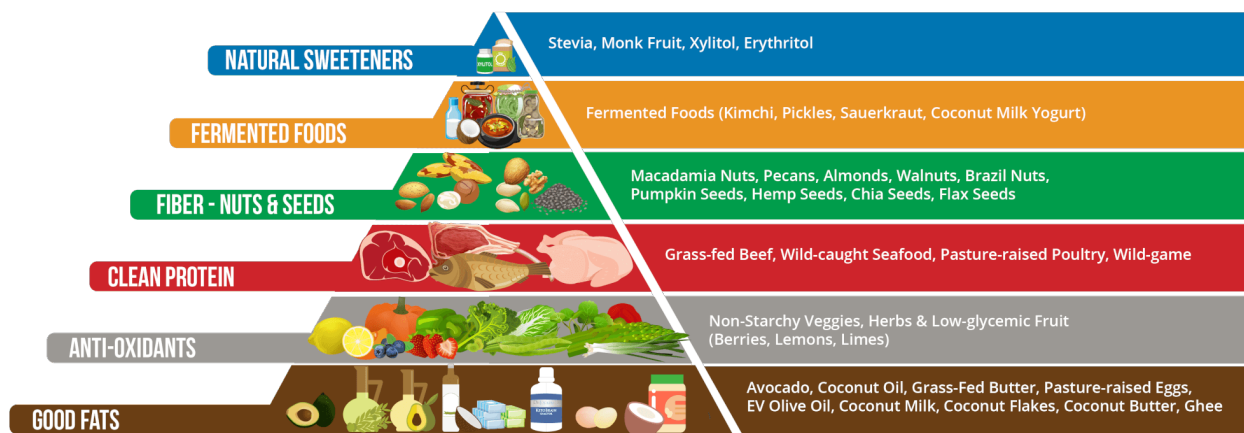


Chapter 6: The Ketogenic Diet

The ketogenic diet is based on just a few principles. First, carbohydrates need to be kept to an absolute minimum in an effort to keep insulin low. Second, in order to maintain healthy muscle mass, a moderate amount of protein need to be included. However, protein is limited because of its tendency to increase insulin levels if the eaten in excess. Third, the rest of the calories come from healthy fats. The percentages of each of the macronutrients in a ketogenic diet are approximately 60-70% fats, 20-30% protein and 5-10% carbs. As a result, we describe the ketogenic diet as being high in fat, moderate in protein and low in carbohydrates (see figure 2).

Figure



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Figure 1. The Ketogenic Diet Pyramid

Perhaps the simplest way to describe this diet is that one needs to avoid “GPS”. In this case, GPS does not mean “global positioning satellite”. It means avoiding grains, potatoes and sugar.

Grains include oats as in oatmeal, granola bars and cereals. Corn as in corn on the cob, corn off

the cob, cornbread, grits, corn flakes and tortilla chips. Wheat as in bread, pasta, pastries and many other processed foods that include gluten and other wheat components. And rice that is found in cereals, crackers, processed foods of all kinds and as a side in many ethnic dishes. There are many other grains as well (quinoa, buckwheat, etc.). But oats, corn, wheat and rice are the most prolific.

The ketogenic diet includes the following:

Meats: All kinds of unprocessed meats are included such as beef, pork, poultry etc. The fattier cuts are preferred.

Seafood: All types of seafood are included. But again, the fattier cuts are preferred such as salmon.

Eggs: Eggs are an ideal, keto friendly food. They have healthy fats and high-quality protein.

Vegetables: Those vegetables that grow above the ground are on the list. This includes vegetables like broccoli, asparagus, green beans and just about anything you would put on top of a salad. Legumes are not included. Legumes include various beans (kidney beans, navy beans, black-eyed peas, garbanzo beans, and peanuts). Root vegetables such as potatoes, sweet potatoes, carrots, rutabaga, beets are not included because of their high carbohydrate content.

Dairy: High, or full fat dairy products are included. This list would include full fat sour cream, cream cheese, heavy whipping cream and full fat cheeses. Milk and various lower fat versions of milk are excluded because of their sugar content.

Nuts: Tree nuts can be used as a snack. Almonds, pecans, walnuts and macadamia nuts are on the list. Cashews are on the list too, but they have a higher carb content than most.

Fruit: Fruit is nature's candy. They contain a lot of sugars. However, berries such as strawberries, blueberries, raspberries and blackberries maybe eaten in limited quantities.

Drink: No calorie drinks such as water, sparkling water, flavored water without sugar or artificial sweeteners, coffee and tea are permitted. Lemon and lime maybe use to flavore water or iced tea.

Snacks: Keto friendly snacks include cheeses, pepperoni, cold cuts such as salami, bacon, berries, tree nuts, pork rinds and jerky of various kinds.

A number of people say that eating out is too hard. I disagree. Instead of going through McDonald's ordering The Big Breakfast. What so hard about ordering only scrambled eggs and bacon? Another simple breakfast alternative is whole milk plain yogurt with berries.

For lunch, you can go through the drive through and order a bacon cheeseburger without the bun. Still hungry? Order a side salad. You can drink ice water or unsweet tea with or without lemon. Would you rather have BBQ? Instead of having a BBQ sandwich and a side of beans and potatoe salad, order a BBQ plate without the bread. Include greens or cold slaw as a low carb side dish. What about grilled chicken fingers? Rather have pizza? Many pizza establishments are including cauliflower pizza on their menu. Some establishments have what is called and "pizza bowl". This is basically pizza toppings without the crust.

The evening meal is pretty standard fare. Have your favorite meat, the fattier the cut the better. Include a low-carb vegetable or two. Include a salad if you wish with a high fat dressing made from healthy oils.

Eating out at a restaurant can be a bit of a challenge. At the steakhouse you will want to avoid the pre-meal bread set in front of you. At the Mexican restaurant you will want to avoid the ubiquitous pre-meal tortilla chips. You can eat fajitas without the tortillas. A chili relleno might be a good choice. You will want to avoid the beans and rice. Eating Chinese is a bit easier. Choosing a non-breaded meat with vegetables should be no problem. Try and avoid the sweet sauces. And, of course, avoid the rice. At the Italian restaurant you will want to avoid the pasta. However, eggplant Parmesan would be a pretty good choice. Italian restaurants often have a number of chicken, seafood and veal entrées. Feel free to load up on the salad.