoiding milk, skim milk, sweetened yogurts and any flavored, low-fat, or fat-free dairy products.



## Fats and oils



Avocado oil, olive oil, butter, lard and bacon fat are great for cooking and consuming. Just make sure to avoid oils that are labeled with “blend” as they usually contain only a small amount of healthy oils.



# Kitchen



These are only recommendations to make your cooking simpler and faster.



## Food scale



If you want to hit your goals you have to measure how much you eat and scales are a very good solution to keep yourself in the boundaries. [Food scales](#) can be found online for \$10 to \$20.

## Food processor



Most probably you already have one but if not, it is a very helpful tool that will help you to blend certain foods, and make sauces and shakes. [Food processor we recommend.](#)

## Spiralizer



With a spiralizer you can make any vegetable into noodles. On a keto diet you can not eat noodles so the only option to enjoy them is to make them from vegetables like zucchini. Spiralizers cost around \$30. [Our recommendation for spiralizer.](#)

# Good luck!

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That's it! Now, as you have been familiarized with what the keto diet is and how to follow the rules, you are ready to start to get into the state of ketosis and start burning your fats as fuel.

If you have not bought your personalized meal plan you can always do it by completing the quiz, and if you already have the plan we hope you enjoy it and good luck!

*Keto Cycle team.*

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