

# Keto Cheatsheet

This cheatsheet provides a quick reference for key features of the ketogenic diet, including food choices, health benefits, and potential risks. Use this cheatsheet as a reference to help you understand and implement a keto lifestyle.

## Food Choices

- The ketogenic diet is a high-fat, low-carbohydrate diet that encourages the body to burn fat for energy
- Foods that are allowed on a keto diet include:
  - Meat, poultry, and fish
  - Non-starchy vegetables, such as leafy greens, broccoli, and cauliflower
  - High-fat dairy products, such as cheese and butter
  - Nuts and seeds
  - Healthy fats, such as olive oil, coconut oil, and avocado
- Foods that are restricted on a keto diet include:
  - Grains, such as bread, pasta, and rice
  - Sugars, such as candy, soda, and fruit juice
  - Starchy vegetables, such as potatoes and corn
  - Most fruits

## Health Benefits

- The ketogenic diet has been shown to promote weight loss and improve markers of metabolic health, such as blood sugar and cholesterol levels
- The ketogenic diet may also improve symptoms of certain neurological conditions, such as epilepsy and Parkinson's disease
- The ketogenic diet may improve cognitive function and reduce inflammation

## Potential Risks

- The ketogenic diet may cause side effects, such as constipation, bad breath, and nutrient deficiencies
- The ketogenic diet may not be appropriate for individuals with certain medical conditions, such as liver or pancreatic disease
- The long-term safety and efficacy of the ketogenic diet is not yet known

## Tips for Implementing a Keto Lifestyle

- Work with a healthcare professional to ensure the ketogenic diet is appropriate for you
- Plan your meals and snacks in advance to ensure you are meeting your nutrient needs
- Experiment with new recipes and flavors to keep meals interesting and enjoyable
- Stay hydrated and supplement with electrolytes to prevent dehydration and electrolyte imbalances
- Be patient and kind to yourself, as transitioning to a keto lifestyle can take time

## Resources

- [The Charlie Foundation for Ketogenic Therapies](#)
- [The Art and Science of Low Carbohydrate Living](#) (book)