



GemeyLovesKeto.com

Week 2

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Understanding Your Body and Food Labels

As you adapt to your new lifestyle you will notice some changes in your body.

Outside of weight loss, you will start to understand how different foods affect your body. You may notice that certain sugar substitutes and even fruits spike your insulin levels. A dairy sensitivity that has gone unnoticed may be discovered. You may find that eggs are your least favorite food in the world.

Understand that weight loss varies from person to person.

I have seen people drop 10 pounds in a week, and others take close to a month to see anything close to those results. Be patient with your progress, love the process (after all, you're eating delicious foods!), and adopt the mindset that you are creating long-lasting health benefits.

For women, adopting a ketogenic lifestyle often regulates our hormones (This is one reason why keto is recommended for women battling infertility). You may get your monthly visitor early, or not at all for a few months.

Ladies, our hormones can play some mean tricks on us. During that time of the month, stay the heck away from the scale! I have added on as much as 5 pounds of water weight, all while craving a box of chocolates and wanting to curl up in bed with pillows and Rom-Coms. And no, I'm not being dramatic! What you can do to stay on track is drink a TON of water with lemon (helps with the bloating), stick to poultry, fish and eggs for protein (sensitive on your ovaries), and prepare some sweet fat bombs for when those cravings try to take control. Sticking to your workout routine will also help regulate your mood.

As you get to know your body, understand what is important and what is not.

Cholesterol has been demonized for years (just like fat!) as a leading cause of heart attacks. We have got it all wrong, people! Without cholesterol, which the body actually produces on its own, we would be dead. This article by Dr. Zoe Harcomb is one that I reference often when I'm asked if my ketogenic lifestyle is raising my cholesterol. Pick up the book, "Cholesterol Clarity" by Jimmy Moore if you still have questions and/or are concerned about having "high cholesterol."

I have said it before and will say it again – and throughout our journey together – sugar is the worst thing for your body and overall health.



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Signs of Ketosis

While you can purchase ketone strips and blood glucose meters at pharmacies and online to test your urine and blood for the presence of ketones, it is just as easy to monitor your body. Signs of ketosis include:

- Metallic tasting/smelling breath
- Strong smelling urine
- Thirsty
- Reduced appetite
- Diminished cravings for carbs/sugar
- Mental clarity
- Euphoria
- Sustained energy

If you are experiencing many of these symptoms and have been eating that 75-20-5 ratio of healthy fats, proteins and carbs, there is a good possibility that you are in ketosis.

Detox like a Champ

Inflammation is the leading cause of most autoimmune disorders and definitely the reason why that lovely “muffintop” isn’t disappearing. I’ve long said that apple cider vinegar is magical, and I can tell you from personal experience that it has helped reduce those lovely little “love handles” that no one actually loves. Here’s my drink of choice in the morning, before meals, and at night:

- 1/2 Tbsp unfiltered apple cider vinegar
- 1/2 tsp turmeric
- 2 shakes of ground cinnamon
- 8oz of water

Mixed together very well, then chugged down quickly (sometimes while holding my nose!) I drink this at least once a day, and the more consistent I am, the better I look and feel! It’s not pleasant, but it does a good job of cleansing.



Food Labels

Reading food labels has to be part of your grocery shopping life. Ingredients are listed most to least. Make sure the #1 ingredient is a whole food!

Carbs sneak their way into our foods and can prevent getting – and staying – in ketosis. Unless you are insulin-resistant we are focusing on keeping your NET grams of carbohydrates under 20 per day. Net grams of carbs are calculated by taking the total carbohydrates and subtracting the total fiber.

To find the net grams of carbohydrates a food has, use this simple formula:

$$\text{Total Carbohydrates} - \text{Dietary Fiber} = \text{Net Carb}$$

Sugar, Sugar Alcohol and Sweeteners

Sugar – avoid it like the plague. The main “healthy” foods with added sugars tend to be tomato-based products, like canned tomatoes and/or pasta sauces. See below for the different ways sugar is snuck into many ingredients:

- Barley Malt
- Beet Sugar
- Brown Sugar
- Buttered Syrup
- Cane Sugar
- Cane Juice
- Cane Juice Crystals
- Carob Syrup
- Confectioner’s Sugar
- Corn Syrup
- High Fructose Corn Syrup
- Corn Sugar
- Corn Sweetener
- Corn Syrup Solid
- Crystalized Fructose
- Date Syrups
- Dextran
- Dextrose
- Diastase
- Diastatic Malt
- Evaporated Cane Juice
- Fructose
- Fruit Juice
- Fruit Juice Concentrate
- Glucose
- Glucose Solids
- Golden Sugar
- Golden Syrup
- Grape Sugar
- Grape Juice Concentrate
- Invert Sugar
- Lactose
- Malt
- Maltodextrin
- Maltose
- Molasses
- Refiner’s Syrup
- Sorghum Syrup
- Sucanant
- Sucrose



Sugar, Sugar Alcohol and Sweeteners (cont.)

You're avoiding sugar, but what about the "sugar-free" products?

Well, most of those have sugar alcohols. Sugar alcohols are INCOMPLETELY absorbed by the body, and certain sugar alcohols like maltitol and sorbitol, may raise your blood sugar and kick you out of ketosis. If you are eating a food with one of those sugar alcohols, estimate that only half will be absorbed and impact your blood sugar.

To calculate net carbs with foods containing maltitol or sorbitol, use this formula:

Sugar Alcohols divided by 2 = Sugar Alcohol

Total Carbohydrates - Dietary Fiber AND Sugar Alcohol = Net Carbs

Erythritol and xylitol have minimal impact on blood sugar and can fully be deducted from the total amount of carbs.

See the picture as a reference.

NET CARB CALCULATION

Nutrition Facts		
Sugar Free Candy Bar		
Serving Size - 1 Bar (60 g)		
Calories 232 - Calories from Fat 106		
% Daily Value*		
Total Fat	12 g	20%
Saturated Fat	7 g	60%
Cholesterol	13 mg	4%
Sodium	50 mg	2%
Total Carbohydrates	29 g	8%
Sugars	0 g	
Sugar Alcohol	18 g	
Dietary Fiber	6 g	9%
Protein	2 g	4%

NET CARB CALCULATION:

Sugar Alcohols / 2 = Carbs
Carbs - Fiber = Net Carbs

$$\begin{array}{l} 29 \\ 18 / 2 = 9 \\ 6 \end{array} \quad \begin{array}{l} 29 - 9 = 20 \\ 20 - 6 = 14 \end{array}$$

NET CARBS



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Know Thy Fats

“Eat fat, burn fat,” right?! Totes!

BUT not all fats are created equal, and some are just completely toxic. Our ketogenic lifestyle is comprised of at least 70% of HEALTHY fats. To avoid confusion and keep things simple, stick to the basic, healthiest of healthy fats:

- Avocado
- Macadamia nuts
- Eggs
- Fatty cuts of meat
- Coconut oil
- MCT oil
- Avocado oil
- Grass-fed butter (Kerrygold is my jam!)
- Ghee.