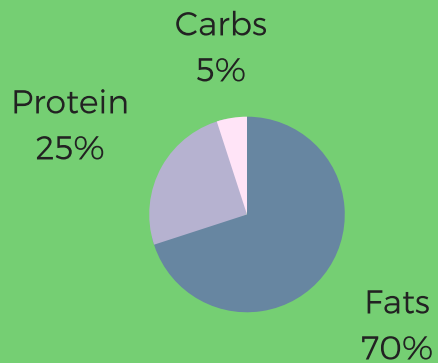


Ketogenic Diet

The ketogenic diet is a high-fat, adequate-protein and low-carbohydrate diet that forces the body to burn fats rather than carbohydrates for energy.



"YES" FOODS

Wild Fish/Shellfish
Free-range whole eggs
Grass Fed Meat & Poultry
Pork/Bacon/Sausage
Avocado
Butter/Ghee
Olive Oil
Coconut Oil/Butter
Nut Butters
Vegetables
Leafy Greens
Dairy
Nuts & Seeds

When you eat something high in carbs, your body produces glucose and insulin. Insulin is produced to process the glucose in your bloodstream.

Since glucose is the easiest molecule for your body to convert and use as energy, it will be chosen over any other energy source.

Fats you consume with high carbs are not needed, and are therefore stored.

"No" FOODS

Sugar
Refined & processed foods
high carb foods
Margarine & other
hydrogenated fats

Notes:

Carbs should be coming mainly from vegetables, nuts, and dairy.

Choose wild fish, grass-fed & organic when possible.

You must dramatically reduce your consumption of sugar and carbohydrates. Simply adding fats to your diet will not work and could be harmful to your health.

I believe that food can be medicine and what we choose to put in our bodies is one of the few things we can control today. I would love to assist you with your health journey. Email me at michelle@healthybeet.ca to book an appointment. Be sure to visit www.healthybeet.ca to learn more about my personal health transformation and follow me on Facebook @healthybeet.ca to receive daily health tips, recipes and more.

~Michelle Gaetz, RHN

