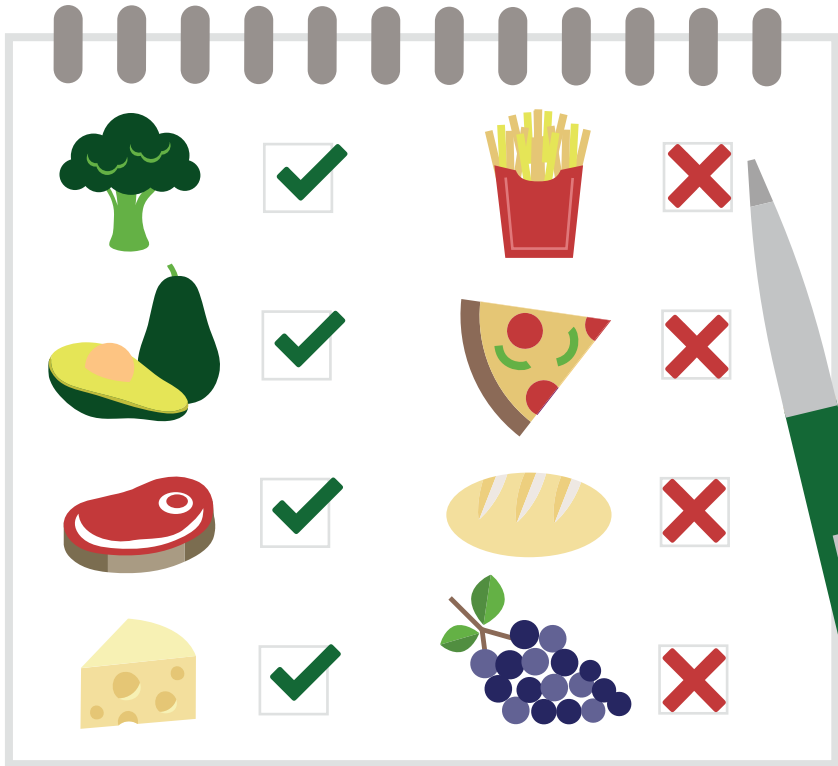


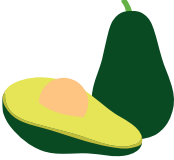







KETOSIS

AN EASY GUIDE



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KETOSIS - INTRODUCTION

Keto is a scary concept for most, as so many of us have been raised to believe that fat is the enemy. However, it's an easy diet with plenty of theoretical and physical evidence to prove its efficiency, short and long-term benefits. By removing your body's source of carbohydrates, it will lower your insulin levels and begin to utilize stored fats instead, helping you to...



1. Lose weight



2. Stabilise blood sugar levels



3. Lower cholesterol

It's recommended for diabetics, cancer sufferers and those who want to shift excess fat without drastically restricting their calories or following bizarre regimes. Other benefits include...



1. Increased energy levels



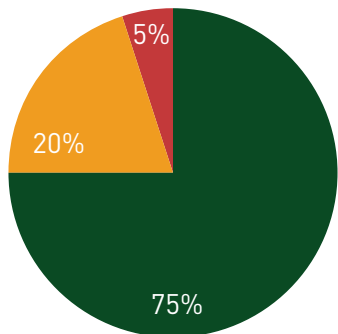
2. Better sleep quality



3. Sharper mental focus

The ratio of what food groups you should be eating daily is called your **macros**. These will vary from person to person, dependent on health, weight, height, blood sugar levels and more, but the average macros are clearly illustrated below:

THE BREAKDOWN



● Fat ● Protein ● Carbs

It is important to ensure your macros are correct for your body - they are easily calculable using a tool such as

<http://keto-calculator.ankerl.com/>

We are all individuals, but the above chart shows the rough percentages you should be following. It is important not to over-indulge on proteins; whilst a protein-rich diet is necessary, too much protein will result in the excess being converted to glycogen, which may stop you from entering ketosis.

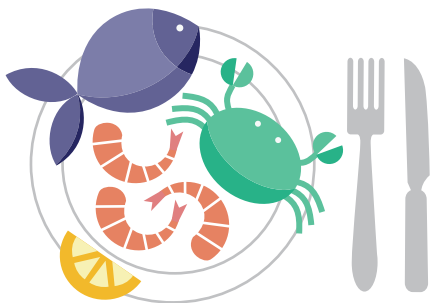
Being on a diet isn't the easiest thing in the world, especially when you don't know what you should eat. I've put together this ketogenic diet food list to help people out there make decisions on what they are eating and shopping for.

I tried to be as comprehensive as possible, but if I am missing something please let me know in the comments below! We have a newsletter to help support people, and answer any questions you might have.

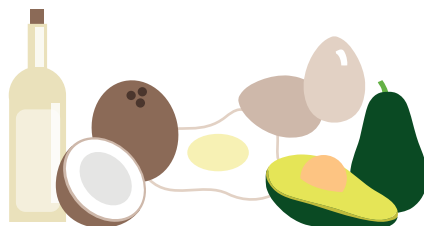
FATS AND OILS

Fats will be the majority of your daily calorie intake when you are on a ketogenic diet, so choices should be made with your own digestion system in mind. Fats are very important to our bodies, but they can also be dangerous if you are consuming the wrong types of fats. You can see a more in depth post on fats here: [The Importance of Fats in a Ketogenic Diet](#).

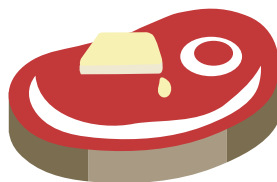
You want to have a balance between your Omega-3's and Omega-6's, so eating things like wild salmon, tuna, trout, and shellfish can help provide a balanced diet of Omega-3's.



If you don't like fish, or just prefer not to eat it, I suggest taking a small fish oil supplement. You can also take krill oil for Omega-3's if you are allergic. If you want to know more about essential fatty acids and omegas on a ketogenic diet, you can visit: [Essential Fatty Acids: Omega 3 and Omega 6](#).



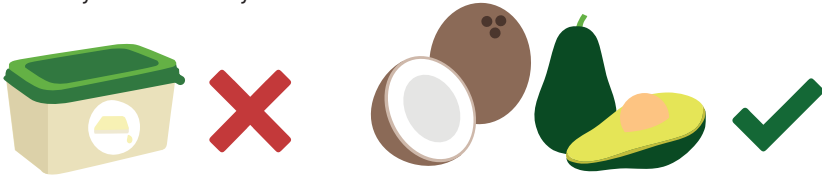
Saturated and monounsaturated fats such as butter, macadamia nuts, avocado, egg yolks, and coconut oil are more chemically stable and less inflammatory to most people, so they are preferred.



Fats and oils can be combined in a number of different ways to add to your meals – sauces, dressings, or just simple topping off a piece of meat with butter.

AVOCADO AND EGGS

Try to avoid any hydrogenated fats, such as margarine, to minimize your trans fat intake. There have been studies linking it to higher chances of coronary heart disease. The only fat extracted that you should use come from olives, coconut, and avocado. All other vegetable oils are just Omega six oils and because of that, plus the fact they are highly processed, make them incredibly inflammatory and bad for your health.



If you tend to fry things up, try to go after non-hydrogenated lards: beef tallow, ghee, coconut or avocado oil, since they have higher smoke points than other oils. This allows less oxidization of the oils, which means you get more Essential Fatty Acids.

Keep an eye on your intake for nut or seed based foods, as they can be quite high in inflammatory Omega 6s – these include things like almonds, walnuts, pine nuts, sunflower oil and corn oil.

Some ketogenic diet foods that are great for fats and oils (organic and grass-fed sources are preferred):

Avocado

Beef tallow

Grass fed butter

Chicken Fat

Ghee

Non-hydrogenated lard

Macadamia Nuts

Mayonnaise

Olive Oil

Avocado oil

Virgin Coconut Oil

Coconut Butter

Red Palm Oil

Goats Milk

Goats Cream

Goats Butter

Goats Cheese

Goats Yoghurt

PROTEIN

Your best bet when it comes to protein is choosing anything organic and grass-fed, and using free-range (or better still, organic as well) eggs. This will minimize your bacteria and steroid hormone intake.

FISH



Preferably eating anything that is caught wild like catfish, cod, flounder, halibut, mackerel, mahi-mahi, salmon, snapper, trout, and tuna.

SHELLFISH



Clams, oysters, lobster, crab, scallops, mussels, and squid.

WHOLE EGGS



Try to get them free-range from the local market, even organic if possible. You can prepare them in many different ways - fried, devilled, boiled, poached, and scrambled.

MEAT



Beef, Veal, Goat, Lamb, and other wild game. Grass-fed is preferred as it has a better fatty acid count.

PORK



Pork loin, pork chops, and ham. Watch out for added sugars in ham.

POULTRY



Chicken, duck, quail, pheasant. Free range or organic is the best choice here if possible.

BACON AND SAUSAGE



Check labels for anything cured in sugar, or if it contains extra fillers.

NUT BUTTER



Macadamia or almond nut butter are the best choice here if possible.

PROTEIN

Ketogenic Diet Protein Source (g)	Calories	Fat (g)	Net Carbs (g)	Protein (g)
Bacon, 1 slice (8g) baked	44	3.5	0	2.9
Beef, Sirloin Steak, 1 ounce, broiled	69	4	0	7.7
Beef, Ground, 5% fat, 1 ounce, broiled	44	1.7	0	6.7
Beef, Ground, 15% fat, 1 ounce, broiled	70	4.3	0	7.2
Beef, Ground, 30% fat, 1 ounce, broiled	77	5.1	0	7.7
Beef, Bottom round, 1 ounce, roasted	56	2.7	0	7.6
Chicken, white meat, 1 ounce	49	1.3	0	8.8
Chicken, dark meat, 1 ounce	58	2.8	0	7.8
Egg, 1 large, 50g	72	4.8	0.4	6.3
Fish, Raw, Cod, 1 ounce	20	0.1	0	4.3
Fish, Raw, Flounder, 1 ounce	20	0.6	0	3.5
Fish, Raw, Sole, 1 ounce	20	0.6	0	3.5
Fish, Raw, Salmon, 1 ounce	40	1.8	0	5.6
Ham, smoked, 1 ounce	50	2.6	0	6.4
Hot dog, beef, 1 ounce	92	8.5	0.5	3.1
Lamb, ground, 1 ounce, broiled	80	5.6	0	7
Lamb chop, boneless, 1 ounce, broiled	67	3.9	0	7.3
Pork chop, bone in, 1 ounce, broiled	65	4.1	0	6.7
Pork ribs, ribs, 1 ounce, roasted	102	8.3	0	6.2
Scallops, 1 ounce, steamed	31	0.2	1.5	5.8
Shrimp, 1 ounce, cooked	28	0.1	0	6.8
Tuna, 1 ounce, cooked	52	1.8	0	8.5
Turkey breast, 1 ounce, roasted	39	0.6	0	8.4
Veal, 1 ounce, roasted	42	1	0	8

VEGETABLES

On a ketogenic diet, try to go after vegetables that are grown above ground and are leafy greens. If you can, opt for organic as there's less pesticide residues, but if you can't then don't worry.



**HIGH
NUTRIENTS**



**LOW
CARBOHYDRATES**

Vegetables are an extremely important part of a healthy diet, but sometimes we're stuck with decisions we might regret later. Some vegetables are high in sugar and don't cut it nutritionally – so we need to gradually reduce our intake of them. The best type of vegetables for the ketogenic diet are high in nutrients and low in carbohydrates. These, as most of you can guess, are dark and leafy. Anything that resembles spinach or kale will fall into this category, and will be the best thing to include into anything you can.

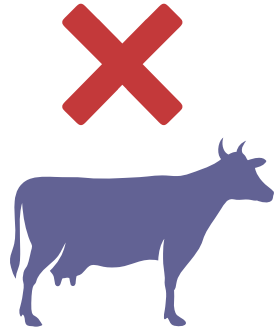
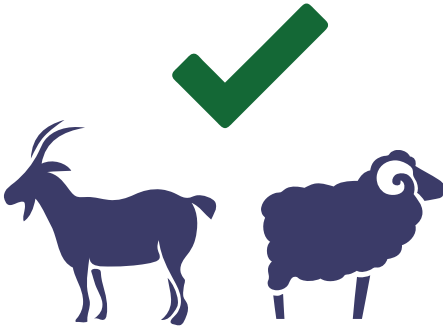


VEGETABLES

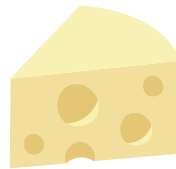
Ketogenic Diet Protein Source (g)	Calories	Fat (g)	Net Carbs (g)	Protein (g)
Asparagus, cooked, 1 ounce	6	0.1	0.6	0.7
Avocado, 1 ounce	47	4.4	0.6	0.6
Broccoli, chopped, cooked, 1 ounce	10	0.1	1.1	0.7
Carrots, baby, 1 ounce, raw	10	0	1.5	0.01
Cauliflower, chopped, cooked, 1 ounce	7	0.1	0.5	0.5
Celery, 1 ounce, raw	5	0	0.3	0.7
Cucumber, 1 ounce, raw	4	0	1	0.2
Garlic, 1 clove (3 grams)	4	0	1	0.2
Green beans, cooked, 1 ounce	10	0.1	1.3	0.5
Mushrooms, button, 1 ounce	6	0.2	0.6	0.9
Onion, green, 1 ounce, chopped, raw	9	0	1.3	0.5
Onion, white, 1 ounce, chopped, raw	1	0	2.1	0.3
Romaine lettuce, 1 ounce	5	0.1	0.3	0.4
Butterhead lettuce, 1 ounce	4	0.06	0.3	0.4
Shallots, raw, 1 ounce	20	0	3.9	0.7
Spinach, 1 ounce, raw	7	0.1	0.4	0.8
Squash, Acorn, baked, 1 ounce	16	0	2.9	0.3
Squash, Butternut, baked, 1 ounce	11	0	2.1	0.3
Squash, Spaghetti, 1 ounce, cooked	8	0.1	1.4	0.2
Tomato, raw, 1 ounce	5	0	0.8	0.3

DAIRY PRODUCTS

Choose Goat or sheep dairy products, avoid all cow dairy products



Ketogenic Diet Protein Source (g)	Calories	Fat (g)	Net Carbs (g)	Protein (g)
Goats cheese, hard type, 1 ounce	128	10.1	0.6	8.7
Feta sheeps and goats cheese, 1 ounce	73	5.9	0.4	4.5
Halloumi, 1 ounce	87	6.6	0.3	6.7
Goats cheese soft type, 1 ounce	93	6.5	0.3	6.1
Goats butter	222	25	-	0.1
Goats milk	17.4	1	1.2	0.9
Goats yoghurt	17.6	1.1	1.1	1



NUTS AND SEEDS

Nuts and seeds are best when they are roasted to remove any anti-nutrients. Try to avoid **peanuts** if possible, as they are actually legumes which are not highly permitted in the ketogenic diet food list.

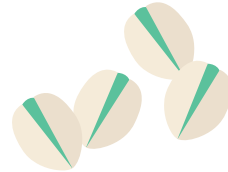


Although it's more trouble, the best way to deal with the phytates is to soak them overnight, and then to dry them without roasting them in a low oven or de-hydrator.

Macadamias, walnuts and almonds are the best in terms of your carb count and can be eaten in small amounts.



Cashews and **pistachios** are higher in carbs, so make sure you track these carefully.



Nuts are high in Omega 6 Fatty Acids, so try to avoid over-consumption. Nut and seed flours, such as **almond flour** and **milled flax seed**, are great to substitute for regular flour. This means baking can be done in moderation.

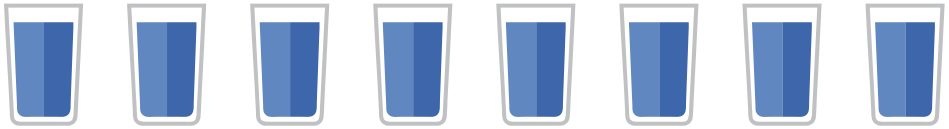
NUTS AND SEEDS

Ketogenic Diet Nut/Seed Source (g)	Calories	Fat (g)	Net Carbs (g)	Protein (g)
Almonds, raw, 1 ounce	170	15	3	6
Brazil Nuts, raw, 1 ounce	186	19	1	4
Cashews, raw, 1 ounce	160	13	7	5
Chestnuts, raw, 1 ounce	55	0	13	0
Chia seeds, raw, 1 ounce	131	10	0	7
Coconut, dried, unsweetened, 1 ounce	65	6	2	1
Flax seeds, raw, 1 ounce	131	10	0	7
Hazelnuts, raw, 1 ounce	176	17	2	4
Macadamia nuts, raw, 1 ounce	203	21	2	2
Peanuts, raw, 1 ounce	157	13	3	7
Pecans, raw, 1 ounce	190	20	1	3
Pine nuts, raw, 1 ounce	189	20	3	4
Pistachios, raw, 1 ounce	158	13	5	6
Pumpkin seeds, raw, 1 ounce	159	14	1	8
Sesame seeds, raw, 1 ounce	160	14	4	5
Sunflower seeds, raw, 1 ounce	150	11	4	3
Walnuts, raw, 1 ounce	185	18	2	2

BEVERAGES

The ketogenic diet has a natural diuretic effect, so dehydration is common for most people starting out. If you're prone to urinary tract infections or bladder pain, you have to be doubly prepared.

Those **8 glasses of water** we are supposed to drink a day? We suggest drinking those, and then some. Water plays a substantial role in our body (considering it's made up of 2/3 water), and it's extremely important to keep hydrated.



Drink liquids day and night - drink like it's going out of fashion. Water, water, water. Ideally ionised water or failing that filtered water. Use also for coffee and tea, (herbal and none).

SWEETENERS

Staying away from anything sweet is generally the best bet – it will help curb your cravings to a minimal level, which essentially promotes success on the ketogenic diet. If you have to have something sweet, make it natural and limit quantity. Bear in mind, even sugar-free synthetic sweeteners will also cause an insulin spike, as your brain registers sweet flavour and sends a message to the pancreas to produce more insulin. Many research studies have also indicated a link between synthetic sweeteners and higher risks of cancer.

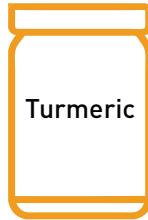
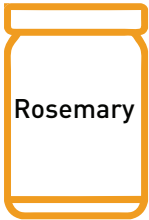
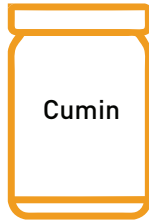
Ketogenic Diet Protein Source (g)	Net Carbs (g)	Calories
Stevia	5	20
Bens Natural sweetener	14.85	133

SPICES

Spices are a tricky part of ketogenic diet foods. Spices have carbs in them, so make sure you are adding them to your daily count.

Most pre-made spice mixes will have sugars added to them, so make sure you read the nutrition label beforehand to make sure you know what's inside. Sea salt is preferred over table salt, as it is usually mixed with powdered dextrose and also refined table salt is bad for BP, but raw salt such as Himalayan is good for you because of the mineral content.

Spices and Ketosis



THINGS TO WATCH OUT FOR

There are always going to be foods that are sneaky when it comes to ketogenic dieting, so I've put together a list of foods that you should consider with caution.

SPICES



As mentioned above, spices do have carbs – but there are certain ones that have more carbs than others. These include onion powder, cinnamon, garlic powder, allspice, bay leaves, ginger and cardamom.

FRUIT



Most fruit is off the list because of its high sugar content. Many people still eat berries, but you have to control your portioning with these. Be careful about raspberries, blueberries, and cranberries.

TOMATO BASED PRODUCTS



Plenty of people use tomato sauces and canned diced tomatoes. They still have sugar in them! Watch your portion sizes on the nutrition labels – food companies are notoriously infamous for messing with serving sizes to make their foods seem “healthier”.

PEPPERS



These little buggers are loaded with sugars too – so be careful when you're using them in stir fries and chili. Opt for green peppers, as red and yellow peppers have higher carb counts.

SWEETENERS



Some people report being knocked out of ketosis after large consumption of artificial sweeteners. Studies also show a link between sugar cravings and artificial sweeteners, so these will make it harder for you to curb those cravings.

MEDICINE



Medicine. Cold medications, cough syrups, flu remedies – these usually contain carbs, and a lot of them at that. Some of the generic over the counter cough medicines contain 20g of carbs PER serving! Be wary of these, as you can get low-sugar/sugar-free alternatives.

CONTROL YOUR CRAVINGS

So, we all know those cravings will hit us out of nowhere from time to time, but does that really mean we have to break our diets just for that one treat? Not at all.

What our bodies are really telling us, is that it's craving a nutrient – and it can be fulfilled in many different ways other than carb-rich treats. Here's a list of things you should keep in mind:

Controlling Your Cravings	What you Need	What to Eat
Chocolate	Magnesium	Nuts, Seeds
Sugary Foods	Chromium Carbon Phosphorus Sulphur Tryophan	Broccoli, Cheese Spinach Chicken, Beef, Eggs Cauliflower, Broccoli Cheese, Lamb, Liver
Bread, Pasta, Carbs	Nitrogen	High Protein Meat
Oil/Fatty Foods	Calcium	Cheese, Broccoli, Spinach
Salty Foods	Chloride Silicon	Fish, Seaweed Nuts, Seeds

If you are truly desperate for a sweet treat, there are plenty of recipes online which offer reasonably keto-friendly options, from cakes in a cup to ice cream, but it's honestly a far better idea to ignore sweets altogether and start to treat certain ketogenic foods as treats.

COMMONLY ASKED QUESTIONS

Are there any side effects of keto, and what is 'keto-flu'?

Keto-flu is a term used to describe the initial side-effects of going into ketosis. This may last up to a week or even more, but will subside. It may recur when you exit ketosis and re-enter. Symptoms may include any or all of those of regular flu, along with constipation, headaches and dizziness. Keto-flu is just a buzzword for carbohydrate withdrawal.

How do I combat keto-flu?

Liquids. Water, water, water and bone-broths with plenty of salt. It should not last long, but constant hydration will certainly help it to pass more quickly.

Should I still eat 'light' or 'diet' products?

The categorical answer is no. Processed 'diet' foods and even sauces (such as 'light' mayonnaise) contain more sugars, hormones, hidden carbohydrates and chemicals than the full-fat options, so you should always be looking for the most organic, natural products. Swap 'light' whipping cream for 40%, and although you'll take in more calories, they will be from fat, not sugar.

Do I have to control my calories on keto?

It's a common misconception that turning towards the ketogenic lifestyle means you can consume 10,000 calories a day and still lose weight. Whilst keto does not require you to stick to a ridiculously low calorie count daily, serious overindulging may still result in weight gain. However, this is countered by the fact that you will feel much fuller on keto, and find it much harder to overeat - often, it's refined carbohydrates which leave you feeling hungry.

Can I still drink tea and coffee?

Green tea is your best option, tea-drinkers, with numerous antioxidant and detoxifying effects. Closely following are herbal teas, although avoid fruit teas as many contain sugar. If you must drink normal tea, learn to take it without milk, or substitute milk for goats' milk or high-fat whipping cream (preferably goats').

COMMONLY ASKED QUESTIONS

Coffee: a beverage so many of us claim to be unable to live without. It's a useful tool in keto, as it can be mixed and blended with a number of fats, from coconut oil to butter to heavy goats' cream, to help make up our daily macros. You can still have coffee, if you must, but limit the amount and savor it. You'll find that as ketogenesis improves your sense of taste, you'll begin to appreciate the flavor more.

What do I do if I eat something wrong or don't meet my macros?

We are all human. Don't despair - simply pick up where you left off and ensure your next day is strict enough to put you back on the right track. There are certain events and celebrations which cannot be avoided; simply do your best and get back on the wagon as soon as possible.

What's the difference between ketosis and ketoacidosis?

The difference is huge! Although they sound similar, these two processes are not remotely so in cause or effect.

Ketosis is a controlled, insulin-regulating process which burns stored body fat in response to higher ketone levels and lower carb intake. It is not dangerous. Ketoacidosis is a medical condition, which occurs when the body is unable to produce enough insulin to regulate the flow of fatty acid and the production of ketones. It is often a side-effect of diabetes Type 2 and can, in extreme situations, be fatal.



KETOSIS

AN EASY GUIDE

www.BensProstate.com