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'Keto' Food Guide for Weight Loss & Balancing Blood Sugar Naturally

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Eat Healthier Foods in Lower Quantities without Going Hungry

The Keto diet has exploded in popularity as an effective way of losing weight, balancing blood sugar and reducing insulin resistance for type 2 diabetics

In fact, many people have got off meds altogether thanks, in part, to the Keto diet (along with daily exercise) - and the best part is that there's no calorie counting or feeling like you're starving yourself.

In fact, you can eat as much as you want (within reason) and not put on weight!

Excited?

You should be!

Without further ado, let's find out what the Keto diet is all about...

Legal Notice - This Keto diet guide is offered as advice only and not as a replacement for professional advice. You should always consult your doctor before you make changes to your diabetes medication regimen.



How this Guide will Help You Know what Foods to Eat

After reading this guide, my hope is that Keto will become the foundation on which you make all your daily food choices.

This is because Keto is one of the healthiest diets for balancing blood sugar naturally. You can eat as much as you like and you should still be able to lose weight without going hungry.

The golden rules are:

1. Eat no more than 20 grams of carbs per day.
2. Balance your meals with 75-80% healthy fats, 15-20% Protein and 5% carbs.



Healthy Fats

For decades we've been told to cut fat from our diet, and to be picking 'low fat' choices at the supermarket.

Well, now we know different.

Food marked 'low fat' is typically loaded with sugar, making it even more dangerous for us diabetics.

In the Keto diet you need to be eating 'dietary fats', which are the healthy kind. Eating healthy fats will stop you suffering from the cravings that stop most diets from working long-term.

Top 10 Healthy Fats



Avocados
Cheese
Dark Chocolate
Whole Eggs
Fatty Fish
Nuts
Chia Seeds
Extra Virgin Olive Oil
Coconuts and Coconut Oil
Full-Fat Yoghurt

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Protein

Keto diet is a medium, rather than high, protein diet. Up to 20% of your daily food should be from protein. You can eat practically any type of meat (I recommend organic). You can even eat processed meat, like ham, bacon and sausage, so long as it isn't loaded with sugar, carbs or trans-fats. So check the labels before you buy.

Aim for portion sizes that are about the size of your hand or a deck of cards.





Greens & Salad

Eat 1-2 cups of greens & salad a day:

Lettuce, Collards, Mustard Greens, Swiss Chard, Raw Spinach, Cabbage, Kale, Chives, Parsley, Alfalfa and Broccoli

Eat two thirds of a cup of cooked vegetables per meal:

Asparagus, Broccoli, Brussels sprouts, Cauliflower, Green cabbage, Celery, Peppers, Eggplant, Green beans, Cooked kale, Okra, Mushrooms, Peas, Spinach and Zucchini.

You can also add onions and tomatoes as a light garnish.



Flavored Water Instead of Soda



A can of soda a day is estimated to increase diabetes risk by 60%. Fructose loaded fruit juice isn't much better. Consider unsweetened tea or water flavored with lemon or lime juice instead.

4 Ounces of Cheese

An ounce of cheese is about 1 gram of carbs. So if you're cheese lover, limit yourself to 4 ounces a day. Just make sure you avoid processed cheeses as they may cause an insulin spike.



Foods NEVER to Eat!

- Artificial sweeteners
- Margarine that contains trans fats
- Anything labeled "low fat"
- Sugars (even brown sugar)
- Beer
- Milk (contains lactose, a type of sugar)
- Flavored yogurts
- Fruit juice
- Fruit (other than 2 or 3 berries)
- Grains (even whole grains)
- Rice
- Cereals or oatmeal
- Corn
- Breads (including muffins and bagels)
- Pastas
- Peas
- Potatoes
- Sweet potatoes
- Crackers
- Beans and peas (pinto, lima, kidney, peas etc)
- Peanuts
- Root vegetables (carrots, parsnips, potatoes)
- Winter Squash (Acorn, Butternut, Buttercup, etc)



How will I know it's working?

When you start the Keto diet you may notice your eating habits change very quickly. First you may find that you feel less hungry and that you start eating smaller portions, all while losing weight and having more energy than you may have had before.

You lose weight because the Keto diet leads to your body changing its fuel source. Instead of sugars and carbs it will be fat that your body burns for energy. This naturally leads to your stubborn belly fat melting away, your blood sugar to balance and potentially your insulin resistance to reduce.

Good luck!

