How to Ensure You Get Enough protein on a Keta Diet

Like any diet, the keto diet does present some challenges. As you’ll be strictly limiting certain foods, you’re going to need to ensure you’re getting enough replacement nutrients.

One thing you will need to pay attention to is the amount of protein you’re consuming. You want to ensure you’re eating enough, but not too much. It’s also important to ensure you’re eating the right types of protein.

To help, here you’ll discover how to ensure you get enough protein on a keto diet.

Understand how much protein you need

Each person needs a different level of protein to stay in optimum health. It all depends upon how active you are and what your body weight is. As a general rule, the more active you are, the more protein you’re going to need.

It helps to work out your protein requirements by taking your body weight and deducting body fat. There are online tools which can help you with this, or you can ask your doctor to measure you.

If you have your weight in pounds, you just need to multiply it by either 0.6 or 1.0 to see the minimum and maximum amount of protein you should be eating in a day.

Focus on plant proteins

It’s not just the amount of protein that’s important. You also need to consider the type of protein you’re eating.

This is because, although meat is a surefire way to get all of the daily protein you need, it also contains high levels of saturated fats. Eating too much saturated fats can be detrimental to your health. So, instead you’ll want to try and focus on plant proteins.

Space your protein out throughout the day

Rather than consuming all of your daily protein in one meal, it’s a much better idea to space it out throughout the day. This is because protein is consistently being remodeled and the body needs a regular supply to function correctly.

Avoid supplements

Although some types of supplements are great on the keto diet, ideally, you’ll want to avoid protein supplements. Most people don’t need to take protein supplements as they get plenty from their keto diet.

Consuming too much protein can increase the risk of kidney stones, as well as cause other nasty side effects. So, it’s best to avoid supplements if you want to reduce your chances of consuming too much protein.

The above are the basics to follow to ensure you’re getting enough protein on a keto diet. Just remember to be mindful of where you’re getting the protein from and that you aren’t eating too much.