



UNDERSTANDING A KETOGENIC DIET

And GETTING STARTED

Keto



Diet

Congratulations - You have made the first step to regaining your health.

The ketogenic diet is a revolutionary diet that promises stronger health and optimal performance by eating a high fat, low carbohydrate diet.

Before you give this one a try, there are some important things to keep in mind:



Checklist

PATIENCE.

Achieving a state of ketosis can take time, but it is totally worth it.

When a keto diet is followed properly, it will likely take close to a week for your body to enter a state of ketosis. Be diligent and patient with your progress. Look for your tongue to start turning white when you're about to enter ketosis. Be prepared for unpleasant breath, this is also a sign of ketosis.



BE READY FOR THE KETO FLU.







The main switch will occur when you pass the keto flu, which is a state of feeling sick and nauseous as your body and brain switches from using glycogen or blood glucose to ketones as fuel. This process is normal and will pass.





❑ CONSUME HEALTHY FATS.

Just because you're on a high-fat diet doesn't mean that you should eat a bunch of high-fat fast food options or bacon with every meal, like you see on those mouthwatering social media reels. Keep your intake of fats to healthy and natural fats like fish and plant sources, such as avocado, coconut and olive whole foods and oils made from them.

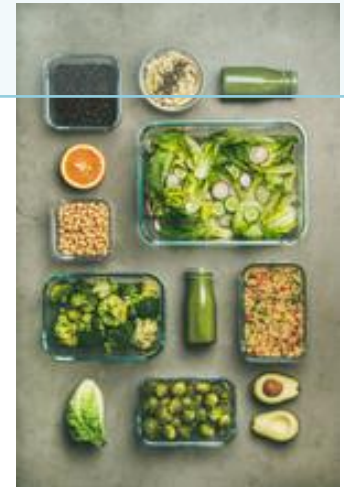
					
Walnuts, raw	Avocado, green skin Florida type, raw	Sunflower seeds, raw	Hazelnuts nuts, raw	Extra virgin olive oil	Potato with skin, raw
83% fat	70% fat	74% fat	81% fat	100% fat	1% fat





❑ EAT CARBS - RICH IN FIBER.

Mistakenly, some keto users toss away carbs altogether thinking all carbs are bad. This is not true. Instead, consume vegetables (mostly green) that contain a high amount of fiber, as this will lower your net carb intake and strengthen your health. Not all carbohydrates are equal. It is an essential part of the diet to eat an abundant amount of salads and vegetables



❑ ABSTAIN FROM SUGAR.

This is the biggest component. The moment you go back onto sugar you'll experience yo-yo diet symptoms. If you're committed to a keto diet, you need to stay off sugar (as most people should anyway). Beware of hidden sugars in condiments and prepared food. Sugar has numerous names which add to the confusion. **See list at the end of this document.**

We can help you quit sugar with **Stop Sugar Crave's Spray**, an essential part of quitting and staying off sugar for good.

[Click here for more help](#)





❑ PROTEIN: MEAT AND POULTRY AND EVEN NUTS!



On a keto diet, the more natural the cut of meat, the better. Find a good butcher and get the nice cuts of meat that have a good source of dietary fat and try to avoid burgers and sausages that may be combined with extra salt, undesirable ingredients, and other chemicals.

Remember that protein doesn't always have to be meat or fish, nuts and seeds are a great source of protein too, even nut butters.





OTHER NAMES FOR SUGAR FOUND ON LABELS AVOID THESE:

• Agave Nectar	• Dehydrated cane juice	• Maltose
• Barley malt syrup	• Dextrin	• Molasses
• Beet sugar	• Dextrose	• Maple syrup
• Blackstrap molasses	• Evaporated cane juice	• Muscovado sugar
• Brown rice syrup	• Florida crystals	• Palm sugar
• Brown sugar	• Fructose	• Panela sugar
• Buttered syrup	• Fruit juice or fruit juice concentrate	• Rapadura
• Cane crystals (or cane juice crystals)	• Glucose	• Raw sugar
• Cane sugar	• Golden sugar	• Refiner's syrup
• Caramel	• Golden syrup	• Rice syrup
• Carob syrup	• Grape sugar	• Saccharose
• Castor sugar	• High-fructose corn syrup	• Sorghum or sorghum syrup
• Coconut Sugar or coconut palm sugar	• Honey	• Sucanat
• Confectioner's sugar (or powdered sugar)	• Icing sugar	• Sucrose OR Sugar
• Corn sweetener	• Invert sugar	• Syrup
• Corn syrup or corn syrup solids	• Lactose	• Treacle
•	• Maltose	• Turbinado sugar



<ul style="list-style-type: none"> • Date sugar 	<ul style="list-style-type: none"> • Matodextrin 	<ul style="list-style-type: none"> • Yellow sugar
<ul style="list-style-type: none"> • Demerara sugar 	<ul style="list-style-type: none"> • Malt syrup 	<ul style="list-style-type: none"> • Xylose

“Syrup,” “sweetener,” and anything ending in “ose” are sugars. If the label says, “no added sugars,” it should not contain any of them, although the food may contain naturally occurring sugars (such as lactose in milk).

Sugar Alcohols

A lot of "sugar-free" foods use sugar alcohols such as maltitol and sorbitol. Sugar alcohols aren't sugar and they are not alcohol. Keep these types of products away from pets, as they are harmful.



[Click here](#) for more valuable information and videos about diabetes, cutting back on sugar, healthy diet choices and healthy weight loss.

www.StopSugarCrave.com



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