

**Low Carbohydrate/ Ketogenic Nutrition Plan:**

- Low carbohydrate: Under 150 g carbohydrates per day.
- Very-low carbohydrate diet (under 50 g carbs per day).
  - Induction phase: under 20 g carbs
  - Weight reduction phase: varies from 20–50 g carbs
  - Maintenance phase: 60–90 g carbs
  - Promotes using fat vs. glucose as a primary fuel source, which generates ketones
  - Ketones may have independent health benefits and may reduce appetite
- Benefits: Greater improvements in triglycerides, glucose, insulin, HDL, and inflammation compared to low fat diets. Greater weight reduction in the first 6 months.
- Risks: May increase LDL. May induce gout flares early on.
- May result in rapid improvements of glucose control and blood pressure which may require medication adjustment. Medical supervision recommended for individuals with certain medical conditions including diabetes and hypertension.
- Generally not recommended for pregnant or breastfeeding women.

**Encouraged**

- Non-starchy vegetables
- Leafy greens
- Low sugar fruits: berries, avocados, olives
- Nuts, seeds
- Meats, poultry, fish, eggs
- Hard cheeses, grass-fed butter
- Olive oil, avocado oil, ghee, coconut oil

**Discouraged**

- Highly processed foods, sugar, honey, baked goods
- Cereals, breads, grains, rice, crackers, tortillas, legumes
- Starchy vegetables (examples: potatoes, corn)
- Most fruits
- Most dairy besides cheese
- Trans fats