

# What is a ketogenic diet?

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PUT simply, it is a way of eating that promotes ketosis. Ketosis is a state where your body begins using fat for fuel, either from the foods you eat or your body fat, rather than carbohydrates.



The Ultra Lite Weight Management Program is a tried and tested ketogenic eating plan that promotes fat loss and has assisted thousands of people for greater than two decades. This way of eating is low in carbs, moderate in protein and moderate in fats. Relying on carbs as your sole energy source can lead to a rollercoaster of blood sugar. You eat sugar and it spikes, only to crash later, causing you to eat more sugar to boost up your body's blood sugars again.

A ketogenic eating plan, being higher in good fats, provides a slower burning energy. This minimises the swings in blood sugar, leading to more stable levels of energy throughout the day.

It is best to transition slowly to becoming fat burning.

If you are like most people, you have spent your whole life carb adapted and teaching your body to use another source of fuel can take time.

It can be helpful to transition to eating ketogenic under the supervision of a trained practitioner as they can help you avoid a lot of common pitfalls.

Tips to get started:

Gradually extend the period spent fasting overnight to 12 hours or more, eg; finishing dinner at 7:30pm and starting breakfast at 7:30am the next day.

Doing a little bit of easy, fasted exercise in the morning like a walk can also be great.

Gradually increase your consumption of healthy fats including avocado, coconut oil, olive oil, nuts, seeds and olives while gradually reducing consumption of high carbohydrate foods like refined and packaged foods, breads and pastas, potatoes and lots of grains and including more fibrous vegetables such as green leafy vegetables, zucchini, broccoli, cauliflower, onions and asparagus

## JERF: 'Just Eat Real Foods'

Whole, minimally processed foods probably not sold in a packet.

This includes fresh fruits and vegetables, nuts, legumes and beans, animal products, extra virgin olive and coconut oil. Going for real foods keeps cravings down in several ways. There is no real one size fits all approach, what has worked for your friends may be different to what works for you.

We are all unique so this is where having a practitioner on your team really shines.

On top of keeping you accountable, practitioners can properly assess where you are right now and work with you to determine the best steps to control your cravings.

From our experience we can also help you to avoid many common pitfalls, especially the ones that come with changing the way you eat.

For more Information on the Ultra Lite Weight Management Program call Christos Miliankos or Tayla Adams at NE Naturopathic Group on (03) 5798 3344.