

SIMPLE ONE-SHEET KETO DIET

The following dietary suggestions are based on, and republished with permission from, Eric Westman, MD, with modifications, as noted, by Dr. Mary Newport. Dr. Eric Westman and his associate Jacqueline Eberstein, RN of Duke University have helped more than 4,000 patients with diabetes and obesity while reducing or even completely eliminating insulin and other medications using a low-carbohydrate dietary approach with medical support.

NOTE WELL FROM DR. MARY NEWPORT BEFORE STARTING: For people with diabetes or other medical conditions, this is a very-low-sugar diet, and your blood sugar and insulin levels could drop very quickly. To avoid low blood sugar, monitor your blood sugar frequently, and work with your doctor to reduce your insulin or other oral diabetes medications.

ANOTHER NOTE: If a more moderate keto diet is desired, or to ease more gradually into the diet, please look at “**Special Carb List**” near bottom of page.

BASED ON DR. WESTMAN’S ONE-SHEET KETO DIET (Except as noted):

EAT AS MUCH AS YOU WISH OF THESE:

Meat: veal, beef, lamb, pork, ham bacon, any game meat

Poultry: chicken, turkey, duck or any game bird

Seafood: any fish or shellfish, or plain canned fish or seafood in oil or water (not cured with sugar)

Eggs: Eat whole eggs, not just the whites.

LIMIT THESE UNTIL DIABETES IS IMPROVED OR ELIMINATED - STRONGLY ADVISE TO EAT VEGETABLES EVERY DAY!

2 cups per day leafy salad greens, spinach, kale, green onions, sprouts (if it has a leaf you can eat it!)

1 cup of **other vegetables** that grow above the ground: asparagus, beet greens, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chard, Chinese cabbage, cucumber, eggplant, green beans, kale, leeks, mushrooms, peppers, spinach, string beans, squash, tomatoes, turnips, wax beans and zucchini.

LIMITED AMOUNTS OF: Cheese, butter, oils, heavy cream, mayonnaise, avocado, olives. **Dr. Newport suggests** limiting hard cheese to 4 ounces per day, soft cheese (ricotta, cottage cheese) to 1 cup per day. Limit oils, butter and cream to about 4 to 6 tablespoons per day, depending on size of person. This category could also include salad dressings (low or no carbs/sugars), and oils could include coconut oil, MCT oil, MCT//143 from Pruvit, liquid coconut cooking oil, olive oil, canola, safflower, etc. (preferably organic, expeller or cold-pressed whenever available). For avocado she suggests one small or one-half large per day—you could add another avocado serving in place of one tablespoon of oil. For olives, limit to about 10 per day and avoid “pickled” olives (more carbs).

SPECIAL CARB LIST: To ease into diet, start with 2 or 3 servings of carbs and drop one serving per week. If mild to moderate, rather than a strict, ketogenic diet is desired, add one or two servings per day from the following list. For diabetes or weight loss, after diabetes is controlled **or** after 2 to 4 weeks if using diet for weight loss, add 1 serving per day each week for the next 2 to 3 weeks (working up to 3 servings per day):

2 cups leafy green vegetables, or 1 cup of the “**other vegetables**” listed above, or ½ cup whole oats/porridge, whole grain rice or whole grain pasta, 1 slice of whole grain bread, 1 cup whole fat milk or ½ cup plain whole fat yogurt, small handful (about 1 ounce) of nuts, ½ cup strawberries or ¼ cup of other berries. I suggest you eat these foods at meals where you have at least 2 tablespoons of oil/fat to stay in ketosis. If your blood sugar begins to increase or you stop losing weight or gain weight, go back to amounts for the previous week and stay at that level. If blood sugar and weight are stable, you could consider this your maintenance lifestyle diet.

KETONE SUPPLEMENTS: Ketone salts and ketone esters, can help boost ketosis, suppress appetite, reduce inflammation, and encourage fat loss. For more information, look at <http://coconutketones.com>.