



The Ketogenic Diet – Low Carb, High Fat, Moderate Protein

The Ketogenic Diet is beneficial for:

- Overall improved health
- Weight loss resistance
- Cancer prevention
- Improved performance
- Reduced inflammation
- Diabetes
- Metabolic syndrome
- Seizures and brain health
- Preventing dementia
- Anti-aging

What is the Ketogenic Diet?

It is a low carb (carbohydrate), high fat, moderate protein diet. The dietary regimen shifts your metabolism from burning carbs to burning fats for energy. This helps repair the mitochondria and reduce inflammation; which is linked with all the above conditions. Just think of trading your carbs (grains, crackers, pasta, bread) for good fats (coconut, avocado, olive and MCT oil). The metabolism of fat creates ketones or ketone bodies, that is where the name Ketogenic Diet comes from.

Approved Ketogenic Diet Foods

Below you will find a list of foods adapted from the Mitochondria Repair Diet distributed by the [Institute of Functional Medicine](#).

What are Mitochondria?

Every disease is a disease of the cell and the mitochondria are the powerhouse of the cell. They produce all the energy your body needs to remain functioning.

How do I determine what I should eat and how much?

Do not eat more than 30 to 50 grams of carbohydrate per day. To determine how much protein, divide your weight in half. That is the amount of protein you should eat in grams. For example, if you weigh 200lbs then you

would eat about 100 grams of protein per day. Your remaining calories should come from fats and oils. Set up a free account on [MyFitnessPal.com](#). Then go to settings and input these numbers. Or you could put 5% carbs, 20% protein and 75% fats. If you need to lose weight reduce your total calories as well. Don't worry, you won't be hungry, once you are keto adapted. Input all the food you eat for a week or so. This will give you a sense of what you need to eat.

I can't imagine eating that much fat!

Put oil, butter and cream (if you are not sensitive to dairy) in everything. Have you heard of [Bulletproof coffee](#)? They started the trend of adding grass-fed butter, coconut oil or MCT oil to coffee and tea. Try it, it's darn good. Eat bacon, sausage and eggs too. But it's best to eliminate all toxins so stay away from nitrates and nitrites by making sure your pork products are clean. Try [Applegate](#) brand. Make smoothies with vegan protein powder, greens and MCT oil. Search the internet for recipes. There are many sites offering resources for the ketogenic diet, even yummy desserts.

What is MCT oil?

It is a "medium chain triglyceride" derived from coconut oil. It is like putting high octane fuel in your body because it goes straight to the liver and raises metabolism and ketones. It's particularly good for the brain. We sell a very high quality MCT oil. It is liquid and tastes slightly coconutty.

What does it mean to be keto adapted?

Most people's bodies are in the habit burning carbs for fuel. But the cell, or more accurately, the mitochondria should be able to switch back and forth as needed. The Standard American Diet is laden with way more carbs than the body was really designed for. Most packaged foods, all grains, quick foods and deserts have large quantities of carbs. Becoming "keto adapted" means your cells have learned to utilize fats for fuel again. In so doing you are actually healing the cell. But because habits are hard to break, it may take a little while to make the shift at the cellular level. During this time, you may be slightly flush, feel unsatisfied or have worse than usual cravings. Hang in there, soon you will be feeling GREAT!



Ketogenic Food Plan – Low Carb, High Fat, Moderate Protein

PROTEINS 20 to 40 % of total calorie intake

Servings/day: 2 to 4

Free-range, grass-fed, organically grown meats; non-GMO plant proteins; and wild-caught fish preferred

Animal Proteins:

- ☐ **Fish: Omega-3 rich:** cod, mackerel, sardines, Alaskan salmon, halibut, herring, shrimp, tuna, etc
- ☐ **Meat: Beef, buffalo, elk, lamb, venison, other wild game**
- ☐ **Poultry:** Chicken (skinless), Cornish hen, turkey
- ☐ Cheese, hard
- ☐ Cheese
- ☐ Cottage cheese
- ☐ Parmesan cheese
- ☐ Ricotta cheese
- ☐ Egg—1 or 2
- ☐ Egg substitute— $\frac{2}{3}$ c
- Plant Protein:**
 - ☐ Miso—3 T
 - ☐ Tofu, tempeh
 - ☐ Burger alternatives: Bean, mushroom, soy, veggie
- Protein Powder:**
 - ☐ Check label for # grams & carbs/scoop
 - ☐ Collagen, hemp, pea, rice, soy, whey

1 oz = 35-75 calories, 7 g protein (eat $\frac{1}{2}$ your weight in grams of protein per day)

LEGUMES good source of protein but also have carbs

Servings/day: 0-2

- ☐ Bean soups— $\frac{3}{4}$ c
- ☐ Black soybeans (cooked)— $\frac{1}{2}$ c
- ☐ Dried beans, lentils, or peas (cooked)— $\frac{1}{2}$ c
- ☐ Hummus or other bean dips— $\frac{1}{3}$ c
- ☐ Edamame— $\frac{1}{2}$ c
- ☐ Green peas— $\frac{1}{2}$ c
- ☐ Flour, legume— $\frac{1}{4}$ c
- ☐ Refried beans, vegetarian— $\frac{1}{2}$ c

1 serving = 110 calories, 15 g carbs, 7 g protein

DAIRY good source of protein but also has carbs

Only use dairy if you know you are not sensitive
Otherwise use dairy alternatives below

Servings/day: 1-2

Unsweetened

- ☐ Buttermilk—8 oz
- ☐ Kefir, plain—6 oz
- ☐ Milk: Cow, goat—8 oz
- ☐ Yogurt, plain, Greek, or **coconut** (cultured coconut milk)—6 oz

1 serving = 50-150 calories, 12 g carb, 7 g protein, 5-8 g fat

Milk Alternatives

- ☐ Almond, **coconut**, flaxseed, hazelnut, hemp, oat, , soy—8 oz

NUT & SEEDS contain protein, fat & carbs

Servings/day: 1-2

- ☐ Almonds—6
- ☐ Coconut, dried flakes (unsweetened)—3 T
- ☐ Chia seeds—1 T
- ☐ Flaxseed, ground—2 T
- ☐ Hemp seeds—1 T
- ☐ Pumpkin seed—1 T
- ☐ Walnut halves—4
- ☐ Brazil nuts—2
- ☐ Cashews—6
- ☐ Hazelnuts—5
- ☐ Mixed nuts—6
- ☐ Nut and seed butters— $\frac{1}{2}$ T
- ☐ Peanuts—10
- ☐ Pecan halves—4
- ☐ Pine nuts—1 T
- ☐ Pistachios—16
- ☐ Sesame seeds—1 T
- ☐ Soy nuts—2 T
- ☐ Sunflower seed kernels—1 T

1 serving = 45 calories, 4 g fat

FATS & OILS eat lots!

Servings/day: 5-10

Minimally refined, cold-pressed, organic, non-GMO preferred

- ☐ Avocado— $\frac{1}{8}$ whole
- ☐ Coconut milk, regular (canned)— $1\frac{1}{2}$ T
- ☐ Coconut milk, light (canned)—3 T
- ☐ Olives, black or green—8
- ☐ Oils, cooking: Avocado, coconut, ghee/clarified butter, grass fed butter, olive (extra virgin), grapeseed, rice, bran, sesame—1 t
- ☐ MCT, coconut oil or grassfed butter added to coffee and tea 1 T
- ☐ Oils, salad: Avocado, flaxseed, MCT, olive (extra virgin), almond, grapeseed, hempseed, high oleic safflower and sunflower, pumpkin, rice bran, sesame, walnut—1 t
- ☐ Butter—1 t; 2 t whipped
- ☐ Chocolate, dark (70% or higher cocoa) 1 square = 7 g
- ☐ Pesto (olive oil)—1 T
- ☐ Mayonnaise (unsweetened)—1 t
- ☐ Salad dressing made with the above oils—1 T

1 serving = 45 calories, 5 g fat

Avoid all gluten (wheat, barley, rye, spelt)

Items in blue indicate preferred therapeutic foods
Do not eat any foods you know you are sensitive to.



VEGETABLES Non Starchy (contain some carbs)

Servings/day: 2-6

- | | |
|---|--|
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Artichoke |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Bamboo shoots |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Carrot |
| <input type="checkbox"/> Broccoflower | <input type="checkbox"/> Celeriac root |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Cucumbers |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Chard/Swiss chard | <input type="checkbox"/> Endive |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Daikon radish | <input type="checkbox"/> Green beans |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Greens
(beet, collard, chicory, dandelion, escarole, kale, mustard, purslane, radicchio, turnip) | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Lettuce, all varieties |
| <input type="checkbox"/> Leek | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Microgreens | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Peppers, all |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Radish | <input type="checkbox"/> Snap peas/snow peas |
| <input type="checkbox"/> Scallions | <input type="checkbox"/> Sprouts, all |
| <input type="checkbox"/> Sea vegetables | <input type="checkbox"/> Squash (delicata, pumpkin, spaghetti, yellow, zucchini) |
| <input type="checkbox"/> Shallots | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato juice— $\frac{3}{4}$ c |
| <input type="checkbox"/> Sprouts, all | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Vegetables, fermented | <input type="checkbox"/> Vegetable juice— $\frac{3}{4}$ c |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Water chestnuts |

1 serving = $\frac{1}{2}$ c, 1 c for uncooked greens, 25 calories, 5 g carbs

VEGETABLES Starchy contain carbs, eat sparingly

Servings/day: 0-1

- | | |
|---|---|
| <input type="checkbox"/> Acorn squash, cubed—1 c | <input type="checkbox"/> Potato (purple, red, sweet, yellow)— $\frac{1}{2}$ med |
| <input type="checkbox"/> Beets, cubed—1 c | <input type="checkbox"/> Potatoes, mashed— $\frac{1}{2}$ c |
| <input type="checkbox"/> Butternut squash, cubed—1 c | <input type="checkbox"/> Root vegetables: Parsnip, rutabaga— $\frac{1}{2}$ c |
| <input type="checkbox"/> Plantain— $\frac{1}{2}$ whole, $\frac{1}{3}$ c | <input type="checkbox"/> Yam— $\frac{1}{2}$ med |

1 serving = 80 calories, 15 g carbs

Low Glycemic Impact Recommendations

Limit to 1 serving per day

FRUITS eat very sparingly as carbs will add up

Servings/day: 0-1

Unsweetened, no sugar added

- | | |
|---|---|
| <input type="checkbox"/> Apple —1 sm | <input type="checkbox"/> Figs—3 |
| <input type="checkbox"/> Blackberries — $\frac{3}{4}$ c | <input type="checkbox"/> Grapefruit— $\frac{1}{2}$ |
| <input type="checkbox"/> Blueberries — $\frac{3}{4}$ c | <input type="checkbox"/> Kiwi—1 |
| <input type="checkbox"/> Cherries —12 | <input type="checkbox"/> Melon, all—1 c |
| <input type="checkbox"/> Grapes —15 | <input type="checkbox"/> Nectarine—1 sm |
| <input type="checkbox"/> Mango — $\frac{1}{2}$ sm | <input type="checkbox"/> Orange—1 sm |
| <input type="checkbox"/> Pomegranate seeds — $\frac{1}{2}$ c | <input type="checkbox"/> Papaya—1 c |
| <input type="checkbox"/> Raspberries —1 c | <input type="checkbox"/> Peach—1 sm |
| <input type="checkbox"/> Strawberries —1 $\frac{1}{4}$ c | <input type="checkbox"/> Pear—1 sm |
| <input type="checkbox"/> Applesauce— $\frac{1}{2}$ c | <input type="checkbox"/> Persimmon— $\frac{1}{2}$ |
| <input type="checkbox"/> Apricots, fresh—4 | <input type="checkbox"/> Pineapple— $\frac{3}{4}$ c |
| <input type="checkbox"/> Banana— $\frac{1}{2}$ med | <input type="checkbox"/> Plums—2 sm |
| <input type="checkbox"/> Dates or figs (dried)—3 | <input type="checkbox"/> Prunes—3 md |
| <input type="checkbox"/> Dehydrated fruit (no sugar)—2 T | <input type="checkbox"/> Tangerines—2 sm |

1 serving = 60 calories, 15 g carbs

Do not consume dried fruits or fruit juice

GLUTEN FREE GRAINS avoid initially

Servings/day: 0 for 4 weeks, then 3/week

- | | |
|--|--|
| <input type="checkbox"/> Amaranth (cooked)— $\frac{3}{4}$ c | <input type="checkbox"/> Millet (cooked)— $\frac{1}{2}$ c |
| <input type="checkbox"/> Brown rice (cooked), all types— $\frac{1}{2}$ c | <input type="checkbox"/> Oats (cooked), rolled, steel-cut— $\frac{1}{2}$ c |
| <input type="checkbox"/> Buckwheat/kasha, (cooked)— $\frac{1}{2}$ c | <input type="checkbox"/> Quinoa (cooked)— $\frac{1}{2}$ c |
| <input type="checkbox"/> Crackers (nut, seed, rice)—3-4 | <input type="checkbox"/> Teff (cooked)— $\frac{3}{4}$ c |

1 serving = 75-110 calories, 15 g carbs

Low Glycemic Impact Recommendations

Short term: Consider removal

Long term: Limit to 1-2 servings per day

BEVERAGES enjoy non carb drinks

- | | |
|---|--|
| <input type="checkbox"/> Green tea | <input type="checkbox"/> Gingko biloba tea |
| <input type="checkbox"/> Black tea | <input type="checkbox"/> Sparkling/mineral water |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Unsweetened coconut water |
| <input type="checkbox"/> Filtered water | <input type="checkbox"/> Yerba mate |
| <input type="checkbox"/> Fresh juiced fruits/vegetables | |

Alcohol is not recommended, but if you must

- ☐ Dry wine
 - ☐ Spirits like vodka, gin, whiskey
- With soda or water

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.



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