

Ketogenic Diet
by:
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The objective of this diet or really lifestyle of eating is to take in very small amounts of carbohydrate normal amounts of protein and larger amounts of healthy fats.

It is necessary to get as much as 60% to 80% of your calories from healthy fats and oils.
Here is a list of foods that give healthy fats and oils.

Almonds
Coconut oil
Almond butter
Cream cheese
Almond milk,
unsweetened Dark chocolate (80 percent or higher)
Almond oil
Krill oil
Avocado
Avocado oil
Ghee (Clarified butter)
Beef tallow
Greek yogurt
Blue cheese
Heavy whipping cream
Brazil nuts
Lard
Butter
Macadamia nut oil
Cheese (cheddar, Colby, feta, mozzarella, provolone, ricotta, Swiss, and others)
Macadamia nuts
Chia seeds
Mayonnaise
Chicken fat
Olive oil
Coconut
Pecans
Coconut cream
Pili nuts
Coconut milk unsweetened
Pistachios
Sour cream
Sunflower seeds
Walnuts
Pecans
Almonds
Peanuts

Cashews

Protein is second in the diet. About 30% of your diet.

Do not over do protein in your diet. It is not stored by your body and will be converted to glucose/sugar when you take in too much.

Here are some foods that are OK on this diet.

Bacon (not turkey bacon)

Kielbasa

Beef jerky (watch out for added sugars)

Pepperoni

Beef ribs

Pheasant

Beef roast

Pork chops

Bratwurst

Pork ribs

Chicken (choose the darkest cuts, skin on)

Pork rinds

Duck Pork roast

Eggs (whole)

Quail Fish (salmon, bass, carp, flounder, halibut, mackerel, sardines, trout) Salami Ground beef (not lean)

Sausage

Goose

Shellfish (scallops, shrimp, crab meat, mussels, oysters)

Ham Steak (the fattier the better)

Hot dog (Nathan's brand is the best)

Tuna

Turkey (darker pieces are best)

Veal

There is no biological need for carbohydrate foods in the diet.

If you feel you must have carbohydrates then keep them to 10% or less of your food intake.

Carbohydrates include the obvious sodas, candy bars, surgery syrups, fruit, starchy vegetables, pasta, breads, and too much protein (Being converted to sugar).

Here are some carbohydrates you may have.

This list of carbohydrate-based foods, but it doesn't mean you will be able to consume all of these as part of your ketogenic diet. While it is possible that some people will be able to reach ketosis eating plenty of the foods you see on this list, many others must limit their consumption to the green, leafy vegetables on this list or even omit carbs entirely. Again, figure out what your carbohydrate tolerance is first and then choose wisely.

Arugula

Garlic

Radishes

Artichokes

Green beans
Raspberries
Asparagus
Jicama
Rhubarb
Blackberries
Kale
Scallions
Parsley
Watercress
Cranberries
Peppers
Wax beans
Cucumbers
Pumpkin
Zucchini
Eggplant
Radicchio

Information from the book “Keto Clarity” by Jim Moore.

Westman MD, Eric; Moore, Jimmy (2014-08-06). Keto Clarity: Your Definitive Guide to the Benefits of a Low-Carb, High-Fat Diet (p. 240). Victory Belt Publishing. Kindle Edition.