

KETO DIET FOR BEGINNERS

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You may be wondering what is a Keto diet ?Well a Keto diet is a low-carb , high-fat diet that has potential health benefits which include weight loss, improved blood sugar control and reduced inflammation .This is done by reducing you carbonates intake and increasing your fat intake , which puts your body in a metabolic state called ketosis , which is achieved when your body burns fat for energy instead of carbohydrates .

Before you start a Keto diet it is good to consider the following steps

- Determine your daily caloric intake . Before you start your Keto diet , it is important to determine your daily caloric intake. This can be done by using an online calculator or consulting with a healthcare. The daily caloric intake depends on factors such as your age, gender , weight, height and activity level.
- It is also advisable to calculate your macronutrient ratios . Macronutrient are nutrients provide your body with energy :carbohydrates , proteins and fats.

On a Keto diet plan, your macronutrients will be as planed ;

Carbohydrates :5-10% of your daily caloric intake

Protein :20-25% of your daily caloric intake

Fat:70-75% of your daily caloric intake

Carbohydrate amount allowed in a Keto diet is lower than usual so as to enable your body to burn fats for energy instead of carbohydrates , resulting in weight loss and other potential health benefits.

- Plan your meals.
The key to a successful Keto diet plan is to eat food that are high in fat and low in carbohydrates .foods included in a Keto diet include meat and poultry , seafood and fish, eggs , low carbohydrates vegetables(eg cheese, butter , heavy cream, nuts and seeds)and healthy oils (eg coconut oil , olive oil , avocado oil). One must avoid foods with high amount of carbohydrates such as bread, pasta, rice and sugar .
- Stay hydrated
During Ketosis , our bodies tend to excrete more water than usual , which can lead to dehydration .Drink up to 8 glasses of water per day and consider adding electrolytes to your water to help prevent dehydration as they help regulate your body fluid balance and also they can be found in sports drinking or supplements.

➤ Monitor your ketone levels

This can be done by the use of ketone meter . A ketone meter is a device used to measure the amount of ketones in your blood and indicate whether or not your body is in ketosis but as for this step it is optional but advisable .

In conclusion, Keto diet plan can be a great way to lose weight and improve your health , but it is important to understand the principles behind it before beginning the diet. Also it is important to be cautious in undergoing the steps as it is difficult to many to change from one diet to another . By following the steps you can start reaping the benefits of this popular diet.