

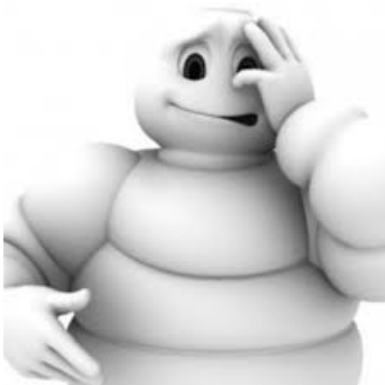


2020 Nutrition Challenge: July KETO (Ketogenic Diet)

*By Rose Patient RN, Nutritionist,
Health Coach*

KETO is known as a high-fat, moderate-protein diet.

What? Fat is Your Friend ?



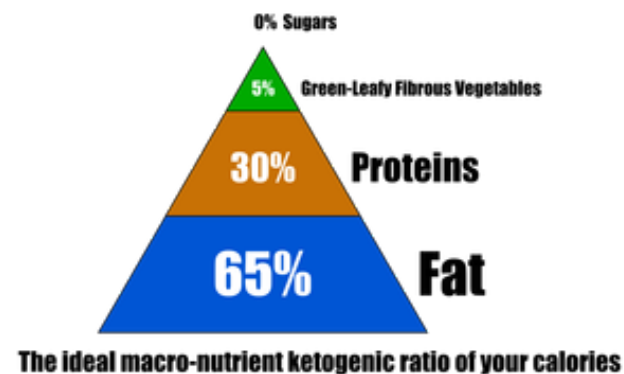
This diet is about how your body metabolizes food for energy. As most of us know, sugar is the quickest and easiest source of fuel, and most of us eat plenty of it every day in the form of carbohydrates like sugar, bread, or vegetables. In KETO, simple sugars are eliminated COMPLETELY, and complex carbs are severely restricted to 5% of your intake. As a result, fat is broken down and its byproducts are used for fuel.

The concept is brilliant. The implementation is not.

Let's explore this...

Macronutrients are Fat, Protein and Carbohydrates. The KETO pyramid here displays their ideal macro percentages. Only 5% of your calories can come from carbohydrates. This is such a small amount! KETO recommends nutrient dense, high fiber dark leafy greens. That's it. Protein at 30% is easy. Then to achieve 65% of your calories to come from fat, you have to consume a **lot** of fat. Any kind of fat: saturated **OR** unsaturated. Hello FAT BOMBS.

Keto Food Pyramid



To put this in perspective, you must eat nearly **DOUBLE** the ‘normal’ amount of fat

1. In contrast, the American public receives guidance from the USDA on healthy eating recommendations every 5 years. The current 2015-2020 USDA Dietary Guidelines” healthy eating style examples allow up to 35% of total calories per day from fat” But only 10% of calories can be saturated fats.

(<https://www.choosemyplate.gov/node/5679>)

Does your head hurt? Don’t fret and thank God for the internet. Just use an online nutrient calculator and it will show you the macro percentages. I recommend www.cronometer.com because of its high level of detail.

The 65% fat mandate requires you to change nearly all of your eating routines. I would strongly suggest that you only take this kind of dietary change on – with a partner. It is hard to be successful and happy on this program.

Let’s talk fat, **FAT BOMBS & Bone Broth**

Fat is naturally present with protein, and it actually helps your body assimilate and use protein. KETO demands more fat, less protein. Apart from oils and avocados, there are very few foods that naturally provide a high percentage of fat.

Enter the FAT BOMB. These are typically made from

cream cheeses, nut butters, oils and coconut butter. To make these palatable, you have to add artificial sugar. Once you master some fat bomb recipes, then you are all set. 2-3 fat bombs a day will do the trick. You can also drink **Bone Broth** as it has a high percentage of fat. Homemade is better than store bought, but to make your own – it is a process. I highly advise a KETO support group to help you through this.



My homemade fat bombs



My homemade bone broth

Take your time to read up on this diet. There's a huge learning curve.

Discuss it with your doctor to see if it is safe for you. KETO is not for everyone!!

My Journey through KETO and What Happened

I find it easiest to break my experience into 3 distinct stages

Stage 1 (3 weeks long): The Sugar Wean

Weaning yourself off of sugar is VERY important! If you love your snacks, then please respect this preparation! Otherwise you will suffer on stage 2.



Wk 1: No sugary beverages (say hello to water, plain coffee and tea)

Wk 2: No sugary snacks or desserts (say goodbye to croissants and ice cream)

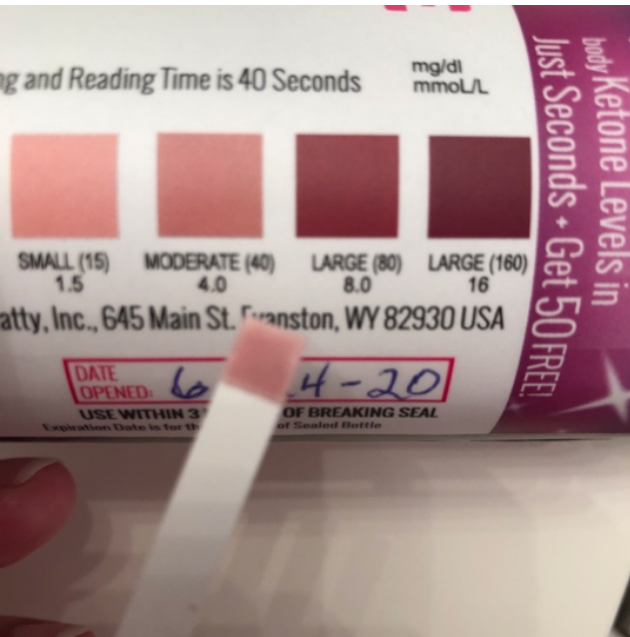
Wk 3: No Starchy carbs like bread, pasta (not even whole grain here)

Note: Last month I did 'Intermittent Fasting' which cut out nearly all breads and simple sugars, so I was able skip the sugar wean and started KETO right away

Stage 2 (2 weeks long): Starting KETO

Stage 2 is the transition to a fat-burning metabolism. This shift takes a few days. First your body depletes your glycogen(sugar) stores. Then protein is broken down as a backup. However, since your body is inherently intelligent, it knows that protein makes up the muscles and organs, and if your body continues to break down protein, it will not survive long. So, this temporary shift to breaking down protein is stopped, and your body enters a fat-burning metabolic state called *ketosis*. When fat is broken down, it generates a byproduct called a ketone. When the body is given a low carb diet, it must use these ketones energy because there is not enough glucose. Thus, the name: The Ketogenic Diet. "KETO" for short.

Wk 4: Brain Fog & KETO Flu (symptoms of the stage 2 shift to ketosis)



I had no brain fog. I was a little irritable, but mostly because I should have taken a fiber supplement -- had I known what the fat-burning shift would do to my GI. Now, let me translate for you what the KETO Flu really is – diarrhea. They don't directly say this. 'Keto Flu' lasted 5 days for me. Five. To confirm I was in ketosis, I used test strips to verify that I was excreting ketones in my urine. While these strips are only a general indicator, they still showed me that the diet was working.

HERE'S the brilliance of KETO:

You stay in a fat-burning mode **always**.

Wk 5: Bulletproof Coffee & Fat Bombs (ways to increase fat in your diet)



It's your job to just eat as much fat as humanly possible. **If you cheat just once, you will be kicked out of ketosis.** Now, I like food. Natural healthy food. I don't want to slather my chicken with avocado oil. I don't want to add butter to my coffee. Both of these left an unpleasant aftertaste and coating on my tongue. Oh, the fat bombs – it's

like lipstick on a pig. It's enough to make anyone not eat. (And really, can't they call it something else?).

Stage 3: (2 weeks long): Adaptation

Wk 6: Sluggish & Heavy

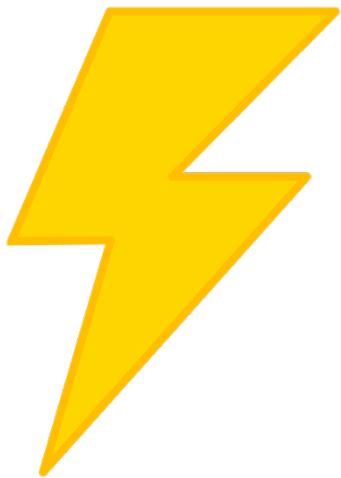
KETO Adaptation is where your body begins to become more efficient at using ketones for energy. Many people report feeling terrific at this point. I never did; whenever I ate, I felt dull and thick. Too much saturated fat. Blech.



This is why I am testing out these popular diets!

It's very good to experience the obstacles that dieters face.

On KETO, I experienced a constant mental battle around making meals. I did make some fabulous bacon wrapped asparagus that will make my cookbook. But, overall, despite the plethora of KETONITES posting their recipes online, it was a rough go.



Disaster Strikes

Somewhere during week 6, I worked outside in the heat. I came inside and grabbed a Gatorade...It was only when I looked at the nearly empty container that I thought, "Oh, no." There was at least 90gm of sugar in there. *This threw me out of ketosis, and I ended up dealing with the Keto flu again.* This time I was ready and took some Metamucil. Definitely necessary. One container of Gatorade is all it took to throw me out of a fat-burning mode. This made me very fearful of making the same mistake again.



Fear is not an ideal association to have with food.

Wk 7: Hungry

I now have a good handle on how to approach meals, so I was expecting to feel better with each passing day. **I didn't.** KETO left me feeling very heavy because everything I was allowed to eat was fatty. I started to skip meals. I'd rather go hungry than eat more bacon, broccoli and fat bombs.

KETO TIPS:

1. Take time to wean off sugar, or your head will hurt; your thinking will be fuzzy for a while
2. Get a head start and practice making fat bombs during the sugar wean
3. Take a fiber supplement to avoid diarrhea distress
4. Track your food intake to identify the % fat
5. Buy ketone strips to test your urine
6. Eat 2-3 cups of greens daily because it helps your GI feel better
7. Allow 15% carbs to start and work down to 5% from there

Health Status



No problems to report. Even with COVID-19 still threatening our nation, I have remained healthy. For that I am thankful.

It is notable that *I had NO motivation to exercise.* I love to run, I love to work in the yard, I love to sweat. It always feels good. Not on KETO. **I was grumpy and lazy.**

My dog however, insisted on his long morning walks - so I did do something!

As you know, I use www.cronometer.com to track every morsel against the RDA for women of my age. This not only helped me track my macros, it showed me that there is a major problem with the KETO Diet. **It doesn't give you enough nutrition.**

What was missing in the diet then?

While on the KETO diet, I fell **woefully** short (40-60%) of the RDA for the following:

- **Fiber** (10grams on avg; I need 21grams)
- **Minerals:** Calcium, Copper, Iron, Magnesium, Manganese, Potassium, Zinc
- **Vitamins:** C, D, E, B1, B5, B6 and Folate

TRAINING AND KETO



There are many ways that trainers use the ketogenic diet to help athletes reach their performance goals. First, it is used to cut the percentage of body fat. Secondly, by training in a glycogen deficit, the body is forced to become more efficient at using ketones for energy while exercising. Theoretically, this could assist endurance athletes overcome 'hitting the wall'.

I do NOT recommend this approach to training. This is really for elite athletes who are working closely with a trainer. First of all, on KETO, your nutrient intake suffers, so you need to have appropriate supplementation. Also consider that an athlete loses more electrolytes through sweat than the normal person. Finally, calorie requirements are much higher for athletes. This diet squashed my appetite, and I imagine it would just be tough to follow. I also had not glycogen reserves, and I did not feel motivated to exercise. Given my experience, I would advise against this diet as a training tool.

Quick Summary:

POSITIVES

- Fewer insulin spikes, leading to less inflammation
- Stabilization of blood sugar
- Lots of bacon & any other kind of meat you want
- You can (and should!) take an extra serving of gravy
- Weight loss
- Increased awareness of the power of sugar

NEGATIVES

- Huge learning curve
- Hunger
- Give up comfort foods
- Bad breath
- Body odor
- Keto Flu
- The only way to sweeten food is with artificial sugar.
- Saturated fat excess
- Constant vigilance is needed to avoid being ‘kicked out of ketosis’
- Little vegetable variety with only 3 cups of green vegetables a day
- Low fiber
- Nutrient deficits due to severe complex carb restrictions

ANNOUNCEMENT!

August 2020 is

The Blood Type Diet!



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