

## Low Carb/Keto Basics

High-carbohydrate foods are both high in calories and low in satiety, meaning they don't reduce feelings of hunger as much as other foods. A low-carb diet limits high-carb foods like breads, pastas, and sugary desserts, and replaces them with fats, proteins, and fiber. This results in an overall decrease in calories while also reducing hunger and evening out blood sugar, preventing "crashes" that can lead to breaking your diet.

Low carb diets restrict high carbohydrate foods but allow some carbs. Ketogenic or "Keto" diets restrict carbs to an extremely low level and require strict maintenance, but once there your body switches to burning fat as its primary source of fuel, resulting in rapid weight loss.

### Foods to Avoid

#### Sugary Drinks, Candies & Desserts

Sodas, candy, pies, cookies, cakes, donuts, most breakfast cereals

#### Starches

Pasta, bread, rice, potatoes, French fries, pancakes & waffles, pizza

#### Alcohol

Mixed Drinks, beer & wine

#### Tropical & Dried Fruit

Bananas, pineapple, mangoes, dates, figs, raisins

#### Processed & Breaded Meat

Chicken nuggets, sweetened sausage, fast food patties, fried chicken

#### Low Carb

50g net carbs (or less) per day

#### Keto

20g net carbs (or less) per day

## Short Term Side Effects

**Symptoms:** On your first few days of Keto, you may develop flu-like symptoms including dizziness, nausea, and fatigue. This is commonly called the "Keto Flu." Symptoms are generally much less severe on low-carb diets but you may also experience some of these.

**Solution:** With less carbs, you may find yourself low in electrolytes such as sodium, partially due to lower overall water retention. Drink some chicken or vegetable broth, and symptoms will dissipate.

**Symptoms:** Leg cramps, reduced physical performance

**Solution:** Make sure you get enough electrolytes, especially magnesium. Take supplements if needed. With reduced performance, give it time; sometimes your body just needs a week or two to adjust.