

MY KETO LAUNCH GUIDELINES

My Keto Launch was designed to provide a transitional eating pattern to prepare for healthy eating habits on the Ketogenic diet.



Limit concentrated sweets

Did you know? 49% of adults consume sugary drinks daily, enough to add up to 15 lbs weight gain a year! Concentrated sweets do not contain fiber or protein, so people remain hungry and likely eat more.

Examples: Candy, dried fruit, chocolate milk, pastries and baked goods, soda, fruit and vegetable juices, sports drinks, pre-made teas.



Choose whole foods often

Whole foods are foods that are found in their natural form, unprocessed and unrefined. For example, fresh berries are a whole food while jams are not.



Foods in their natural state have no additives or preservatives.

Carbohydrates: Potatoes, Brown Rice, Fruits

Vegetables: All fresh varieties

Fats: Avocados, Nuts, Seeds, Oils

Protein: Beef, Chicken, Turkey, Fish

Drink more water

The human body loses at least 16 oz. a day through breathing, digestion, and sweat.

Water benefits our skin, joints, digestive system, and weight management.

Aim for 8 cups daily. Ideally, drink one to two cups during and between meals.



Unsweetened tea and coffee are also great choices 1-2 times a day.



Enjoy 3 balanced meals a day

Healthy, balanced meals provide several benefits that low nutrient, processed meals do not.



More stable blood sugar = better energy
Vitamins and minerals = proper organ functions (heart, liver, intestines)

Plant antioxidants, found in whole foods, can be very helpful for our immune system

Limit Concentrated Sweets

This is the first step; it is one of the most important.

Natural sugars, like those from fruits and vegetables, are always part of a healthy diet. We want to avoid all concentrated sweets, which is most often added sugar or condensed sweets. Concentrated sweets provide almost no nutrition benefit to us.

Try to limit

Cakes, brownies, milk chocolate, candy, fruit juices, syrups, honey, table sugar, fruit jelly, sweet sauces, chips, crackers, sweetened cereals, white bread, granola bars, yogurt with added fruit, dried fruit, condiments and sauces

Satisfy your cravings

Fresh fruit, especially raspberries, blueberries, strawberries, and blackberries; vegetables, especially dark leafy greens; dark chocolate, air-popped popcorn, mixed nuts, seeds, beverages with zero added sugar or calories



Choose Whole Foods Often

What are whole foods? Think about food in its most natural state, like those freshly-picked from a garden, or unprocessed foods bought at the store. Take, for example, grapes in their natural state versus raisins or fresh cucumber versus pickles in a jar. Whole foods provide an abundance of vitamins, minerals, and plant antioxidants that protect our body. When a food is processed into a different form, these beneficial nutrients often get destroyed.

Foods are generally classified as a carbohydrate, fat/oil, or protein, but some foods contain significant amounts of two food groups.



Carbohydrates

- Potatoes
- Rice
- Quinoa
- Beans/Lentils
- Oats
- Fruits
- Some vegetables
- 100% Whole wheat bread, pasta, tortillas



Fats and Oil

- Oils and oil-based dressing: Avocado, Grape seed, Olive, Coconut
- Eggs
- Seeds
- Nuts
- Butter
- Cheese



Protein

- Chicken
- Turkey
- Beef
- Eggs
- Pork
- Fish
- Beans/Lentils
- Yogurt
- Cheese



But how much of each food should I be having?

Portion sizes depend on your overall nutrition needs, but below are general guidelines for one serving. Also look at My Keto Weigh Exchange Lists for serving sizes.

Carbohydrates:

Grains like oats, rice, quinoa, whole wheat pasta are 1/2 cup cooked. Most sliced items like bread and tortillas are 1 unit. Fruits are easy to portion, like 1 apple. Berries, chopped melon, and grapes shouldn't be more than 1 cup. 3/4 cup of beans and lentils, which are high in fiber and protein; a full cup is acceptable if you're not eating meat.

Fats and Oils:

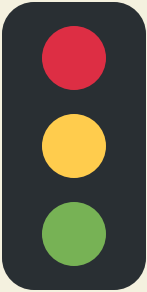
Cook food in 1-2 tsp of oil. Most salad dressings are 2 tbsp max. Whole eggs including the nutritious yolk are 1-2. Cheese is 1 slice, or the size of two dice. Fatty crunchy items like shredded coconut and pumpkin seeds are 1-2 tbsp, while mixed nuts are 1/4 cup

Protein:

Meats (poultry, fish, beef) are 4-6 oz, think the size of an iPhone 6 or your palm. Greek yogurt is higher in protein, keep under 1 cup.

Eating and Time

Life is busy, and sometimes we rush eating while we're trying to do other things. We want to think about what we're eating and connect with food and how we're giving our body good fuel. Food should not be a chore, and eating without paying attention leads to overeating. Try to think about a traffic light before your next meal.



Stop:

Take a breath. You're about to enjoy a meal. It's ok if your day is hectic. Eating is about giving your body good fuel, not punishing it.

Slow Down:

Take your time chewing food. Try not to be on your phone or TV while you're eating. Reflect on your day, or use this time for conversation with friends or family

Go:

Go on and enjoy that healthy meal!



Making Healthy Eating Happen

You have the tools and the foods to make healthy, well-balanced meals. Now how do you actually "make" a meal? Here is an example of a day's worth of food for an average adult. Note that this is just an example, and everyone has different needs based on their preferences and lifestyle. Consult with your Registered Dietitian to create a plan built for you and your goals!

Breakfast: Oatmeal with berries and cinnamon, 2 eggs

- 1/3 cup (dry) oatmeal**
- 1/3 cup berries**
- Sprinkle of cinnamon**
- 2 eggs, cooked to your liking**

Snack: Fruit and Cheese

- 1 medium sized fruit or 1 cup chopped fruit**
- 1 string cheese (or 1 oz cubed about the size of two dice)**

Lunch: Chicken fajitas, avocado, and rice

- 4 oz boneless skinless chicken**
- 1/2 cup steamed rice**
- 3/4 cup bell pepper, onions, tomato fajitas**
- 2 tbsp sour cream**
- 1/3 avocado**

Snack: Yogurt , fruit and mixed nuts

- 3/4 cup greek yogurt, no added sugar**
- 1/4 cup mixed nuts**
- 1/2 cup fresh fruit**

Dinner: Lemon Salmon, Roasted Potatoes, Side Salad

- 4 oz salmon filet**
- 1 cup cubed potatoes, roasted with olive oil and herbs**
- 2 cups salad greens**
- 3/4 cup chopped cucumber, carrots, tomato**
- 1 tbsp oil-based dressing**