

Frequently Asked Questions

How do I know if I am in ketosis?

Ketones can be measured at home with a Precision Xtra meter or KetoMojo meter—a reading of 0.5-3.0 is considered “nutritional ketosis”.

How do I avoid the “keto flu”?

When in ketosis, the kidneys excrete sodium (aka salt) and excess water which is why many people experience rapid weight-loss. If sodium is not replaced, symptoms like fatigue, headache, nausea, etc. can happen. This can easily be avoided by increasing sodium intake by 1-2 grams/day.

What the difference between low carb and keto?

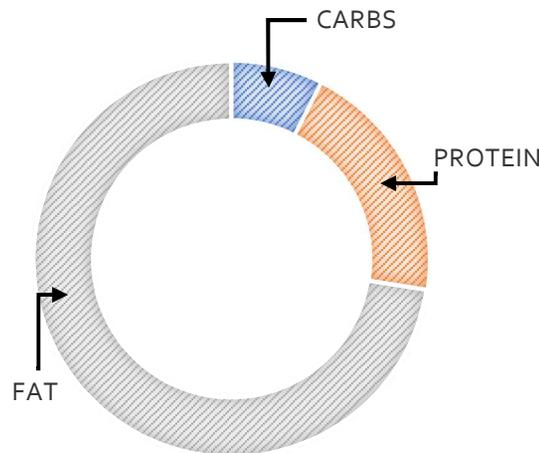
Low carb is not well-defined—it could simply mean that breads and pasta have been removed from the diet but is a large amount of fruits and starchy vegetables are still included in your diet you will not get into ketosis. Keto means that your carbs are likely below 50 grams/day and your protein is moderate and your blood ketones are above 0.5 mM.

Is ketosis safe?

Ketosis is a perfectly natural state for humans. A large number of studies have linked ketosis with many health benefits.

The Breakdown

The keto diet is a very low carb, moderate protein, and high fat style of eating.



☑ Carbohydrates

Limit carb intake to 30-50 grams/day. Most carbs will come from non-starchy vegetables, high-fat dairy, and nuts/seeds.

☑ Protein

Aim for a protein intake in the range of 1.2-2.0 grams/kg of reference body weight.

☑ Fat

Fat is consumed to satiety (no counting calories!). Because ketosis is associated with enhanced breakdown of body fat and less hunger, people naturally tend to eat less with less effort.

Eat This

- Non-starchy vegetables (spinach, broccoli, zucchini, cauliflower)
- Full-fat dairy (heavy cream, cheese)
- Fatty protein (whole eggs, salmon, ribeye)
- Nuts/seeds (macadamias, almonds, flax, chia)
- Small amounts of berries
- Healthy fats (butter, ghee, olive oil, avocado)

Not This

- Refined carbs (bread, rice, pasta, cakes, cookies, cereals, granola bars)
- Starchy vegetables (sweet potatoes, legumes)
- Most fruits (bananas, apples, grapes)
- Low-fat dairy (milk, fat-free yogurt)
- Condiments (BBQ sauce, ketchup, most tomato sauces)