



*5 Easy Steps*

**TO START A KETO DIET**

# 1

## Remove Sugar Out Of Your Diet



Sugar is at the root of most modern-day diseases. Primarily because sugar is both inflammatory and addictive. Sugar consumption is the main culprit responsible for raising your insulin levels in your blood.

**If your insulin levels are chronically high due to a too much sugar in your diet, your body becomes inflamed and you gain weight.** A chronic state of inflammation also puts your body at risk for more illnesses.

Removing sugar out of your diet will require some effort because sugar likes to hide in many of our favorite foods. What makes it challenging is that sugar goes under the guise of many names. Even healthy-sounding sugar such as cane syrup, coconut sugar, and agave nectar can raise your insulin levels.

When it comes to removing sugar out of your diet, this also means removing most fruits. Generally speaking, **you should limit your fruit consumption to only small amounts of berries, ¼ cup or less.**

**Are you ready to break up your love affair with sugar once and for all?** [Read more here](#) about how I was finally able to break loose from sugar's grip.

# 2

## Remove All Grains & Starchy Foods

**The need to remove all grains and starchy foods from your diet is two-fold.** For one they are very high in carbs and raise your insulin levels in the same way that sugar does. Plus, many of these foods are also quite inflammatory and therefore should be avoided on a keto diet.

When it comes wheat and grains they have been **genetically altered** so that processed food manufacturers get the greatest yield at the lowest cost.

Because of this, **grains have been transformed into a nutritionally void ingredient that causes blood sugar to spike more rapidly than table sugar.** Plus, it has addictive properties that cause hunger, overeating, and fatigue.

# 3

## Choose Your Vegetables Wisely



Although we have been told to eat our veggies most of our lives, **not all vegetables fit into a keto diet plan.** This is because root vegetables are higher in carbs and starch.

When choosing your vegetables stick to mainly leafy greens. **Aim to have at least 2 cups of leafy greens a day.**

There are other lower in carb vegetables that you can add your diet but look at their carb count to make sure they are not too high in carbs.

# 4

## Eat Adequate Amounts of Protein

The amount of protein an individual will need to reach their goals will depend on your personal [calculated macros](#). But generally, **most people will need about 100g of protein per day in order to not lose muscle mass while dieting.** You can include a variety of protein choices including meat, fish, eggs, cheese, and nuts.

However, when it comes to dairy you need to read the labels carefully because they are not all zero in carbs and they are easy to overconsume. This is also the case when it comes to nuts. What if you're a vegetarian wanting to do keto? It is totally doable to do keto as a vegetarian. **Visit our article [keto vegetarian proteins](#) for a list of low carb protein choices that fit your lifestyle.**





# 5

## Eat Healthy Fats



**The keto diet is a low in carbs and high in healthy fats diet.** The idea is to consume enough fat and while also keeping your glucose levels down to trigger your body into producing ketones (fat) for fuel. This means **that 60-80% of your calories should be coming from healthy forms of fat.**

Your fats should be naturally occurring, such as butter, ghee, lard, tallow, coconut oil, avocado oil, olive oil and from foods such as meat, fish, avocados.

It's important to avoid highly processed oils such as canola, peanut, soy, corn, margarine. These oils are a very inflammatory, plus they are not natural so your body has a hard time identifying them.

The idea is to have enough healthy fats in your diet to keep you from experiencing hunger between meals. If at all possible avoid snacking as this can hinder your weight loss goals. Something to keep in mind is that at the beginning of doing a keto diet your fat consumption may need to be higher to train your body to make ketones and use it for fuel. But in time your body needs less fat and begins to use its own fat stores.

**Burning your fat stores is the goal** because once you begin to burn your own fat weight loss happens at a more rapid pace. Something to also keep in mind when it comes to fat consumption is that as you get closer to your goal weight, you will notice that it will require you to have more fats in your diet in order to stay satisfied. This is why it's important to correctly follow your hunger cues.

**These 5 simple steps are a surefire way to help you started on the keto diet.** For more assistance refer to our article, [how to set up your keto kitchen.](#)

We also have a [Fittoserve Group Facebook Page](#) and [Private FB Group](#) you can join for added support.

