**What is ketosis?**

[Ketosis](https://www.healthline.com/nutrition/what-is-ketosis) is a metabolic state in which your body uses fat for fuel instead of carbs.

It occurs when you significantly reduce your consumption of carbohydrates, limiting your body’s supply of glucose (sugar), which is the main source of energy for the cells.

Following a ketogenic diet is the most effective way to enter ketosis. Generally, this involves limiting carb consumption to around 20 to 50 grams per day and filling up on fats, such as meat, fish, eggs, nuts, and healthy oils ([6Trusted Source](https://www.ncbi.nlm.nih.gov/books/NBK499830/)).

It’s also important to moderate your protein consumption. This is because protein can be converted into glucose if consumed in high amounts, which may slow your transition into ketosis ([10Trusted Source](https://www.ncbi.nlm.nih.gov/books/NBK541119/)).

Practicing [intermittent fasting](https://www.healthline.com/nutrition/intermittent-fasting-and-weight-loss) could also help you enter ketosis faster. There are many different forms of intermittent fasting, but the most common method involves limiting food intake to around 8 hours per day and fasting for the remaining 16 hours ([11Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5783752/)).

Blood, urine, and breath [tests](https://www.healthline.com/nutrition/keto-strips) are available, which can help determine whether you’ve entered ketosis by measuring the amount of ketones produced by your body.

[Certain symptoms](https://www.healthline.com/nutrition/10-signs-and-symptoms-of-ketosis) may also indicate that you’ve entered ketosis, including increased thirst, dry mouth, frequent urination, and decreased hunger or appetite ([12Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7082414/)).