



**THE PATH  
TO GREATER  
VITALITY AND  
HEALTH**

# KETOGENIC DIET

Switching from a high-carbohydrate diet to a very low-carbohydrate diet should be done slowly and gradually in consultation with a doctor. If the changeover is too abrupt, it can lead to the so-called „Keto flu“. This manifests itself through symptoms like fatigue, flu-like symptoms, or headaches.

The **ketogenic diet** is a special form of nutrition that can support not only weight loss but also many medical conditions. It is based on a diet that is very low in carbohydrates and high in fat-rich foods.

## HOW DO I PROCEED?

### 1. Achieving ketosis

- max. 30 g of carbohydrates per day
- The body switches from glucose to ketone bodies as an energy source

### 2. Testing individual tolerance limits

- max. 50 g of carbohydrates per day
- The state of ketosis is achieved
- Test your individual tolerance limits for maintaining ketosis

### 3. Ketogenic diet

- You know your tolerance limit and can switch to the permanent diet phase

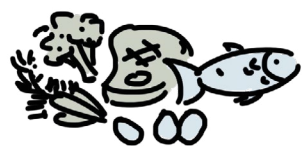
The allowed amount of carbohydrates to achieve ketosis is individual.

## PARTICULARLY CARBOHYDRATE-RICH FOODS

- Sugar and sugar-containing products
- Cereal products
- Fruit
- Honey, syrup
- Pulses

## PARTICULARLY LOW-CARBOHYDRATE FOODS

- Meat
- Fish
- Eggs
- Leafy vegetables, cabbages
- Mushrooms
- Nuts, seeds





## TIPS FOR IMPLEMENTATION:



- Remove all carbohydrate-rich foods from your household.
- Avoid ready-made products.
- Drink at least 1.5 to 2 litres a day.
- The amount of carbohydrates is always stated in the nutrition declaration of the products.
- Once you have eaten too many carbohydrates, do intensive sport afterwards.



Switching to a ketogenic diet should only be done in consultation with a doctor!

All keto-friendly foods can be consumed in unlimited/large quantities. Only small amounts of less suitable keto-foods should be consumed.

 <b>SUITABLE FOR KETO</b>	<b>LESS SUITABLE FOR KETO</b>	 <b>NOT SUITABLE FOR KETO</b>
Water, unsweetened tea, coffee, white wine/red wine (dry), sparkling wine	Pilsner, wheat beer (300 ml)	Fruit juices, lemonades, sweet and dessert wines, liqueurs, malt beer
All mushrooms, lettuce, spinach, rocket, chard, cucumber, red radish, radish, tomato, courgette, onion, asparagus, black salsify, celery, rhubarb, olives	Broccoli, leek, red cabbage, white cabbage, kohlrabi, swede, beetroot, parsley root, carrot, pepper, pumpkin	Potatoes, parsnip, maize, tinned vegetables (sweetened), all lentils, beans, peas
Avocado, lime	Lemon, papaya, raspberry, redcurrant, strawberry, blueberry, kiwi/mandarins (1 piece) physalis, plum	Dried fruit, tinned fruit, apple, banana, pear, pineapple, cherry, peach, orange, fig, date
		All cereal products, bread, rolls, baked goods, pasta, bulgur, couscous, rice, millet, quinoa, amaranth, cakes, biscuits, snacks, cereal flakes, cornflakes
Almonds, macadamia nut, pecan nut, linseed	Coconut, peanut, walnut, hazelnut, pistachios, pine nuts, sunflower seeds, pumpkin seeds	Cashew nuts, candied/coated nuts
All high-quality unprocessed meats		all ready-made meat products and tinned food

SUITABLE FOR KETO 	LESS SUITABLE FOR KETO	NOT SUITABLE FOR KETO 
Unprocessed fish and seafood	tinned fish with sauce	Tinned fish with sauce (more than 10 g of carbohydrates per 100 g)
Butter, curd, natural yoghurt. crème fraiche, sour cream, cream, sliced cheese, hard cheese, blue cheese, cream cheese, mozzarella	Whole milk, buttermilk	Condensed milk, breaded cheese, yoghurt, curd, milk, and whey products with additives
Eggs		
Coconut drink, almond drink, soy yoghurt, coconut yoghurt (unsweetened), tofu, tempeh		Oat drink, rice drink
Herbs, spices, vinegar, tomato paste, mustard (unsweetened)	Balsamic vinegar	Seasoning sauce, ready-made dressings, balsamic cream, ketchup, sweet mustard
Stevia, erythritol, xylitol, all artificial sweeteners		Sugar, honey, syrup, coconut blossom sugar

*The table only contains examples of foods and does not represent a complete list.*

**This recommendation does not consider any other intolerances or allergies. It also does not claim to be exhaustive and serves only as an initial guide. It does not replace the advice of a professional nutritionist.**

**Sources:**

Fux V. (2016). Keto Info Gluten-free. Soya-free. Knowledge! Books on Demand, Norderstedt.

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