

Question: What benefits can I expect from a low-carb lifestyle?

Answer: Benefits include weight loss, improved blood sugar and insulin levels, enhanced cognitive function, and reduced risk of chronic diseases. A low-carb diet can also lead to increased energy and better digestive health.

Question: How do I start a low-carb diet?

Answer: Begin by reducing sugar and starches in your diet, focusing on whole foods, including vegetables, healthy fats, and proteins. Planning meals and reading food labels for carb content can also help. KetoTrust offers resources and personalized advice to support your transition.

Question: Can I still eat out on a low-carb diet?

Answer: Yes, you can eat out on a low-carb diet. Opt for meals that focus on proteins and vegetables, and be mindful of hidden carbs in sauces and dressings. Many restaurants offer low-carb options or are willing to accommodate dietary requests.

Question: How do KetoTrust's AI coaches support a low-carb lifestyle?

Answer: Our AI coaches send automated text messages about the benefits of a low-carb lifestyle and dietary changes to improve health. They provide personalized support and accountability, making it easier to stick to your goals.

Question: Are there any side effects to starting a low-carb diet?

Answer: Some people may experience the "keto flu" – temporary symptoms such as headache, fatigue, and irritability as the body adjusts. Staying hydrated and maintaining electrolyte balance can help mitigate these effects.

Question: How does KetoTrust accommodate members with dietary restrictions?

Answer: KetoTrust offers personalized dietary advice through our AI coaches, catering to various dietary needs and restrictions. Our goal is to support all members in achieving a healthier lifestyle, regardless of dietary limitations.

Question: Is a low-carb diet safe for everyone?

Answer: While a low-carb diet is beneficial for many, it's not suitable for everyone. People with certain medical conditions or pregnant and breastfeeding women should consult a healthcare professional before making significant dietary changes.

Question: What is the difference between the keto and carnivore diets?

Answer: The keto diet focuses on high-fat, moderate-protein, and low-carbohydrate foods to induce ketosis, a metabolic state where the body burns fat for fuel instead of carbohydrates. The carnivore diet, on the other hand, consists almost entirely of animal products and eliminates carbohydrates entirely, emphasizing meat as the primary source of nutrition.

Question: Can I get all my nutrients from a carnivore diet?

Answer: While the carnivore diet can provide many essential nutrients, especially from organ meats, some people may need to supplement to ensure they get a complete range of vitamins and minerals.

Question: Is the keto diet safe for people with diabetes?

Answer: Many people with type 2 diabetes have found the keto diet helpful in managing their blood sugar levels and weight. However, individuals with diabetes should consult their healthcare provider before starting a keto diet, as adjustments to medication may be necessary.

Question: How much protein should I eat on a keto diet?

Answer: Protein intake on a keto diet should be moderate, typically around 20% of your total daily calories. Consuming too much protein can interfere with ketosis, as excess protein can be converted into glucose.

Question: Can I drink alcohol on a keto diet?

Answer: Some alcoholic beverages can be consumed in moderation on a keto diet, particularly those low in carbohydrates like hard seltzers. However, alcohol can slow down weight loss and may interfere with ketosis, so it's best consumed sparingly.

Question: How long does it take to see results on a keto or carnivore diet?

Answer: Results can vary depending on individual metabolic rates, adherence to the diet, and starting health status. Many people report seeing initial weight loss and improved energy levels within the first few weeks of starting the diet.

Question: How do I avoid the "keto flu"?

Answer: The "keto flu" can often be mitigated by staying hydrated, increasing salt intake to maintain electrolyte balance, and gradually reducing carbohydrate intake rather than making a sudden dietary change.

Question: How can I ensure I'm eating enough fat on a keto diet?

Answer: Include a variety of fat sources in your diet, such as avocados, nuts, seeds, fatty fish, olive oil, and butter. Cooking with fat and using it as a dressing or topping can also help increase your intake.

Question: Is it necessary to count calories on a keto or carnivore diet?

Answer: Calorie counting is not a fundamental aspect of the keto or carnivore diets. Many people find that the satiety provided by high-fat and protein-rich foods naturally reduces calorie intake.

Question: Can I do a keto or carnivore diet if I'm vegetarian or vegan?

Answer: While the carnivore diet would not be suitable for vegetarians or vegans, a keto diet can be adapted. Vegetarian and vegan keto dieters can focus on low-carb plant-based proteins, fats, and vegetables, though it may require careful planning to meet nutritional needs.

Question: How do I track my progress on a keto or carnivore diet?

Answer: Beyond weighing yourself, consider tracking body measurements, energy levels, sleep quality, and changes in health markers (like blood sugar and kidney function). Some also use ketone meters to monitor their state of ketosis.

Question: Do you provide meal plans or recipes that I need to follow?

Answer: Rather than provide specific meal plans or recipes at KetoTrust we have decided since this low-carb lifestyle has many delicious options, the best approach is to

recommend YouTube channels that feature great Keto and Carnivore recipes. Our current favorite channel on YouTube for recipes is “Chris Cooking Nashville”. Just go to YouTube and search for Chris Cooking Nashville or go to ChrisCookingNashville.com.

Question: I’ve got a sweet tooth, so I’m always craving sweets. How can I transition to a low carb diet?

Answer: Try going Ketovore for 1 to 2 weeks until your cravings for sweets begin to subside. You can eat proteins without any added carbs. You can eat meat, poultry, wild-caught seafood and eggs without any restrictions. Focus on other foods and drinks, to be consumed in moderation, that are high in polyphenols and low in carbs. The list of these foods and drinks include herbs and spices, olives, olive oil, tree nuts like pistachios, flax seeds, artichoke hearts, garlic, red onions, green tea, black tea and coffee. If you must have something sweet, drink something that has been sweetened with either allulose or stevia such as Zevia Soda.