**SC CATERING- KETO Diet Information**

**Section A: Learning about the KETO Diet**

**Focus**: Very low carbohydrate intake, high fat, and moderate protein. The goal is shifting the body into ketosis. Ketosis is defined as a metabolic state where the body burns fat for fuel instead of glucose.

Typical Foods: Meat, fish, eggs, cheeses, oils, nuts, and low-carb vegetables.

*It’s important to know that the KETO diet isn’t for everyone. Its powerful and should be planned carefully to avoid nutrient deficiency. It is recommended that you consult your your doctor before beginning this journey.*

*Apart of this journey as your chef would mean we together will curate awesome meal prep ideas based on your preferences. We can try different cuisines and experiment a ton. I can also offer suggestions based on my prior knowledge.*

**SECTION B: Key Points**

* KETO diet involves very low sugar in-take and very low grains.
* It is important to consider healthy fat choices.
* Be wary of the ‘KETO flu’, which occurs during the adjustment period for those beginning this diet for the first time.
* It is important to get enough fiber, electrolytes (sodium, potassium, magnesium), and healthy fats.

**SECTION C: Health Benefits**

1. Weight loss.
2. Improved blood sugar control.
3. Better mental clarity and focus.
4. Higher energy levels.
5. Improved triglycerides and cholesterol levels.
6. May help manage certain neurological disorders.
7. Reduced inflammation.
8. Potential cancer therapy support. (Still being researched)