**What is Keto?**

With so many weight loss/healthy eating programs out there it's a challenge to know which program works for you.

Keto is one of the most popular. The program limits carbs and substantially increases consumption of fat in addition to a moderate amount of protein. This program throws your body into a state known as ketosis.

Your body needs fuel. Usually that fuel is derived from proteins, carbohydrates, and fat. Of course your body also needs fiber, vitamins, and minerals. Let's say you eat an apple. The sugars in the apple are converted to glucose, or blood sugar, through the digestion process. Glucose is transferred to the body's cells and is used for energy.

When you severely limit carbs and moderately limit proteins, the body uses fat for fuel, turning the fat into ketones which the body uses for fuel instead of glucose.

Keto is beyond low carb. The true Keto diet requires 60 to 80% of the food you consume to be fats, about 20% protein and the remaining very small percentage, 10%, from carbs. Keto is a restrictive diet.

Ten percent is a tiny amount and translates to no flour, rice, grains, beans, and very little fruits and vegetables.

**Typical Keto Day's Menu**

If you are average you probably consume about 2,000 calories a day. Keto would require a minimum of 1200 of those calories to be from fat, 600 from protein and 200 from carbs. A typical breakfast might be two eggs cooked in butter, a slice of ham and cheese with a salad of baby greens and ranch dressing.

Lunch could be a Cobb salad; half an avocado, four slices crumbled bacon, ½ cup sliced dark chicken meat, 1/4 cup blue cheese mixed with ¼ mayonnaise, served over a bed of spinach.

Dinner might be four ounces of steak topped with garlic butter, mushrooms cooked in garlic butter and sautéed green beans - yes in garlic butter.

Fat bombs, or flavored butters and cream cheese balls, boost the fat content to the required 60 to 80%.

**Start Off Easy to Ward Off Digestive Problems**

Some people react to this drastic change in diet with digestive problems and flu-like symptoms. Ease into Keto gradually, if you think that might be you. Start off with one Keto compliant meal per day then add another Keto compliant meal in three or four days and finally go completely Keto after a week.

Another alternative is to drink Keto Smoothies for breakfast and lunch and a sensible dinner, then sub in a keto breakfast for the morning smoothie and finally a Keto lunch.

**Can You do Keto if Your Family Doesn't?**

Yes. Here are a few tips so you don't become a short order cook.

1. Clean Out Your Kitchen

Remove all non-keto compliant foods from the kitchen. Ask family members to keep their snacks and foods away from the kitchen. Invest in a small refrigerator/freezer for their foods. Keep the freezer away from the kitchen.

2. Prepare a Keto main dish and one Keto side dish for you and the rest of the family. Add side dishes that may not be Keto compliant to round out the menu.

3. Stash Keto compliant foods such as avocados, nuts, cheese, canned salmon and tuna and salad greens so you always have a quick Keto meal for yourself.

**On Again Off Again Keto**

One method that seems to boost weight loss is to eat Keto fie or six days a week and a healthy carb day for one or two days a week.

The logic is that your body adapts to any eating program and weight loss slows down. By throwing in a carb day once or twice a week your body metabolism is caught off guard. When you go back to Keto it's more effective.

Additionally your brain needs glucose, so ramping up your carb consumption gives your brain what it needs.

**Intermittent Fasting and Keto**

Intermittent Fasting is simply giving your body a break from food for a limited amount of time.

One program advises a 16 hour time period between the last meal of the day and the first meal of he next day. For example eat dinner on day one at 6 PM then your first meal the next day would be no earlier than 10 AM.

An alternative is complete fasting - no food - just no calorie beverages, every other day. Or fast three days a week and eat four days a week.

Finally there is the 500 to 750 calorie day followed by a normal day.

Keto can be combined with any of these Intermittent Fasting programs.

**Other Eating Programs and Keto**

Simply put there are a number of eating programs that would be difficult to combine with Keto. It's not impossible but it would be somewhat difficult to follow Keto as a vegetarian, no animal proteins but dairy products and eggs are allowed. Being a Vegan, no animal proteins or products (no diary or eggs) would not be feasible on a Keto program. Paleo is doable but doesn't allow dairy, although it does allow eggs. Low calorie is doable but defeats the purpose of Keto. The carnivore diet - eating only animal proteins would be difficult.