

A WELL-FORMULATED KETOGENIC DIET

SUMMARY SHEET



Consider Overall Macronutrient Intake:

Generally, this is 75-80% fat, 15% protein, 5-10% carbohydrates but this can be personalized for the individual

Determine daily protein intake based on 1.2-2.0 g/kg of reference weight (see Table 1 in Module 2).

Set total carbohydrate intake to 20-50g per day.

Add Fat:

1. Eat to satiety
2. The type of fat consumed is more important than the amount. Limit the amount of polyunsaturated fats, with most fat consumption from saturated and unsaturated fats
3. Coconut oil and MCT oil to be used as a fuel source
4. See handout on source of fat

Consider Micronutrient Needs:



1. Sodium: "Restricting sodium is a recipe for failure."
 - Consume 1-2 cups of mineral or bone broth daily
 - Use mineral rich salt for flavoring of foods
 - 4-5 grams per day is a general guideline for sodium intake
2. Fiber: Minimum of 10-15 grams per day

Optional Supplements:

1. Calcium
2. Magnesium
3. Potassium
4. Vitamin D
5. Omega 3's



Hydrate with a minimum of 64 oz. of water daily.

Additional Tips:

- Less focus on counting calories and higher focus on achieving nutritional ketosis
- Measure blood ketones daily to assess nutritional ketosis, aiming for 0.5-5.0 mM
- Refer to troubleshooting handout as needed