

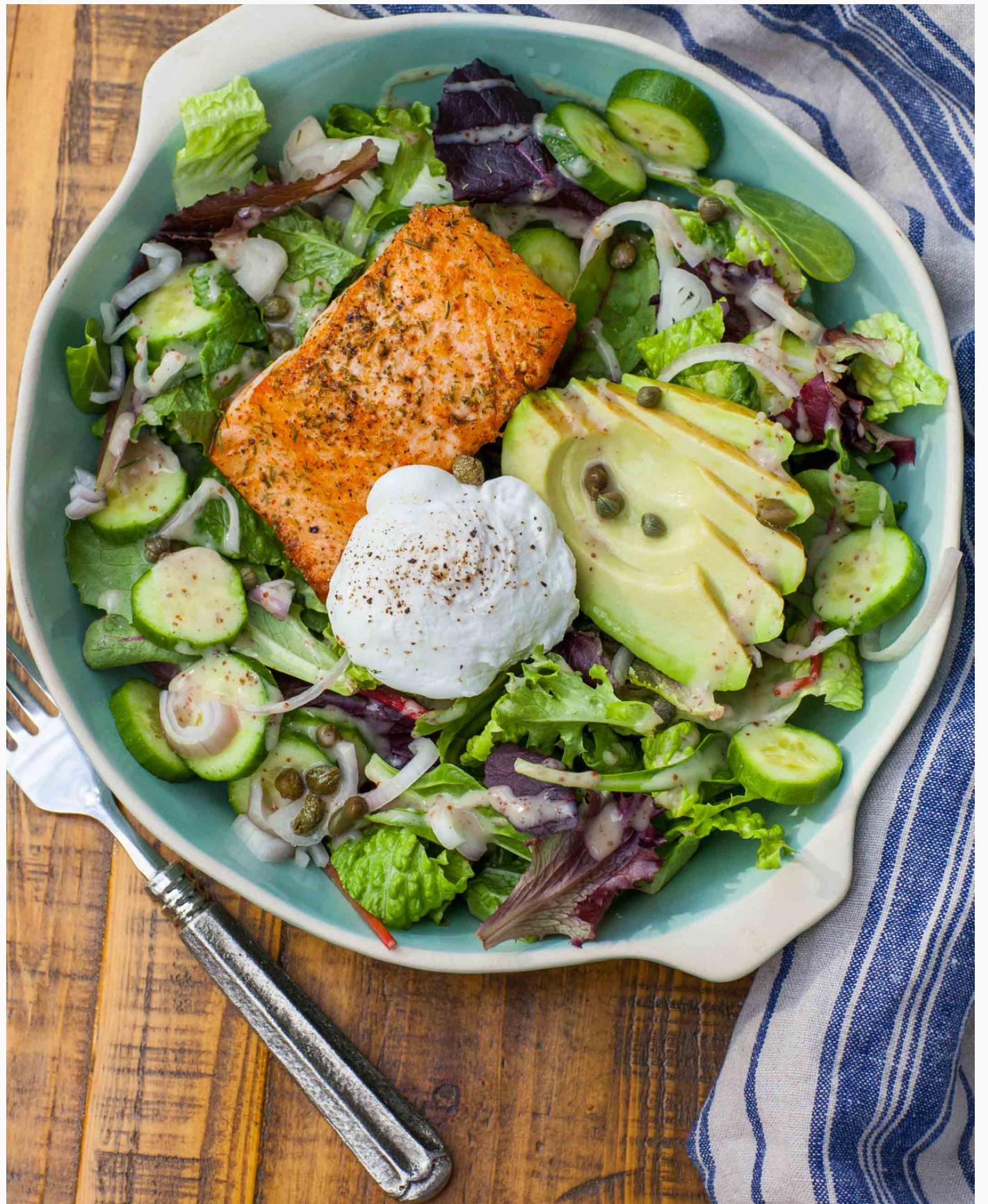


INDIAN KETO DIET FOR BEGINNERS: A COMPLETE GUIDE

A presentation by Priya Aurora

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What is Indian Keto Diet?

A BRIEF INTRODUCTION

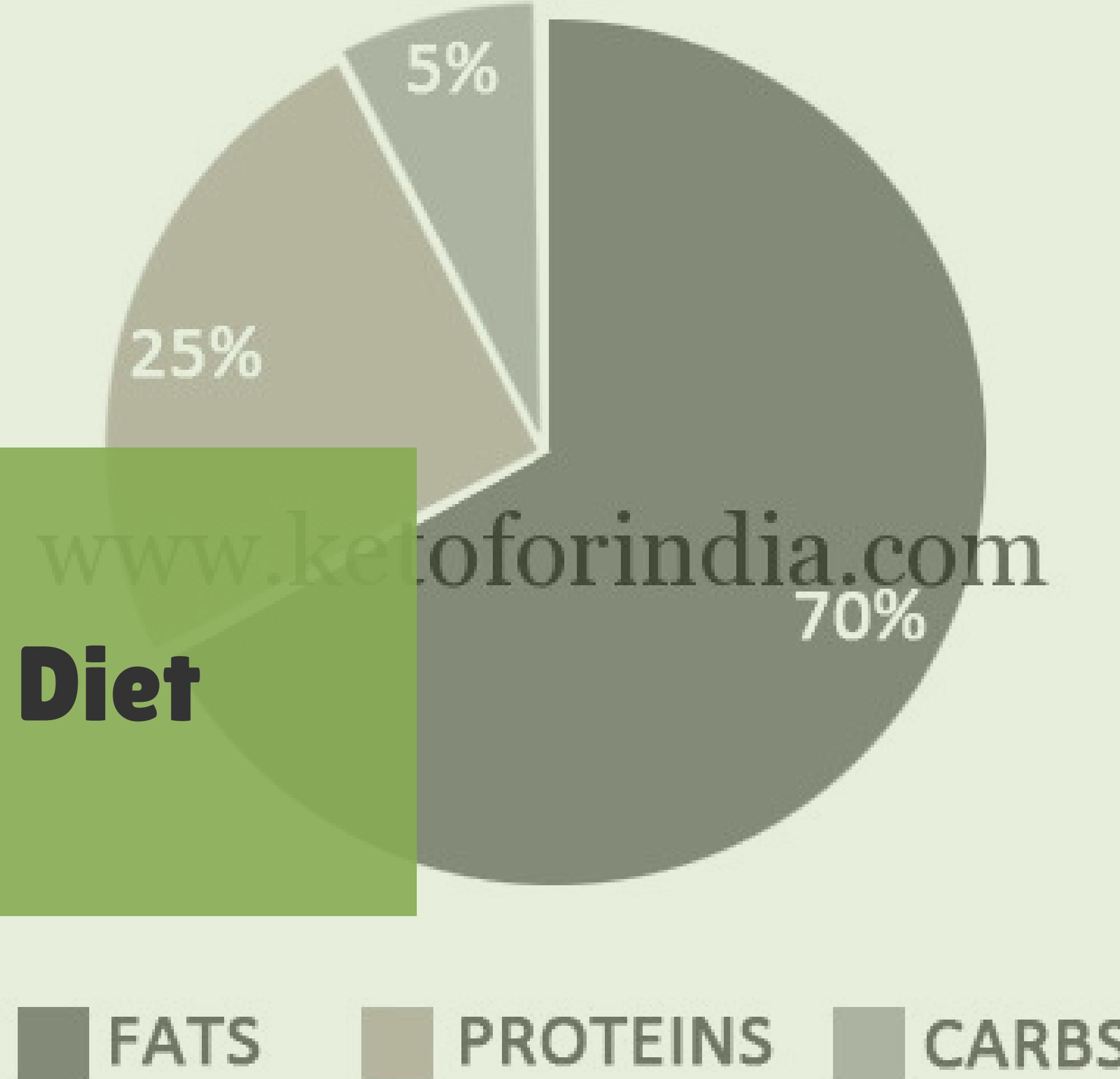
The Ketogenic or Keto diet is a low-carbohydrate, high fat, moderate protein, no sugar diet. It has, of late, become a popular technique to lose weight. Keto diet is quite similar to the Atkins diet. The only difference lies in protein intake. The latter is about consuming low carbs and high protein.

Keto diet involves a drastic reduction in intake of carbohydrates and high consumption of fats to get your body into a metabolic state called Ketosis. Because your body is low on carbs, sugar levels in the body are reduced and the body is compelled into Ketosis, a process to burn fats for energy instead of glucose (sugar).

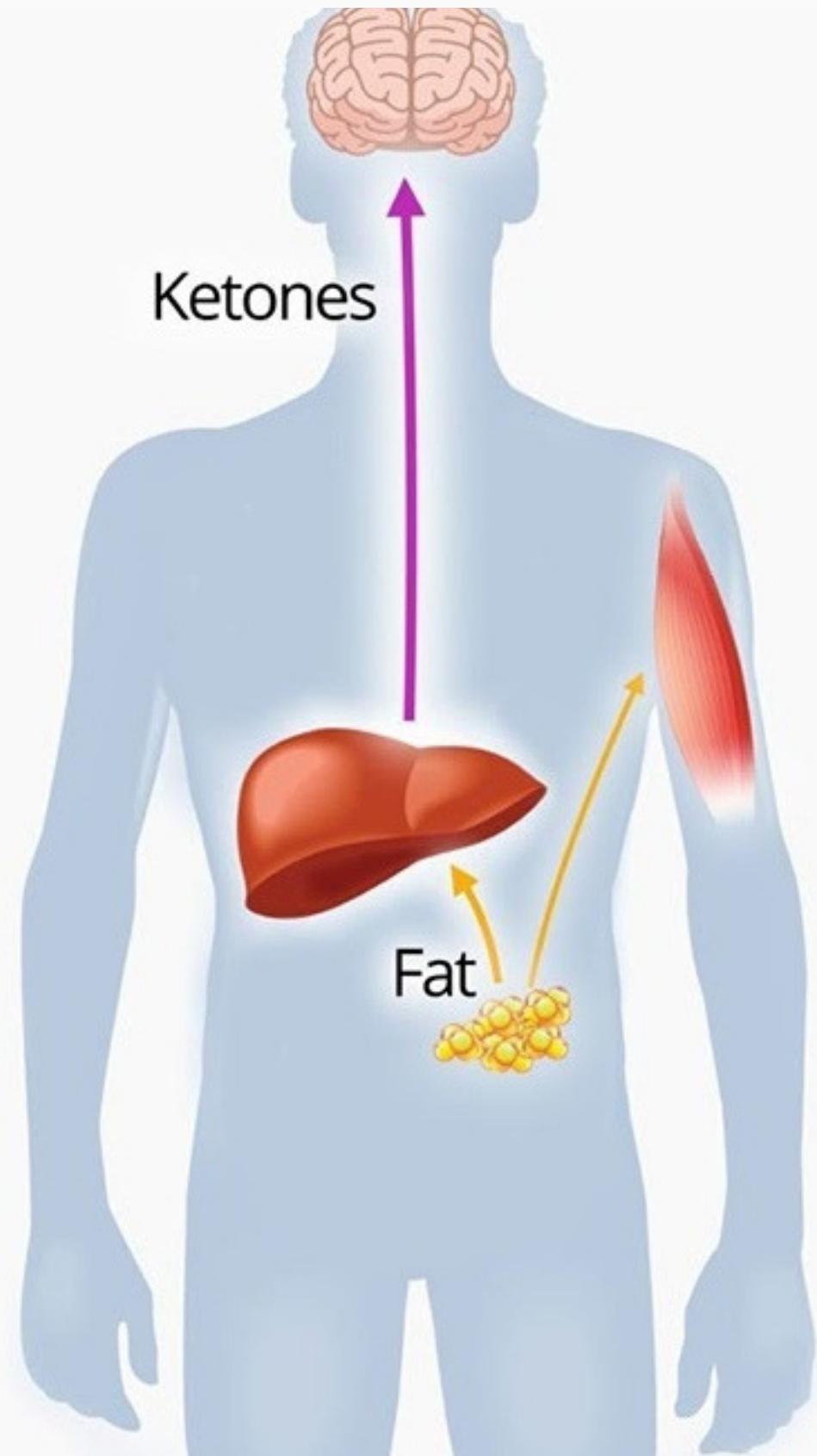
This dietary plan was first introduced in the 1970s. Back then, it was used to control diabetes. Later, it was used to treat epilepsy in children who were unresponsive to medication. Not only that, Keto finds its use in the treatment of diabetes, Alzheimer's and cancer.

Diet Breakdown

Indian Keto Diet



How Does Keto Diet Work?



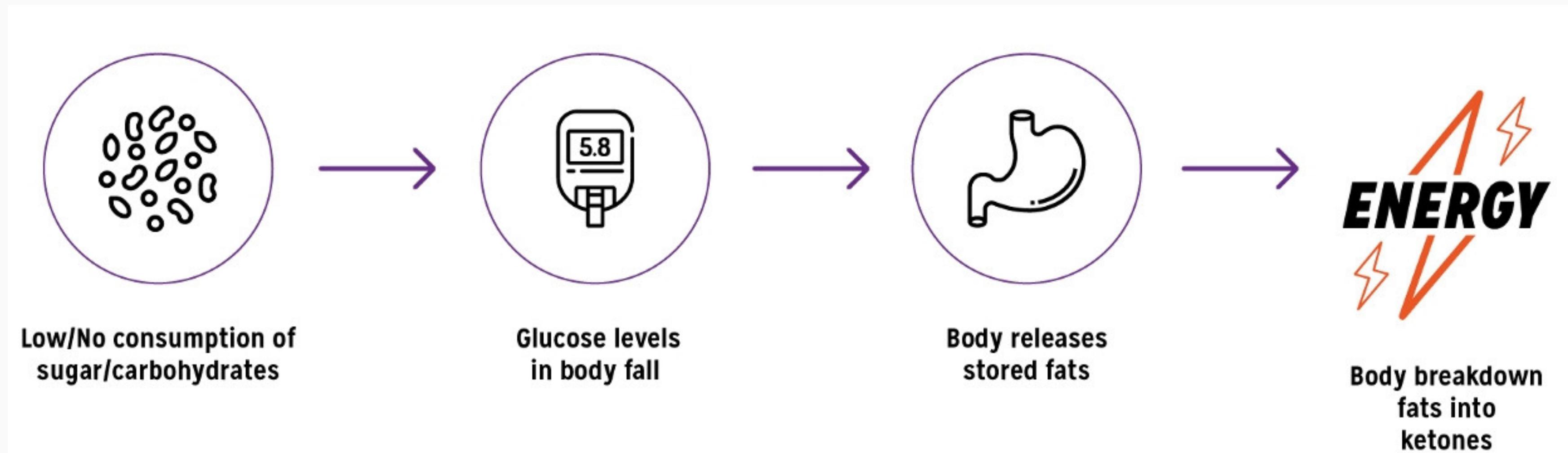
Our body is designed to convert carbohydrate that we eat into glucose and use it for fuel. Glucose is then carried into the bloodstream by insulin to keep our body powered. Simply put, the glucose level in our body is directly proportional to the amount of carb intake.

Keto breaks this rule of thumb, as the diet encourages extremely low carb intake to deliberately create a carb deficit in your body. When carbs are limited, your body seeks another source of energy to keep things running.

This is where fats stored in your body come into play. Due to low or no carbs, the liver starts utilizing fats stored in your body and converts them into ketones as an immediate source of energy.

How Does Keto Diet Work?

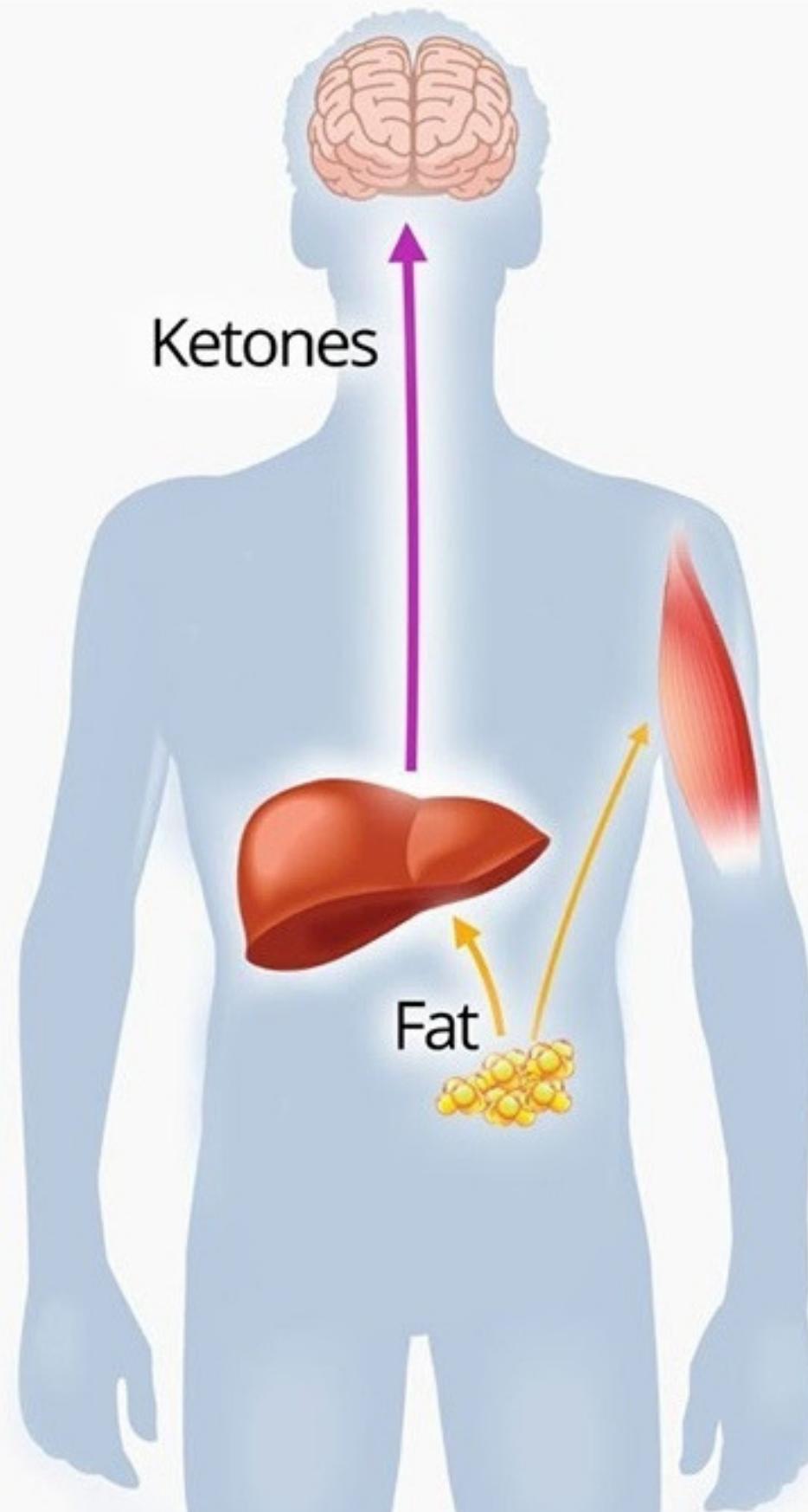
This process is called Ketosis. In Ketosis, your body is completely dependent on fats for fuel. When your metabolic rate increases, your body burns more and more fat. Reaching this state is the sole purpose of the Ketogenic diet.



KETO DIET WORK FLOW



How to Get Into Ketosis?



- **Reduce Carbs Intake:** You need to restrict it to under 30 grams per day. It might sound a bit of herculean task to some in the beginning, but as you make small progress, you can pretty much achieve it.
- Talking about numbers, most people focus only on net carbs. However, to achieve great results, you need to consider both – net and total carbs. To understand the difference between the two, let's take a small example: An item contains 30 grams of carbs and 10 grams of fibre. The net carbs present in the item are 20 grams. Hence,
- Net carbs = Total grams of carbs per serving – Grams of fibre present per serving
- Reduce Protein Intake
- Eat Fat
- Drink Lots of Water
- Refrain From Snacking
- Start Fasting

How Long Does it Take for Ketosis to Kick in?

2-7 DAYS

2 to 7 days! The best way to find out if you are in Ketosis is to do a ketones urine test. If you see ketones in urine, you are into Ketosis.

Don't perform the test within 2-3 days on an Indian Keto diet. Instead, check after a week for more accurate results. It may take longer if you are extremely obese since your body will first utilize the unused fat and then go into diet-induced Ketosis.

Stay away from sugar, sweets or carbohydrates while on Keto diet. I can't emphasize this enough! If you do so, you might end up putting on more weight.

How to Start a Keto Diet?

Now that you have learnt what Keto diet or low carbohydrate diet is, and how it is effective, let's delve deeper and understand how to get started with Keto diet. The idea of getting started with a very low carb diet can be intimidating, but – getting started is as simple as it gets: Just start!

When you eat a carbohydrate-rich diet, the body produces glucose (sugar) and insulin. Glucose is converted by the body into energy, and insulin is used to process glucose into the bloodstream. What this does is – the body gets its energy from glucose and the fats are not needed, leading to fat build-up in the body.

GOING ON KETO IS SIMPLE

Starting with Keto diet, you will first ensure this cycle is broken. This will be made possible by feeding the body with less carb – more fat – and moderate protein.

Different Types of Keto Diets

Standard Keto Diet (SKD)

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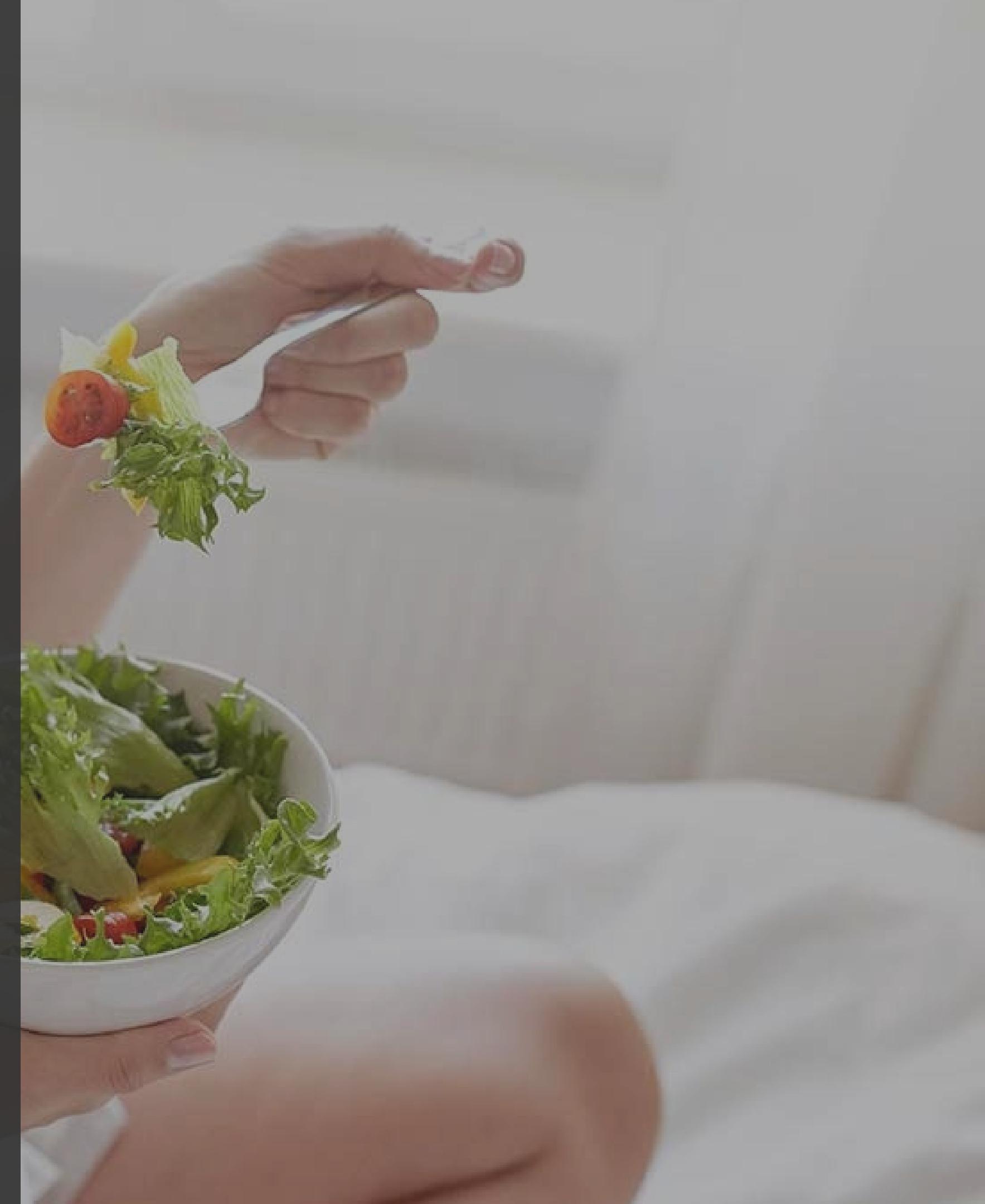
Cyclical Keto Diet (CKD)

High-Protein Keto Diet (HPKD)



What do I Eat on a Keto Diet?

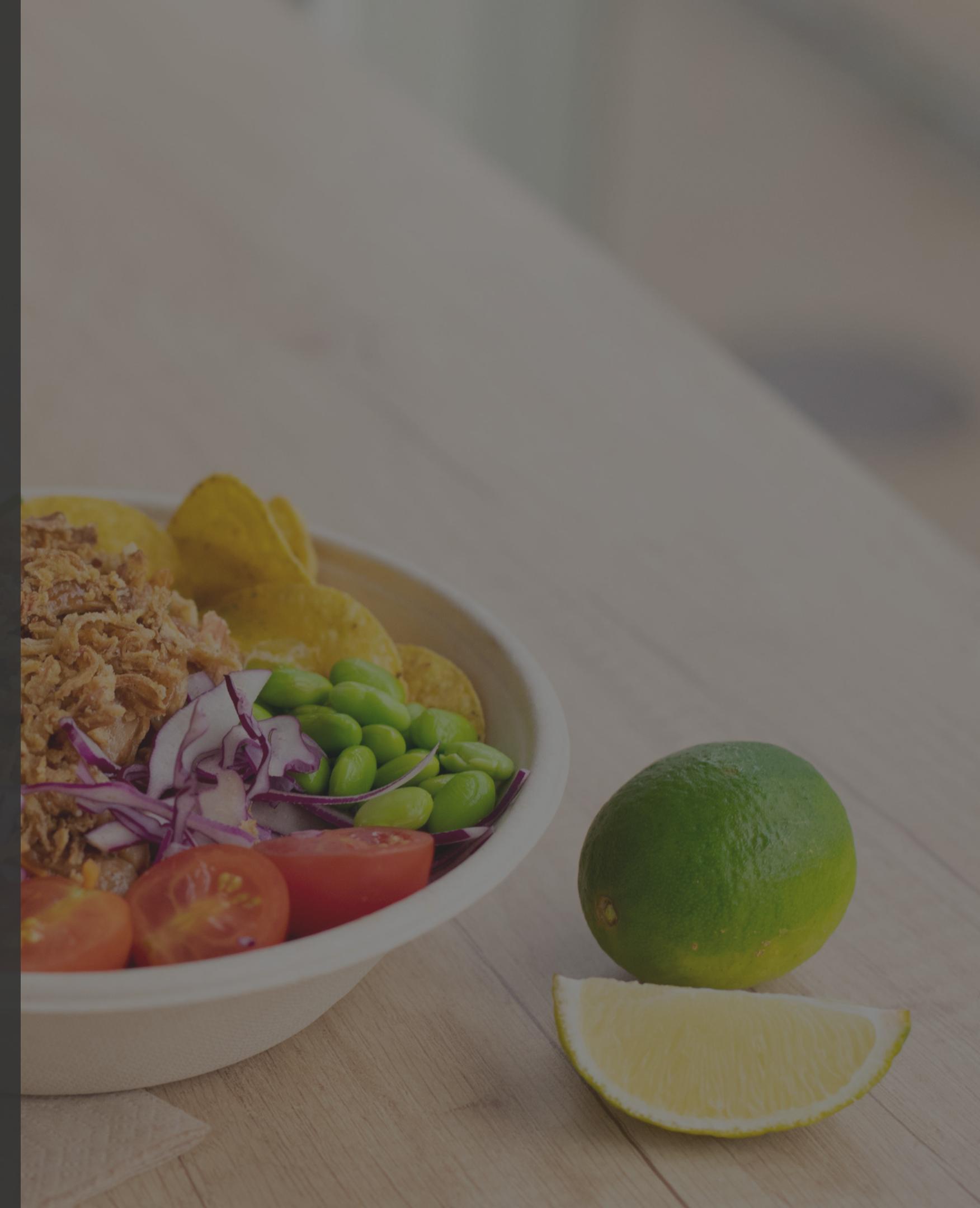
- Cooked vegetables
- Dairy
- Acceptable fats and oils
- Tofu
- Paneer
- Sweeteners
- Nuts/seeds
- Dressings & Condiments
- International cuisines (Indian, Mexican, Italian, etc.)
- **FULL LIST:**
<https://www.ketoforindia.com/indian-keto-diet-for-beginners/>



What Not to Eat on a Keto Diet?

- All kinds of grains
- Potato
- Bread
- Pizza
- Pasta
- Sweet and sugary food items
- Gluten
- Soda
- Juices
- Milk
- Alcohol
- Full List:

<https://www.ketoforindia.com/indian-keto-diet-for-beginners/>





7-DAY INDIAN KETO DIET MEAL PLAN

Day 1

- Breakfast: Bulletproof coffee, Omelette
- Lunch: Mutton seekh kebab
- Evening: Peanuts, green tea
- Dinner: Omelette

Day 2

- Breakfast: Bulletproof coffee, boiled eggs with mutton seekh kebab (100g)
- Lunch: Shallow fried cottage cheese,
- Evening: Half-cup of cut strawberries, buttermilk (250ml)
- Dinner: Shredded chicken breast in soya sauce



Day 3

- Breakfast: Masala omelette with cheese with smoked bacon
- Lunch: Parboiled cauliflower in mayo with mutton seekh kebab
- Evening: Peanuts oil roasted and salted
- Dinner: Keto Butter Chicken/Murg Makhani Keto Style

Day 4

- Breakfast: Scrambled eggs with chicken sausages
- Lunch: Chicken malai tikka
- Dinner: Chicken seekh kebab



Day 5

- Breakfast: Protein shake
- Lunch: Shami kebab with Greek yogurt and sliced strawberries
- Dinner: Chicken broth

Day 6

- Breakfast: Scrambled eggs with bulletproof coffee
- Lunch: Capsicum/peppers stuffed with cottage cheese (paneer)
- Dinner: Keto tandoori chicken



Day 7

- Breakfast: Keto Cheese Rollups
- Lunch: Keto Quesadillas
- Dinner: Yummie Spinach Pie

Full 7-Day Indian Keto Diet

Plan: www.ketoforindia.com/indian-keto-diet-plan/



Day-to-Day Benefits of Keto Diet



When you go on a Keto diet, the first thing that you begin to notice is a reduction in hunger. Hunger is the worst side effect of any diet regime, it is the sole reason many people give up on dieting. Low carb high-fat diet, however, automatically reduces appetite and influences you to keep going on with the diet.

Studies also show people on low carbohydrate diet lose more weight, faster, in comparison to low-fat diets. Even when a person is actively restricting calorie intake in the latter diet plan. This is largely because low carb diet helps the body rid itself of access water, resulting in decreased insulin levels and rapid weight loss.

Long-Term Benefits of Ketogenic Diet



A significant long-term benefit of Keto diet, in addition to weight loss, is it helps decrease the level of triglycerides and blood glucose.

Triglycerides are fat molecules which circulate in the bloodstream and are a strong heart disease risk factor. When you go on a low carb diet, it is seen that over a long period of time, it helps in dramatic reduction of blood triglycerides, the bad cholesterol.

The Ketogenic diet is also seen to enhance the High-density lipoprotein (HDL) in the body. Also called the good cholesterol, high HDL means you have lesser risk of heart disease.

Keto diet is also beneficial in making you more focused and energetic. This is because carbs – the main energy source causes glucose levels in the body to rise and fall. Since the source of energy is not consistent, it's harder for the brain to stay focused for a long period of time. When the body goes into Ketosis, with low carb high-fat diet, the brain uses ketones for energy. As your body already has a lot of fat and can store more fat, from the intake, the body and brain have a consistent flow of fuel to burn, which keeps the brain focused and body energised for long periods of time.

The Ketogenic diet is also considered an established treatment option for children with hard to control epilepsy. With low carb, high-fat diet genes involved in energy metabolism in the brain are affected, which then help stabilize the function of neurons exposed to the challenges of epileptic seizures.

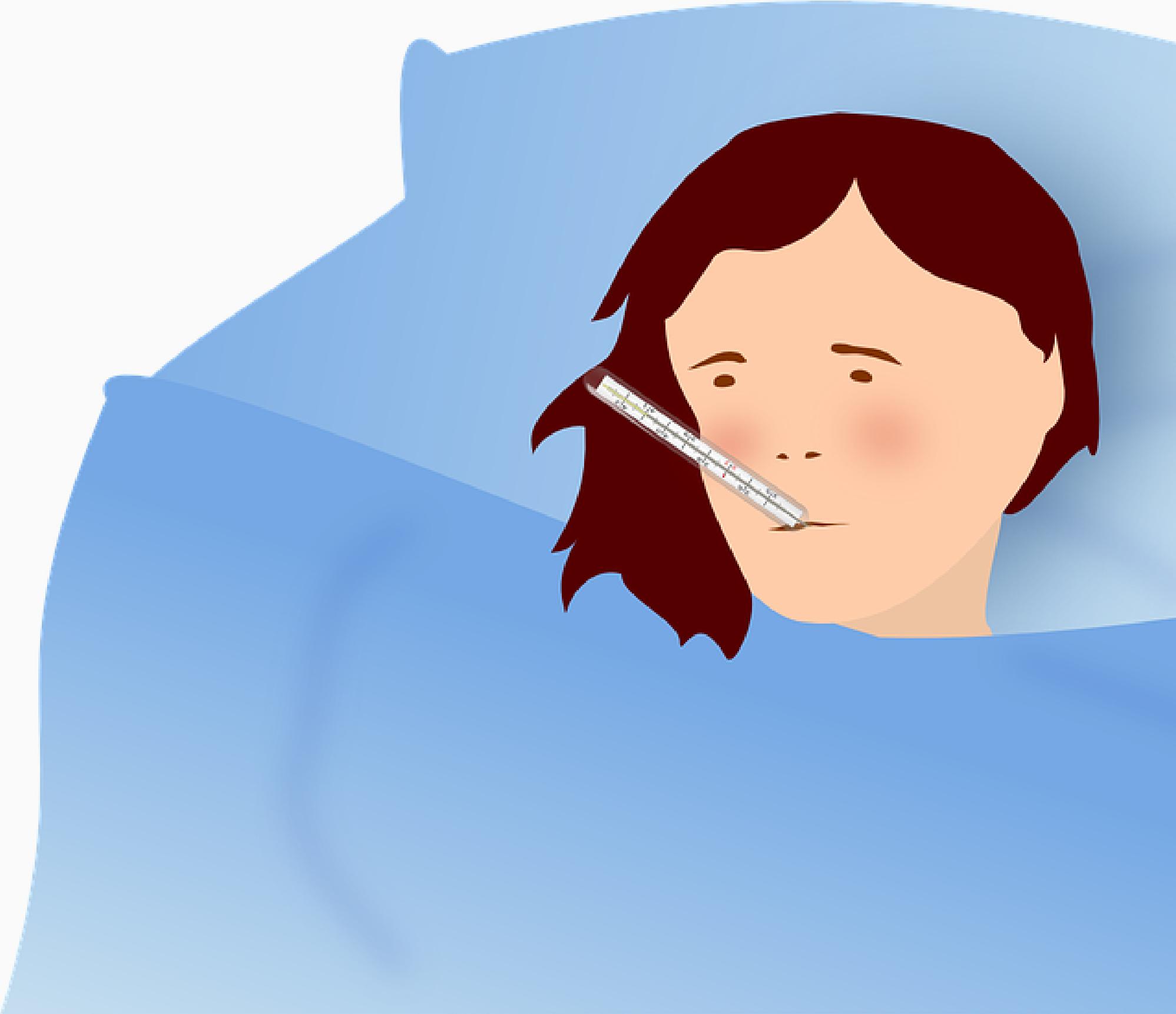


Common Side Effects of Keto Diet



Keto Flu

Most people experience Keto flu when they start the diet. This happens because the body begins to adapt to your low carbs diet. When Ketosis begins (body burns fats instead of glucose for energy) the body experiences certain changes, which may not make you feel too well – this symptomizes Keto flu. Keto flu symptoms include fatigue, headache, irritability, nausea, weakness, vomiting, confusion and/or constipation. In most people, Keto flu subsides within a week.



Issues of Bad Breath and Changed Body Odour

When the body is deprived of carbs, it loses glucose – its primary source of energy, and forces the body to burn ketones for energy. This puts the body through a variety of problems including hypoglycemia, sleep disorders, irregular menstrual cycles, bad breath and a slight change in body smell. In the initial days of your Keto diet, you will experience the taste in your mouth changing to slightly metallic, and the body smelling differently. It's not exactly a foul smell, but it is not very pleasant too.



What Happens if I Stop Keto Diet?



How long you can stay on Keto diet will depend on how consistently and for how long you can say no to pizzas, cakes, beer, drinks etc. Through the diet, you will have the urge to break loose and eat processed carbs that you relished so much, but how long you can hold on will decide the efficiency of your diet.

When you stop Keto diet, there are a range of physical issues, both positive and negative, you may have to deal with. One of the biggest snags with Keto diet (or with all other diets for that matter) is, when you stop, you tend to gain weight again. This is mainly because you don't have a defined plan to transition back into your normal eating style.

Generally, people return to the way they ate previously. Since it wasn't working for them before, it will not work now. Having restricted carb intake for so long, people generally overdo them once they get back into normal eating style and they begin to gain weight again. Thus, it is essential to have a plan in place before moving out of Keto diet - you should have a plan for what you're going to eat and how you will introduce carbs into your diet plan. If you are not sure what your goal should be, you should consult a Keto coach for help.



MY KETO WARRIORS

Common Keto Diet FAQs

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Questions & Answers



Is Keto diet safe for me?

- Keto diet is usually very safe. However, one may need to take extra precautions in case:
- You are on medication for diabetes
- Have been breastfeeding
- Or have hypertension – high blood pressure

How do I know when my body has entered Ketosis?

- Decrease in appetite
 - Increase in thirst
 - Frequent urination
 - Bad breath – aka Keto breath
 - Dry mouth
-

Is Keto diet safe for the kidneys?

Yes, Keto diet is completely safe if you have normal kidney function. Keto diet is misunderstood as a high protein diet. The truth is, Keto diet is high fat, and not protein.

Is Ketosis dangerous?

No, there is no clinical evidence to suggest that Ketosis is dangerous.

Ketosis is generally confused with Ketoacidosis, which is an indicator of a serious health problem. Ketosis and Ketoacidosis are however different and are not even comparable.

Can Ketogenic diet cause hair loss?

Low carb diet can cause hair loss in some people. Generally, it is caused due to rapid weight loss, which is temporary. Hair loss can also be caused by lack of protein in the diet or because of autoimmune disease such as hypothyroidism.

Is the Keto diet suitable for my kids?

Yes, Keto diet is suitable and safe for babies and kids. Ketogenic diet is used worldwide to manage diseases such as epilepsy and autism in kids.

Is Ketosis safe for diabetics?

Ketosis is safe for both people with Type 1 and Type 2 diabetes, provided it is done in strict medical supervision to avoid diabetic patients from entering Ketoacidosis (situation leading to very high levels of Ketones and glucose in the body).

Is Keto diet safe for high cholesterol?

Keto diet has shown significant results in lowering triglyceride levels and increasing HDL (good cholesterol) levels thus improving overall cholesterol profile.

Can I be in Ketosis and still not lose weight?

Yes, it is possible. If this is a case with you, you can read the complete guide to Keto diet or reach out to a Keto coach.

Can I have fruits on a Keto diet?

Most fruits are rich in sugar and carbohydrates, it is therefore advised to avoid all such fruits in Keto diet.

How long can I be on a Keto diet?

You can be on a Keto diet for as long as you want to. It's important to enjoy it and be sure, you are not experiencing any health issues because of it.

How many carbs can I eat daily?

It's advisable to eat less than 20 to 50 g of carbs every day. If you exceed this daily carb intake, you will fall out of Ketosis.

Is Keto safe during pregnancy/breastfeeding?

Yes, it is safe but you should not try to lose weight during pregnancy or while breastfeeding. Losing weight during this time can have an adverse effect on the growth of fetus/child.

Is Keto diet suitable for women going through menopause?

Yes, it is safe. A low-carb diet can lower insulin levels and improve insulin sensitivity. It can assist in controlling appetite and helps reduce hot flashes and associated symptoms.



Thank You

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