



# KETOGENIC DIET 101

**© Copyright - All rights reserved.**

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

**Legal Notice:**

This book is copyright protected. This is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part or

the content within this book without the consent of the author or copyright owner. Legal action will be pursued if this is breached.

**Disclaimer Notice:**

Please note the information contained within this document is for educational and entertainment purposes only. Every attempt has been made to provide accurate, up to date and reliable complete information. No warranties of any kind are expressed or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice.

By reading this document, the reader agrees that under no circumstances are we responsible for any losses, direct or indirect, which are incurred as a result of the use of information contained within this document, including, but not limited to, —errors, omissions, or inaccuracies.

# TABLE OF CONTENTS

<b>Introduction .....</b>	<b>5</b>
<b>Chapter 1: What is Ketogenic Diet? .....</b>	<b>9</b>
<b>Chapter 2 -Benefits of Keto Diet.....</b>	<b>14</b>
Control of Blood Sugar .....	15
Mental Focus .....	15
Increased Energy.....	17
Acne.....	17
Keto and Anti-Aging.....	18
Keto and Hunger .....	20
Keto and Eyesight.....	20
Keto and Autism.....	20
<b>Chapter 3 – Keto Diet and Cancer .....</b>	<b>22</b>
Foods to Eat.....	25
Foods to Eat in Moderation.....	26
Foods to Avoid.....	26
<b>Chapter 4 – Keto Diet and Epilepsy.....</b>	<b>28</b>
<b>Chapter 5 - Keto Diet and Blood Pressure .....</b>	<b>33</b>
<b>Chapter 6 - What Do I Eat on a Keto Diet?.....</b>	<b>38</b>
Food to Eat on a Ketogenic Diet.....	40
Foods to Avoid on a Ketogenic Diet .....	44
<b>Chapter 7 - Keto Diet For Rapid Weight Loss .....</b>	<b>48</b>
Keto v. Low Carb .....	49
Keto v. Paleo .....	49
Ketogenic Diet .....	50