



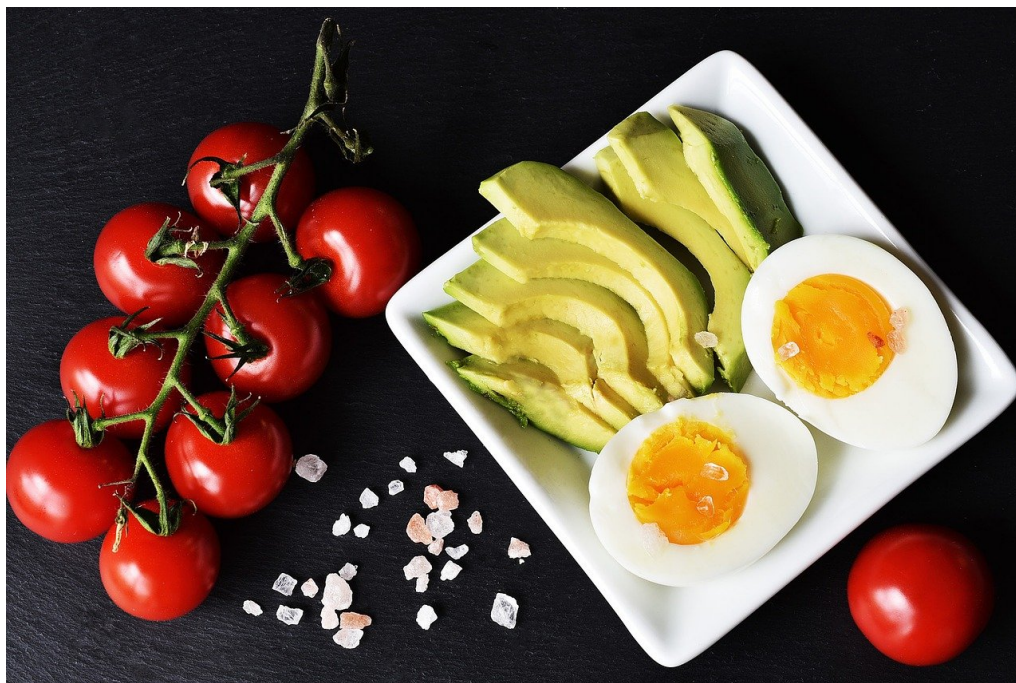
How Fast Can I Expect to Lose Weight on Keto?

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6 Ways to Go on a Ketogenic Diet - wikiHow



Keto diets are high-fat and low carb. This combination causes your body to go into ketosis, where your liver turns fat into ketones and your body prioritizes torching fat for energy.^[3]

- Ketosis is a relatively complex metabolic state and may not be right for everyone!
- The standard ketogenic diet is 75% fat, 20% protein, and 5% carbs.

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Eat mostly healthy fats and high-quality proteins. These will give you sources for energy throughout your diet.^[4]

- Consume high-fat meats like salmon and beef.
- Use olive, coconut, and avocado oil for cooking.
- Cheese and heavy creams are great sources of fat.^[5]
- Your options for protein include eggs, fish, red meat, and chicken.

Foods you shouldn't eat include most high-sugar fruits and grains, as well as:^[6]

- Baked goods (gluten-free or otherwise)
- Wheat-based products (pasta, flour, bread)
- Rice, beans
- Potatoes, corn, squash, peas
- Juices or syrups

- Sweetened yogurt
- Crackers and chips
- Soda, candy, alcohol

These foods in moderation won't prevent you from reaching ketosis, as long as you eat them sparingly:

- Snacks with high-fat content like nuts, avocados, and unprocessed cheese.
- Berries, unsweetened tea/coffee, and dark chocolate are also allowed to sweeten up your day.^[7]

Try a low-carbohydrate diet first to ease your transition into keto. This can reduce some of the initial side-effects of starting keto, often called the keto flu.

- Symptoms of the keto flu include nausea, intestinal discomfort, or sleep issues.
- You can try the Atkins or the Paleo diets, since both are low-carb.

Choose a targeted keto diet if you're a frequent exerciser. This ensures you'll have enough energy to work out.^[8]

- Targeted keto diets (TKD) are 65-70% fat, 20% protein, and 10-15% carbs.
- The carbs will be most helpful if eaten before or after you work out.
- These carbs will be burned as you exercise, and therefore won't get stored as fat.

Pick a cyclical keto diet for more freedom on cheat days. Save those days for special occasions, or alternate five days of a normal keto diet with two non-keto days.^[9]

- Keto day = 75% fat, 15-20% protein, 5-10% carbs
- Off day = 25% fat, 25% protein, 50% carbs
- Even on your off days, try eating fruits, starchy veggies, dairy, and whole grains for your carbs instead of sugary or highly processed foods.

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Do a high-protein keto diet to build muscle. If you lift weights 4-6 times a week, this is a good option for you.^[10]

- 60% fat, 35% protein, 5% carbs
- This diet is easier to follow because you replace some of the fat from the standard keto diet with protein.

- If you are using a ketogenic diet to lose weight or build muscle mass, eat approximately 1g of protein per pound of body mass.^[11]

Eat short chain fats. These can ease the process of ketosis and reduce stress on your body.^[12]

- Short chain fats signal the liver to make more ketones and can also be a source of fiber.
- Try to cook frequently with coconut oil.^[13]
- Try and eat vegetables like onions, asparagus, artichokes, and garlic often.^[14]

Take a vitamin D supplement. Vitamin D is rarely naturally present in foods, however, it is an essential to calcium consumption, cell growth, and inflammation.^[15]

- The restriction of a ketogenic diet can demand a higher need for vitamin D.
- Purchase vitamin D capsules or pill at your local health food store.
- You can also get vitamin D sun exposure. Try to sit outside or go for a walk each day.^[16]

Use fiber supplements. Eliminating carbohydrates also means eliminating a large source of fiber.^[17]

- Fiber reduces the stress of digestion and promotes healthy bowel movements.
- If you are having difficulty consuming your desired amount of fiber, try taking a supplement like Metamucil to prevent constipation or other intestinal inflammations.

Test for signs of ketosis. This is a surefire way of knowing whether or not your ketogenic diet is effective.^[18]

- Buy ketosis test strips, like ketostix, and use them regularly and consistently.^[19]
- When producing ketones, your urine and breath might begin to smell fruity or like nail polish remover.^[20]

Consult your physician or a healthcare professional. They can help you make sure you're pursuing ketosis healthily.^[21]

- Discuss the possibility of potential complications with your doctor if you have preexisting health conditions or metabolic disorders.
- Ask your doctor if a ketogenic diet might help treat existing health conditions or preemptively treat conditions you might be prone to, like diabetes.

Don't confuse ketosis with ketoacidosis. Ketoacidosis is completely different and occurs with type 1 diabetics.

- Ketoacidosis happens when there are about ten times more ketones in the body than in nutritional ketosis. It is very dangerous.
- Symptoms include exhaustion, extreme thirst, and dizziness.
- Check with your physician or doctor to see if you are prone to an insulin deficiency and therefore might be at risk for undergoing ketoacidosis.^[22]

Not many long-term studies have been done on keto. It has been associated with high cholesterol, heart disease, and mood swings. At the same time, it has also been linked to weight loss. Check with a doctor or dietitian before trying the diet to make sure it's safe for you.^[23]

- If you're not careful to be sure you're still getting the proper amount of fiber, you may suffer from constipation while on keto.

One obesity study demonstrated that 6 months of keto was beneficial. The body weight and BMI of patients were significantly reduced, and there were no significant side effects.^[24]

Keto can be used to treat epilepsy. Evidence shows it can be a good non-surgical treatment for patients of any age. However, the diet should be designed individually for adolescents and older.^[25]

- It will require at least 3 months from the start of ketosis to see possible results.
- For epilepsy patients doing keto, it is important to watch for dehydration, lethargy, constipation, and abdominal pain.

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A keto diet may decrease the performance of trained endurance athletes. However, moderate to vigorous intensity exercise doesn't seem to be impacted.^[26]

The high fat content could increase your risk of cardiovascular disease. Your blood will have an increased concentration of fats after just 6-8 weeks.^[27]

Keto can put you in danger of DKA if you have diabetes. DKA, or diabetic ketoacidosis, can lead to unconsciousness or death when too many ketones build up in the blood of a diabetic. It can be caused by low blood sugar or not enough insulin.^[28]

- DKA is more likely to happen to a type 1 than type 2 diabetic.
- If you experience symptoms like nausea, breathing difficulties, or dry mouth, see a doctor immediately.

Kidney disease patients are more likely to require dialysis on keto. Because there are more ketones in their blood, their renal system has more to process.^[29]

Can I eat whenever I like?

- Keto diet plans don't usually set strict times when you can and can't eat.

Will I have to stop eating carbs the whole time I'm on the diet?

- No! The keto diet allots you a certain amount of carbs each day, and you can give yourself days to relax or ignore the carb restrictions as well.^[30]

Can I drink alcohol?

- Yes, in moderation.

How long will it take me to lose weight?

- This depends on your body type, as well as your other lifestyle habits. To get the most from keto, you should combine the diet with regular exercise, sleep, and plenty of hydration.^[31]

Can I do keto if I'm a vegetarian or vegan?

- Yes, you can. Vegan meats like tofu and tempeh can supply you with protein as necessary.^[32]

How long does it take to get into ketosis?

- It will usually take about 3 days, though this number can differ depending on how old you are, the speed of your metabolism, and how much you're limiting your carb intake.^[33]

Will I lose muscle, or can I build muscle?

- You could build muscle with keto, but if that's your main goal you may want to try a diet that's focused on consuming large amounts of protein. It's possible to lose muscle with keto, but that's the case with any diet.

Is keto safe and healthy?

- Keto has been associated with high cholesterol, heart disease, and mood swings, though not many long-term studies have been done on the diet. At the same time, it has also been linked to weight loss. Check with a doctor or dietitian before trying the diet to make sure it's safe for you.^[34]



How to Start a Ketogenic Diet for Weight Loss: 12 Steps



Talk to your doctor. Although the ketogenic diet is grounded in medical and nutritional fact, there is not a universal opinion in the medical community that the diet is effective for weight-loss. Your personal doctor will be able to advise you if the diet is a good fit for you personally.

- Some sources view a ketogenic diet as an effective way to counter the symptoms of certain illnesses — such as epilepsy — rather than a weight-loss diet.^[3]
- If you are pregnant or diabetic, work with your doctor so they can monitor and adjust your medications while you follow this diet. ^[4]
- People with kidney disease, such as hypertension, can experience problems with high-protein diets.^[5]

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Recognize the possible risks of a ketogenic diet. A ketogenic diet — and putting your body into ketosis generally — presents risks for anyone who suffers from heart or kidney problems.^[6] If you are at risk for heart disease or kidney disease, avoid ketogenic diets.

- A ketogenic diet prescribes moderate amounts of proteins, and large amounts of fats.
- A ketogenic diet will also add strain to your kidneys. Protein-heavy foods increase the amount of calcium in your urine. This, in turn, can strain your kidneys and lead to the development of kidney stones.

Start with a general low-carb diet like Atkins to ease yourself into nutritional ketosis.

The Atkins diet is heavy on fats and proteins, low on carbohydrates, and will encourage your body to burn ketones for energy. Atkins is a decent “middle ground” between a regular diet (often high in carbs) and a low-protein ketogenic diet.

- This step is optional, but may make the transitional period into a ketogenic diet easier.

Calculate your “macronutrients.” Macronutrients are nutrients which your body needs in large quantities, and they provide energy in the form of calories. Calculating your macronutrient intake will let you see the current levels of your fat consumption. With this information, you can decide how to reduce your carb and protein consumption, and increase your fat consumption.

- There are three types of macronutrients: fats, proteins, and carbohydrates. Fats provide more calories per gram than either proteins or carbs.
- There are many macronutrient calculators available online. You’ll need to input your height, weight, daily exercise, and dietary information.

Eat as much as 20 or 30 grams of carbs daily. If you determine — through a macronutrient calculator — that you currently eat more than 30 grams of carbs daily, look for ways to decrease your carb intake. It’s crucial to avoid carbs on a ketogenic diet, as carbs easily convert into glucose, which keeps your body from burning ketones for energy.^[7]

- You should only receive about 5–10% of your daily calories from carbohydrates, by eating about 20 – 30 grams a day.^[8]
- Focus on getting your carbs through salad greens and non-starchy vegetables only.
- Avoid carb-heavy foods like pasta and bread.

Eat 2 – 8 ounces of protein several times a day. Protein is a necessary part of your diet, and without proteins, you will have very little energy. You may also feel hungrier or develop food cravings throughout the day. However, too much protein will diminish the weight-loss effects of a ketogenic diet.^[9]

- You should aim to consume about 25 – 30% of your daily calories from proteins.^[10]

- The amount of protein you eat will vary depending on how much protein you require as an individual. This is often tied to lifestyle, whether active or sedentary.

Eat healthy fats with all your meals. Fats are the cornerstone of the ketogenic diet, and will encourage your body to burn fatty ketones for fuel.^[11] Typically, calories from fat should comprise 80 – 90% of your meals.^[12] (However, you cannot eat unlimited fats on a ketogenic diet; the calories can still add up and cause weight gain.^[13]) Examples of fatty foods include:

- Organic butter and lard
- Coconut oil
- Fatty cuts of organic, grass-fed meat.
- Egg yolks and full-fat sour cream
- Homemade mayonnaise
- Heavy whipping cream and cream cheese
- Avocados and bacon
- Nuts and nut butters

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Don't stress too much about calories. Unlike many other weight-loss diets, you do not need to actively keep track of the number of calories in the dishes you eat while on a ketogenic diet. Since a ketogenic diet reduces food cravings throughout the day, you'll likely be less motivated to eat excess calories anyway.^[14]

- If you do want to track your calories, use the following breakdown as a guide (assuming that you'll consume about 1,500 calories a day):^[15]
- 1,050 calories from fat
- 300 calories from protein
- 150 calories from carbohydrates

Stay hydrated. Once your body is in ketosis, your kidneys will begin to release excess water which your body had been retaining. This retained water is a consequence of a high-carb diet, and once you reduce your carb intake, water retention will decrease as well.^[16]

- As a consequence, you may need to increase your daily water intake to avoid dehydration.
- Headaches and muscle cramps are a sign of dehydration. You may also need to increase mineral intake, especially salt and magnesium, as these are often lost when your body gets rid of retained water.^[17]

Use a ketone meter to test whether you are in ketosis. A ketone meter will measure a small sample of your blood, calculate your blood sugar, and will inform you if your body is in ketosis.

- Certain ketone meters test urine rather than blood; however, testing your blood is more accurate than testing your urine.
- Ketone meters are commonly for sale at drug stores, and also online.
- If you are in ketosis, your body will burn its fat reserves, and you will begin to notice weight loss.^[18]

Look for ketosis symptoms (also known as “keto flu”). Within three to seven days of starting the diet, you may notice symptoms like: strong-smelling breath or urine; slight nausea; high energy and mental clarity; fatigue; or diminished appetite with no cravings.^[19]

- If these symptoms last longer than a week, or increase in severity, you should visit your doctor. Severe nausea can lead to vomiting and dehydration, which are unhealthy when continued for multiple days.
- Many of these symptoms will vanish once you become keto-adapted.
- This symptom analysis can be performed in place of testing, if you are limited financially or do not want to test your blood or urine.

Notice that your health has improved (after a few weeks). This should also be accompanied by weight loss, and any bloating or inflammation which you had previously experienced will have improved greatly.

- Ketogenic recipes are readily available online. Search online for various keto-friendly sites.
- Search in Pinterest (or similar apps) for good ketogenic recipes.
- Common recipes include rich “fat bomb” desserts, low-carb sandwiches, and light meals with avocado and salmon.^[20]



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How to Do Clean Keto: Skip the Processed Foods and Feel Great



Restrict your daily carbs to less than 50 g per day. The most important part of following a keto diet is restricting the amount of carbs you eat every day. Eliminate all starches, breads, grains, and sugars from your diet. Carbohydrates should make up no more than 5-10% of your daily calories, which amounts to 50 g or less.^[1]

- Once you start your diet, it usually takes the body 3-4 weeks to achieve a steady state of ketosis.^[2]

Make sure 70-80% of your daily calories come from fat. Since ketosis forces your body to use fat as its main energy source, eating enough fat every day is important. In clean keto, go with healthy sources of unsaturated fat and stay away from saturated fats in fatty cuts of meat, processed meats, lard, and butter.^[3]

- "Clean" fat options include nuts, seeds, avocados, plant oils, and oily fish.

Get 10-20% of your daily calories from high-quality protein sources. Protein is important in keto, but keep in mind that keto is not a high protein/low carb diet like Atkins. Protein only makes up about 10-20% of your caloric intake. If you eat too much protein, your body will convert the excess into glucose and you won't be able to reach ketosis.^[4]

- Clean keto emphasizes healthy, grass-fed protein from organic poultry, dairy, meat, salmon, and eggs. Tofu, certain nuts and seeds are also approved.
- Ideally, animal protein is minimally processed and ethically sourced.^[5]

Use keto apps and online calculators to keep track of everything. The exact number of grams you need to eat in each food group depends on your weight, height, gender, and activity level. Use an online keto calculator to help you figure out exactly how many grams fat, carbs, and protein you can eat every day. Once you know how many grams you need, a keto app can make it easier for you to track everything.^[6]

- For example, to calculate your needs, try <https://calculo.io/keto-calculator>.
- Apps like Carb Manager are great for tracking what you eat.

Use blood or urine test strips to figure out when you're in ketosis. Urine test strips are the cheaper option, but they tend to be less accurate than blood tests. Both test types are available online and at drug stores. The recommended range for ketosis is 1.5 to 3.0 mmol/l.^[7]

- To keep costs low, start with blood tests until you reach ketosis and experience what it feels like. After that, use urine strips occasionally to make sure you're still on track.

Avoid cheat meals to maintain ketosis the clean way. Unlike dirty keto, clean keto does not include cheat days or cheat meals. Consistency is really important and bouncing in and out of ketosis can be tough on your body. Keep in mind that the goal of clean keto is to maintain ketosis.^[8]

- It takes hard work to achieve ketosis! If you cheat and eat too many carbs, you essentially have to start all the way over to get yourself back into ketosis.^[9]

Prioritize whole, unprocessed foods in every meal on clean keto. The key to clean keto is eating whole, unprocessed foods that don't contain artificial sweeteners, preservatives, hormones, or processed oils. Aim to incorporate organic fresh veggies and fruits, high quality proteins, and healthy fats in every meal and snack.^[10]

- Skip all prepackaged and processed foods even if they're labeled as keto. Dirty keto allows these foods, but clean keto does not.
- At each meal, include a healthy fat, a protein, and some vegetables. If you eat a balanced diet, you'll be less likely to experience blood sugar fluctuations that can lead to sugar cravings.^[11]

Eat "clean" proteins from organic and grass-fed sources. "Clean" animal proteins include organic poultry, dairy, meat, salmon, and eggs produced without hormones or antibiotics. Check out what local farmers have to offer!^[12]

- Animals should be grass-fed beef (not grain-fed) and free-range, if possible.^[13]
- Limit or avoid most red meat and processed meats.^[14]

Consume plenty of unsaturated fats from healthy sources. Fat is an important part of the keto diet. Doing clean keto means prioritizing healthy unsaturated fats over saturated fat sources. Healthy sources of fat include olive oil, coconut oil, nuts, seeds, avocados, and oily fish like salmon.^[15]

- Avoid saturated fats like margarine, lard, and full-fat dairy.

Incorporate plenty of low-carb, high-fiber veggies in your daily meals. High-fiber veggies are nutrient dense and contain very few carbs, so make them a staple in your keto diet. Leafy greens like kale, Swiss chard, collards, spinach, bok choy, and lettuces are great options.^[16] Other great veggie choices include:

- Cauliflower
- Broccoli
- Brussels sprouts
- Asparagus
- Try baking veggies in butter, sautéing them in coconut oil, or eating them with guacamole or tahini to up your fat intake.

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Eat foods to maintain balanced electrolyte levels every day. Clean and dirty keto both deplete your body of 4 important electrolytes: sodium, potassium, magnesium, and calcium. It's important to eat nutritious, low-carb foods that are high in electrolytes to prevent dehydration, constipation, and flu-like symptoms.^[17]

- Sprinkle pink Himalayan salt on your food to replenish your sodium. You can also drink bone broth from high-quality animal sources.
- Salmon, nuts, avocados, leafy green veggies, and mushrooms are high in potassium.
- Eat calcium-dense foods like dark leafy greens, broccoli, salmon, and sardines.
- Restore magnesium by eating leafy greens, dark chocolate, pumpkin seeds, Swiss chard, and nuts.
- Supplements can help you restore electrolytes, but nutritious foods are better options.

Drink plenty of "clean" fluids like water and herbal teas to stay hydrated. Keto can dehydrate you, so be sure to drink plenty of fluids every day. The best choices are water, herbal tea, and green vegetable juice.^[18]

- Avoid chai and coffee drinks made with coconut milk and sugar-free syrup unless you're doing dirty keto.^[19]



How to Do Dirty Keto: What Is It and Does it Work?



Limit your daily carbs to less than 50 g per day. Slashing the number of carbs you eat every day is the foundation of keto whether you're doing it clean or dirty. To stay under 50 g of carbs daily, cut starches, bread, grains, and sugars from your diet. Carbs should make up no more than 5-10% of your daily calories.^[1]

- Keto is a low-carb high-fat diet. The goal of keto is to put your body into a state called “ketosis” which forces your body to use fat as its primary energy source, rather than burning carbs and sugar for energy.^[2]
- Other common carbs include baked goods, sweets, pasta, breakfast cereals, starchy vegetables like potatoes, beans, most fruit, and beer.^[3]

Make sure 70-80% of your daily caloric intake comes from fats. Eating fat is important because ketosis forces your body to use fat as its main energy source. Fat basically replaces carbs as your body's fuel. Clean keto has a lot of rules about the type and quality of the fat you eat, but dirty keto is more relaxed. Pretty much any kind of fat is fair game. Meat, butter, and bacon? Yes, please!^[4]

- The exact number of grams you consume depends on your weight, height, gender, and activity level. Use an online keto calculator to help you figure out exactly how much you need. For example, try <https://calculo.io/keto-calculator>.
- Dirty keto is a little controversial because it doesn't focus on healthy food options. You'll lose weight in the short-term, but over time you might run into issues like high cholesterol.^[5]
- Even if you're not strict about it, it's still best to include healthy fats in your diet, such as avocados, olive oil, and almonds.^[6]

Adjust your diet so that 10-20% of your calories come from protein. Keto isn't a high protein diet, so don't go overboard with how much protein you eat every day. Protein should only make up about 10-20% of your caloric intake. If you eat too much, your body turns the excess into sugar, which is basically a carbohydrate.[7]

- Use an online keto calculator to determine exactly how many grams of protein you need to eat every day: <https://calculo.io/keto-calculator>.
- For dirty keto, get most of your protein from animal sources like beef, pork, chicken, and turkey.

Be ready for a few temporary symptoms known as the "keto flu." Keto flu isn't actually a contagious virus, don't worry. It's just the name for the group of symptoms most people experience in the first 1-2 weeks of doing keto. Nausea, fatigue, headache, foggy brain, irritability, difficulty sleeping, and constipation are the most common symptoms.[8]

- Keto flu usually passes after a week or so, so hang in there and ride it out!
- In the long-run, you may find that following a keto diet actually gives you energy and helps improve your focus.[9]

Use blood or urine test strips to measure the ketone levels in your body. To figure out if you've reached ketosis, use a test to measure your ketones. Urine and blood testing strips are available online and in many drug stores. Urine tests are cheaper, but blood tests are more accurate.[10]

- The recommended range for ketosis is 1.5 to 3.0 mmol/l.
- You might test your ketone levels weekly when you're first starting out. Once you get the hang of keto, you only need to test yourself occasionally to make sure you're on track.

Allow occasional cheat meals if you do dirty keto. Going over your carb allowance kicks you out of ketosis, but dirty keto does make room for occasional cheat days and slip-ups. If you can't resist the cravings, allow yourself to indulge without guilt. It's important to get right back on your diet, though! The goal of keto is to maintain ketosis.[11]

- Remember: if you cheat and eat carbs, you have to start your diet again to regain ketosis. [12]
- Cheat days and cheat meals aren't allowed in clean keto.

Prioritize the carb/fat/protein ratio every time you make a food choice. Dirty keto provides wiggle room when it comes to your actual food options, but properly balancing the number of carbs, fat, and protein you eat every day is non-negotiable for both clean and dirty keto. Remember, 5-10% of your daily calories can come from carbs, 70-80% should come from fats, and proteins should make up that final 10-20%.[13]

- Use an online keto calculator to figure out exactly how many grams you need for each food group.
- A keto app can make it easier for you to track your carbs, fat, and protein every day.^[14]

Eat keto-approved packaged or processed foods in moderation. In clean keto, these types of foods are a big no-no. Thankfully, dirty keto is a little more relaxed and much more convenient! Keep in mind that prepackaged and processed foods aren't good for your long-term health, though.^[15] Enjoy foods like:

- Plain cheeseburgers without the bun
- Artificial sweeteners
- Processed oils and proteins
- Low-carb snack foods, like potato or tortilla chips and cookies
- Pork rinds and beef jerky
- Watch out for bloating and inflammation since prepackaged/processed foods tend to be high in sodium.^[16]

Consume your daily fat grams by eating any high-fat foods you want. Eating enough fat every day is important because your body is using that fat as fuel. Dirty keto doesn't have any restrictions on where you get your fat grams. Butter, margarine, vegetable oil, vegetable shortening, full-fat dairy, and nuts are all on the menu. As long as 70-80% of your daily calories are coming from fat, you're in the zone!^[17]

- It's important to work some healthy options in there, too. Healthy sources recommended for clean keto include olive oil, ghee, coconut oil, nuts, seeds, and avocados.

Get protein from high-quality sources but don't stress over it. Dirty keto allows any kind of protein you want. Protein is only 10-20% of your diet, though, so don't stress too much over making perfect choices as long as you meet your daily requirement. Pretty much any kind of poultry, dairy, red meat, lunch meat, jerky, fish, and eggs is fair game on dirty keto.^[18]

- Consider including healthier protein options in your diet occasionally. "Clean" protein includes organic poultry, dairy, meat, salmon, and eggs produced without hormones or antibiotics. Ideally, meat is minimally processed and ethically sourced.^[19]

Try to incorporate some high-fiber veggies every day on dirty keto. If a diet without any vegetables at all sounds too good to be true, that's because it is! Even if you're doing dirty keto, you still need to eat some vegetables so that you get plenty of nutrients and fiber. High-fiber veggies like broccoli, cauliflower, kale, romaine lettuce, and asparagus are the most nutrient-dense options, so aim for those.^[20]

- Cooking veggies in butter or adding a little cheese on top can make them more palatable and help you meet your daily fat and protein requirements.

- Small portions of strawberries, blackberries, and raspberries are also approved for dirty keto if you want a fruit fix.

Eat foods to replenish your electrolyte levels every day. Low-carb diets, including both clean and dirty keto, deplete your body of 4 important electrolytes: sodium, potassium, magnesium, and calcium. It's important to eat low-carb foods that are high in electrolytes to rebalance your levels and avoid feeling fatigued and ill.[21]

- Sprinkle pink Himalayan salt on your food to replenish your sodium.
- Salmon, nuts, avocados, leafy green veggies, and mushrooms are high in potassium.
- Eat calcium-dense foods like dark leafy greens, broccoli, salmon, and sardines.
- Replenish magnesium by eating leafy greens, dark chocolate, pumpkin seeds, Swiss chard, and nuts.

Drink plenty of liquids to stay hydrated on dirty keto. Keto can make you dehydrated, so fluid intake is important. Juices and sodas are off the table, even if you're doing dirty keto, because they have carbs and sugar. The best choices are water, herbal tea, and green vegetable juice.[22]

- Occasionally drinking chai or coffee drinks made with coconut milk and sugar-free syrup is fine for dirty keto.[23]
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