

Table of Contents

[What is the Keto Diet? 3](#_Toc17700628)

[A Low-Carb, High-Fat Diet 3](#_Toc17700629)

[What type of things will you eat on the diet? 4](#_Toc17700630)

[What Are Its Benefits? 6](#_Toc17700631)

[It was designed to prevent seizures 6](#_Toc17700632)

[Weight Loss 7](#_Toc17700633)

[How Does It Make You Feel? 7](#_Toc17700634)

[Helping To Stabilize The Mood 8](#_Toc17700635)

[Improved Mental Focus 8](#_Toc17700636)

[You’ll Have Plenty of Energy 9](#_Toc17700637)

[Top Keto Diet Mistakes to Avoid 11](#_Toc17700638)

[Seeing It As A Quick Weight Loss Fix 11](#_Toc17700639)

[Consuming The Wrong Type of Fats 12](#_Toc17700640)

[Not Drinking Enough Water 12](#_Toc17700641)

[Failing to get enough sleep 13](#_Toc17700642)

[Eating The Same Foods Consistently 13](#_Toc17700643)

[How to Ensure You Get Enough Protein on A Keto Diet 15](#_Toc17700644)

[Understand How Much Protein You Need 15](#_Toc17700645)

[Focus On Plant Proteins 16](#_Toc17700646)

[Space Your Protein Out Throughout The Day 16](#_Toc17700647)

[Avoid Supplements 17](#_Toc17700648)

[How to Get Started 18](#_Toc17700649)

[Know What You Can and Cannot Eat 18](#_Toc17700650)

[Prepare For Carb Flu 19](#_Toc17700651)

[Don’t Forget To Exercise 20](#_Toc17700652)

# What is the Keto Diet?

These days, there’s literally hundreds of different types of diets you can follow. All claim to offer remarkable results and get you to your weight loss goals. However, not all of them are healthy or easy to stick to.

One diet which has become really popular over the years is the keto diet. Many people swear by this diet and even go as far as to follow it on a long-term basis. So, what exactly is the keto diet? Here, you’ll discover everything you need to know.



## A Low-Carb, High-Fat Diet

Keto stands for Ketogenic and it focuses on a very low carb, high-fat diet.

Many people are surprised to learn that they’ll need to up their fat intake on the diet; especially if they’re doing it for weight loss reasons. However, you’re not focusing on just any fat content – you’ll be increasing the healthy fats in your diet. The reason behind this is because it gets the body to use up fat as a source of energy.

After following the diet for up to 7 days, the body enters a ketosis state. This causes the body to start developing ketones which it uses in place of carbohydrates.



## What type of things will you eat on the diet?

As you’ll be limiting your carbs and increasing your fat content, you won’t be indulging in foods such as pasta. Instead, the majority of your diet will be made up of low-carb vegetables, fish, cheese and fresh meat and poultry.

Foods to avoid include root vegetables, candy, grains, legumes, alcohol and milk. Perhaps the most surprising foods to avoid are fruits. Most diets tell you to up your fruit and vegetable intake so the fact this one eliminates them is largely what makes it different from the rest.

# What Are Its Benefits?

Now you have an idea what the keto diet actually is, it’s time to delve into its many benefits.

When choosing which diet to follow, it’s important to compare the benefits of each one. While obviously the main reason people undertake a strict diet is to lose weight, that isn’t where the benefits often end. Here, you’ll discover just some of the benefits you can expect to experience on the keto diet.

## It was designed to prevent seizures

What’s interesting about the diet, is that it was actually developed to help prevent seizures.

The ketones and the decanoic acid chemical that is produced by the diet, help to minimize the risk of seizures. It was only when those following the diet noticed weight loss as a side effect, that began to be used as a weight loss aid too.



## Weight Loss

The most common reason people start the keto diet is for its impressive weight loss results. The reason it works so well is because it uses fat as an energy source, burning it off instead of glucose. This leads to much more weight loss than many other types of diets.

It also helps to reduce the appetite, making you less likely to reach for unhealthy snacks throughout the day.



## How Does It Make You Feel?

There’s always a worry when starting a diet about how it will make you feel. With the keto diet, it can produce some unpleasant side effects when it’s first started. This is because you’re suddenly severely limiting your carb intake.

You may experience fatigue, bad breath and sickness for the first few days. However, it is said to give you a lot more energy. So, it may be a struggle to begin with, but you should find the symptoms lessen over time.

The keto diet does have a large following and it has shown to be extremely effective at weight loss. However, it’s benefits stretch far beyond just helping you to lose weight.



## Helping To Stabilize The Mood

As well as weight loss, the keto diet is also known to stabilize the mood. Research has shown that it can potentially stabilize the mood in those who suffer with Type 2 Bipolar disorder, more than medication can.

So, if you tend to suffer from mood swings, this could be the diet for you.

## Improved Mental Focus

As the keto diet is low on carbs, your blood sugar levels are less likely to rise and fall dramatically. This means you’ll have much better mental focus than you would on a high-carb diet.

When the blood sugar levels remain consistent, you’re able to focus for longer periods at a time. You’ll also find your mind doesn’t feel as cloudy.



## You’ll Have Plenty of Energy

It’s important for the body to keep refueling its glycogen levels in order to stay energized. This is because it is only capable of storing a certain amount of glycogen at any one time.

With a keto diet, you don’t need to worry about consistently maintaining good glycogen levels. This is because the body starts to use fat as an energy source. Fat doesn’t run out, so you’ll have a constant energy source, leaving you feeling much more energized throughout the day.

The above is just some of the benefits a keto diet can provide. As you can see, it’s great for so much more than weight loss.

This is why so many people have chosen to follow the keto diet as more of a long-term lifestyle plan. However, it’s important to remember that you’ll only receive these benefits if you follow the diet correctly.



# Top Keto Diet Mistakes to Avoid

When you’re starting on the keto diet, there’s a surprising number of mistakes you can make. It’s definitely not one of the easier diets to follow, which means it’s pretty easy to get it wrong.

To help ensure your keto diet success, below you’ll discover some of the top mistakes you’ll want to avoid making.



## Seeing It As A Quick Weight Loss Fix

While one of the main benefits of the keto diet is weight loss, it’s not going to happen overnight. If you’re looking for a quick fix, this diet definitely isn’t for you.

The keto diet is more of a lifestyle change than a simple diet. It’ also important to remember that everyone is different. So, you may well experience fast weight loss results, but it isn’t 100% guaranteed.

## Consuming The Wrong Type of Fats

One of the key elements of the keto diet is that it focuses on high fat consumption. However, it’s important to know that you can’t just increase your overall fat intake, instead you need to focus on the right type of fats.

You shouldn’t be using vegetable oil or consuming processed fats. The types of fat you should be concentrating on include monosaturated, polyunsaturated and saturated fats. These can be found in foods such as fish, eggs, avocados and butter.



## Not Drinking Enough Water

It’s really important to keep hydrated on the keto diet. This is because you’ll be losing a lot of fluids as well as electrolytes. So, it’s crucial to keep your water levels topped up.

It’s actually recommended you should drink around a gallon of water each day. It may sound a lot, but it’s essential to ensure your organs are functioning correctly.



## Failing to get enough sleep

When you’re starting out on the keto diet, once the body starts to go into ketosis, it can start to cause temporary sleep issues. This means you’re going to need to ensure you come up with ways to make sure you’re getting enough sleep.

Just like water, your organs need you to get enough sleep for them to work properly. You’ll also need enough sleep to be able to handle the potential side effects of the diet.

## Eating The Same Foods Consistently

Finally, another mistake you can make is to constantly eat the same things. Not only does this become boring very quickly, but it also means you might not be getting the right amount of nutrients from the diet.

It’s important to keep the keto diet as varied as possible. So, you’ll want to research as many keto recipes as you can before getting started.



These are just some of the top mistakes you can make when trying out the keto diet. As with everything, the more research you do and the more prepared you are, the easier you’ll find the keto diet to stick to.

# How to Ensure You Get Enough Protein on A Keto 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.

# How to Get Started

If you want to give the keto diet a try, it’s worth taking a little time to plan ahead. You’ve already learnt about what the diet is, the benefits it can deliver and some mistakes you’ll want to avoid. The question now is, how do you actually get started?



Here, you’ll discover the best ways to get started on the keto diet for maximum success.

## Know What You Can and Cannot Eat

Before jumping in to the keto diet, you’re going to need to make sure you know what you can and cannot eat. So, it’s a good idea to have a little list available for you to refer to.

The basis of the diet is to make sure you’re consuming low-carb foods which are high in natural fats. These include eggs, fish, vegetables and olive oil. However, you’ll want to avoid root vegetables as these tend to have a lot of carbs.

Other foods you’ll need to avoid include fruit, bread, pasta, chocolate, soda, alcohol and candy. It’s useful to look up keto recipes to get an idea of what you can eat to keep the diet varied.



## Prepare For Carb Flu

As with a lot of diets, the keto diet can leave you with some nasty side effects. One of the hardest to get through is carb flu. This occurs because your body isn’t used to consuming less carbs. So, you go through a withdrawal period which can be pretty tough to deal with.

With carb flu, you’ll typically feel more tired, you’ll have sugar cravings, dizziness, irritability, difficulty focusing and falling asleep, and you may feel nauseous too. While it may only last for up to a week, it’s still worth being prepared.

You should increase the amount of fats you consume, include more salt in your diet, drink plenty of water and eat more calories to minimize the symptoms.



## Don’t Forget To Exercise

One mistake many people make when switching to the keto diet, is failing to exercise. It’s actually really important to continue exercising on the diet. Not only will this help with your weight loss goals, but it can also reduce some of the side effects of the diet.

You’ll ideally want to focus on low-intensity cardio and gentle exercises such as yoga. On the other hand, you’ll want to avoid anaerobic style exercise as this largely uses carbs, not fat, to fuel the body. As you’re consuming less carbs than usual, you simply won’t have enough to effectively fuel the workout.



So, there you have it – the basics on how to get started with the keto diet. Remember, the more preparation you undergo, the easier it will be to make the switch.