

Two Helpful Charts to Plan a Low-Carb Higher-Fat Keto (Ketogenic) Diet

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January 2019

The popularity of the “keto” (ketogenic) diet has been exploding over the past two years. Many people are finding that the keto lifestyle has many great health benefits, such as losing weight without hunger while preserving muscle mass, more energy, better mental clarity and focus, improved memory, and better sleep—just to name a few.

There are two critical points to remember about the keto diet—it is not only a low-carbohydrate diet but also a higher-fat diet than the traditional western diet. Another important point is that there is a broad spectrum of what might be considered a ketogenic diet. The idea is to increase ketone levels for health benefits and your goals can affect what level of ketosis you are aiming for. A diet that results in “mild nutritional ketosis” (ketosis is a level of ketones higher than 0.2 to 0.3 mmol/L) would put you at a level of 0.5 to 1 mmol/L, whereas the strictest classic ketogenic diet used for epilepsy and cancer could result in ketone levels as high as 4 to 6 mmol/L, obviously a huge difference.

Ketogenic diets require planning and it is important to calculate how many grams of protein, fat and carbohydrate you will eat—this is true for your daily food totals and also for each meal and snack, since you can easily blow right out of ketosis by eating a single meal or snack that is high in carbs and low in fat. Below are two charts from my new book [*The Complete Book of Ketones: A Practical Guide to the Ketogenic Diet and Ketone Supplements*](#) that will help with planning how many grams of protein, fat and carbohydrate to eat in a day and for each meal and snack. Feel free to print out these charts to use as a reference.

Please see my other article on [Combining Ketone Salts with a Low-Carb Keto Diet](#) for more detailed information on what to eat along with basic protein and carb charts to help get you started.

SEE NEXT PAGE FOR CHARTS

QUICK REFERENCE CHART FOR MACRONUTRIENTS FOR MODERATE TO HIGH FAT DIETS										
	1600 CALORIES/DAY		1800 CALORIES/DAY		2000 CALORIES/DAY		2400 CALORIES/DAY		2800 CALORIES/DAY	
	FAT (grams)	PROTEIN & CARBS (grams)								
40% FAT	71	240	80	270	89	300	107	360	124	420
45% FAT	80	220	90	247	100	275	120	330	140	385
50% FAT	89	200	100	225	111	250	133	300	156	350
55% FAT	98	180	110	203	122	225	147	270	171	315
60% FAT	106	160	120	180	133	200	160	240	187	280
65% FAT	115	140	130	157	144	175	173	210	202	245
70% FAT	124	120	140	135	155	150	187	180	218	210
75% FAT	133	100	150	113	166	125	200	150	233	175
80% FAT	142	80	160	90	177	100	213	120	249	140
85% FAT	151	60	170	68	189	75	227	90	264	105

1. Select how many calories you want to eat for the day. Scan down the column to the percent of fat
2. Scan down the column for your daily calorie allotment to the percentage of fat you want to eat to achieve ketosis (the more fat you eat the higher your ketone levels will likely be). This will tell you how many grams of fat to eat for the day.
3. Determine your number of grams of protein multiply your weight in pounds by 0.5 (or weight in kilograms x 1). If you are an athlete or bodybuilder you can double that number.
4. Look at the column next to the grams of fat you have arrived at for the total combined grams of protein and fat. Subtract your figure for protein and that will give you how many grams of carbohydrates to eat for the day. Write all of your calculations down!!

QUICK REFERENCE CHART FOR MACRONUTRIENTS FOR MEAL PLANNING										
	400 CALORIE MEAL		500 CALORIE MEAL		600 CALORIE MEAL			700 CALORIE MEAL	800 CALORIE MEAL	
PERCENT CALORIES AS FAT	FAT (grams)	PROTEIN & CARBS (grams)	FAT (grams)	PROTEIN & CARBS (grams)	FAT (grams)	PROTEIN & CARBS (grams)	FAT (grams)	PROTEIN & CARBS (grams)	FAT (grams)	PROTEIN & CARBS (grams)
50% FAT	22	50	28	63	33	74	39	87	44	100
60% FAT	27	39	33	50	40	60	47	70	53	80
70% FAT	31	30	39	37	47	44	54	53	62	60
80% FAT	35	21	44	26	53	30	62	35	71	40
90% FAT	40	10	50	13	60	15	70	18	80	20

1. Select how many calories you want to eat for the meal. (For a snack consider 200 calories – you can divide the grams you arrive at in the 400 calorie column by 2; for 100 calories, divide the grams by 4.) You can eat a naturally keto (high-fat) snack such as cheese, nuts, an avocado, olives or a “fat bomb” instead.
2. Scan down the column for your daily calorie allotment to the percentage of fat you want to eat to achieve ketosis (the more fat you eat the higher your ketone levels will likely be). This will tell you how many grams of fat to eat for the meal.
3. Decide how much of your daily allotment of protein you want to include in this meal. Look next to your chosen percent of fat for the total combined grams of protein and fat for the meal. Subtract your figure for protein and that will give you how many grams of carbohydrates to eat for that meal.
4. When you work out your meal, be sure to write it down to save time in the future.