

SIMPLE STEPS TO SUCCEED ON A KETO PLAN

1 PREVENT THE KETO FLU

Increase sodium and electrolyte intake, drink plenty of water, increase fat & protein intake, and keep carbs to a minimum. Don't force yourself to fast; eat when hungry. Know which foods are keto-friendly and which aren't!

2 READ LABELS

For the first few weeks, reading labels is going to be important to make sure that what you are buying is keto-friendly. To calculate carb content, look at the total carbohydrates and subtract fiber. This will also help you identify and avoid ingredients such as vegetable oils and certain artificial sweeteners.

3 COUNT CARBS - AT FIRST

Being aware of carb count and portion size is important. Your carbohydrate intake should not exceed your daily limit (0-20g). After a week or two, you will learn how to stay below your limit and tracking won't be necessary.

4 KEEP IT SIMPLE

Many people enjoy making elaborate keto dishes and desserts -- and that's great! But just know that it is NOT a must. Food preparation can still be easy, quick, and affordable -- something as simple as meat and greens with some berries for dessert.

5 LISTEN TO YOUR BODY

Eat when hungry; fast when not hungry. If your appetite is excessive, eating larger meals with more fat and protein can help you feel satiated. It may take time to restore the proper function of your appetite-related hormones.

6 EXERCISE

Any exercise that you enjoy is going to be a great addition to a ketogenic plan. Whether it is walking, swimming, dancing, or lifting weights -- get active! Exercise will help restore your metabolic health and speed up your progress.