

THE KETO DIET FOR PEOPLE OVER 40



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INTRODUCTION

In recent years, the keto diet has increased in popularity and has become a popular nutritional strategy among people of all ages. However, this dietary recommendation may result in significant health benefits for people over the age of 40.

In their 40s, women's bodies often undergo significant changes, owing to hormonal shifts associated with perimenopause. Perimenopause symptoms usually begin in the mid-40s, but they can start as early as the mid-30s or as late as the mid-50s for some women. This stage can last anywhere from four to ten years before women reach menopause, which is defined as a 12-month time without a monthly period, and move into post menopause. Many women report brain fog, low mood, exhaustion, hot flashes, and decreased libido in addition to changes in body composition—different fat storage patterns, weight gain, even changes in muscle mass and bone density.

Perimenopause can make women feel confused and as if they have lost control of their bodies. When they try to find out how to respond, they quickly realize that there isn't much research aimed at middle-aged women, particularly in the area of nutrition. Women in their premenopausal and postmenopausal stages are adequately represented. Those of us who find ourselves in the middle? Not at all.

There is, however, a great deal of misinformation out there. So, stay tuned because I'll be sharing a lot of information that most people aren't aware of. I'll also share the dos: pointers on how to get the most out of your keto diet if you're over 40.

WHAT IS THE KETOGENIC DIET?

The ketogenic diet is based on the idea that by depriving the body of carbs, which are its primary source of energy, the body will be forced to burn fat for fuel, resulting in maximum weight loss. The body transforms carbohydrates into glucose, or blood sugar, which it subsequently uses for energy when you eat carbohydrates-containing foods.

Because glucose is the simplest sort of energy for the body to use, it is always used for energy before your body switches to stored fat as a source of energy.

The purpose of a ketogenic diet is to limit carbohydrate intake so that the body must burn fat for energy. When this happens, fat is broken down in the liver, resulting in ketones, which are metabolic waste products. These ketones are then used to fuel the body in the absence of glucose.

WHAT TO EAT ON A KETO DIET

So, first and foremost, I'd like to clarify a few points. Congratulations if you're starting or currently on a keto diet and you're over 40! Because you're drastically lowering your carbohydrate consumption.

I've been stating that all of the gluten, bread, carbohydrates, sugars, rice, potatoes, and pasta we eat is one of the underlying causes of negative health concerns. These are among the most harmful substances to the human body.

According to a study, by the age of 40, your body has acquired a significant amount of toxic accumulation. If you're over 40 and on a keto diet, one of the finest tactics is to take a step back and cleanse and heal your gut. We now understand that every sickness is caused by a virus.

Even if you're on a keto diet, I don't recommend eating as much fat or meat as some other keto advocates advise.

Instead, I recommend eating more raw nuts and seeds, avocados, low-glycemic fruits and vegetables, and following a vegetarian keto diet. However, if you're going to include meat in your keto diet, it should only make up a small portion of your total calories.

What Foods Should You Eat on Keto?

Some of the most popular foods to eat on a keto diet include high-fat protein sources, low-carb vegetables, and quality oils. Favorites are:

- Salmon

- Beef
- Pork
- Chicken Thighs
- Eggs
- Cheese
- Avocado
- Olive Oil
- Nuts
- Spinach
- Butter

Amount Of Carbs On Keto For Over 40

The keto diet, as we all know, is a low-carbohydrate, high-fat, and appropriate protein eating plan that has been increasingly popular in recent years. Unlike other low-carb diets, however, the amount of carbs consumed is strictly regulated to assist you to stay in ketosis.

So, on a keto diet for people over 40, how much carbohydrates should they consume? Carbohydrate intake on the keto diet should be kept to a minimum of 20 grams per day and no more than 50 grams per day. This keeps you in ketosis, which aids weight loss on the food plan.

How Many Calories Should I Eat On Keto?

Calculating the proper number of calories to consume on the keto diet for women over 40 might be difficult. The total number of calories required for a person's daily needs is determined by his or her age, gender, height, weight, and level of physical activity.

Women between the ages of 31 and 40, on the other hand, should consume the following number of calories to maintain their weight, according to WebMD.

- 1,800 cals for a sedentary lifestyle
- 2,000 calories for anyone with a moderately active lifestyle and
- 2,200 cals for very active women.

You should try to remove 500 to 1000 calories per day from your diet using a keto for women and men over 40 meal plan for moderate and gradual weight loss. You can lose one to two pounds of fat per week by doing so.

Does Keto Work For Women Over 40?

Yes, it is possible. This eating plan is thought to aid in the improvement and resetting of insulin levels, as well as estrogen and other hormone levels. Keto for women over 40 may aid weight loss while also reducing mood swings and cravings associated with menopause.

TIPS & TRICKS FOR YOUR KETO JOURNEY

Below are the top tips and tricks for supercharging your keto diet and finding lasting results.

The Importance of Cleansing

On your keto diet, I suggest doing an intestinal cleansing — it doesn't have to be extreme — using an oxygen-based cleanser and taking some decent probiotics. It's critical to keep your liver clean if you're going to be eating more fats. The majority of people over 40, I've discovered, have a liver that only works at around 25% of its capacity.

I strongly advise you to do a liver cleanse — possibly two — to boost the effectiveness of your keto diet. Not only will you improve your liver's ability to digest lipids, but you'll also be ridding it of any poisonous gunk that has accumulated over the years. The energy you experience, the digestion you get, the processing, and the availability of your nutrients when you cleanse are all incredible.

When it comes to a keto diet, it's all about lipids, proteins, and carbohydrates. When the colon cannot effectively process and digest all of these foods, and the liver cannot properly break down the nutrients, toxemia can develop. The proteins turn

putrefactive, the carbohydrates might ferment, fats turn rancid, and that leads to negative health conditions.

Implementing Intermittent Fasting

Intermittent fasting is the next thing I would suggest to supercharge your keto diet. We eat far too much as a society. In the 1930s and 1940s, doctors claimed that we consume ten times the amount of food that our bodies require.

People nowadays always complain, "I'm out of energy," which is another reason why the keto diet works if you only do it for a short length of time or if you alter it to the point where you truly grasp how to survive on a vegetarian keto-based diet.

Fasting one day a week — specifically 24-hour water fast — is something you can do, and something I highly recommend if you're on a ketogenic diet over 40.

Intermittent fasting is another option, which involves missing one meal during the day. If you're performing intermittent fasting and eating between 11:00 a.m. and 6:00 p.m. or noon and 6:00 p.m., I recommend foregoing breakfast.

Simply lowering the amount of food in your system will greatly accelerate the outcomes. Whatever reason you're on a ketogenic diet or fasting, you'll always get greater outcomes if you're not eating as much as you usually do.

Develop an Exercise Routine

When your body is in ketosis — when it burns ketones rather than glucose for fuel — you'll have more energy, so get out more.

Simply increase your physical activity by 10% to 25%. It doesn't have to be a strenuous workout. You could, for example, go for a stroll or take the stairs at the office. Simply increase your mobility. The human body is designed to move. You can boost your ketogenic diet by boosting your mobility, especially if you're over 40.

It's also good for your bones and muscles. You might be atrophied by the time you reach 40. You could be carrying an extra 20 or 30 pounds around with you. You could be developing osteoporosis or have a bone density problem. Because you may have children, you may not be able to exercise as much as you would like. Or, if you have kids, you may realize that you exercise more!

We all know that everyone is different, that everyone lives in a different environment, that everyone is exposed to different stress levels and diets, so it's always a good idea to try something new.

Shop Organic

One of the secrets that I always tell people if they're going to go on any diet, especially a keto diet, is to make sure that you choose organic-only and non-GMO foods.

What you don't want to do is put genetically modified foods in your body because you want to keep your bowel healthy during a keto diet. You want to keep your liver healthy during a keto diet and you want to keep your mind focused during a keto diet. And that's why you want to relieve or get away from any type of stressors.

PROS OF A KETO DIET

Helps Treat Epilepsy, Reduces Seizures

The ketogenic diet was established for those who suffer from epilepsy. It has been demonstrated to be useful in both preventing and reducing seizures.

According to the ASN's Psota, a keto diet can help children with epilepsy have fewer seizures.

Weight Loss

The ketogenic diet's resurgence as a fast-weight-loss formula is a relatively new concept that has proven to be extremely effective, at least in the short term.

A keto diet causes weight loss in most people, and some people report feeling less hungry when in ketosis." For example, a ketogenic diet can cause weight loss when compared to a normal Western diet high in ultra-processed foods that are high in sugar and fat but low in fiber.

Blood Sugar Control

People with type 2 diabetes or pre-diabetes may benefit from the keto diet since it lowers blood glucose and insulin levels.

When your blood sugar levels rise, your body releases insulin, which allows glucose to enter your cells and be used for energy.

Diabetes sufferers either don't make enough insulin or their systems can't use it as effectively as they should, resulting in an excess of blood sugar in their bloodstream.

The body is deprived of carbs on a keto diet, and insulin secretion is greatly reduced.

When glucose availability falls even lower, the body's endogenous glucose production can no longer keep up with the demands, and ketogenesis sets in.

The stimulus for insulin secretion is similarly low during ketogenesis due to low blood glucose feedback, which dramatically reduces the stimulus for fat and glucose storage.

CONS OF A KETO DIET

Flu-Like Symptoms

Flu-like symptoms, also known as the "keto flu," are one of the short-term health hazards of keto diets. Some people have reported stomach pains, headaches, fatigue, and dizzy spells, as well as sleeping problems.

Nutrient Deficiency

Many nutrient-dense foods, such as fruits, vegetables, and grains, must be "cut out or significantly reduced" on the keto diet. Over time, this can lead to micronutrient (vitamin and mineral) deficiencies.

Grain, starchy vegetables, beans, lentils, fruits, vegetables, and dairy products are all restricted on keto diets. Essential vitamins, minerals, antioxidants, and dietary fiber are rich in all of these foods.

Constipation

The low intake of dietary fiber may cause constipation. Those on a keto diet are often required to take a fiber supplement to maintain regular bowel movements.

High Cholesterol

Another issue is that the high-fat content of keto diets may cause "a considerable increase in blood LDL cholesterol and Apolipoprotein B [a protein that forms the backbone of LDL]" in some persons.

Heart Disease

In keto dieters, high levels of LDL cholesterol ("bad" cholesterol) increase the risk of heart disease.

A huge portion of research has been done "Diets high in saturated fat have been linked to an increased risk of heart disease and other chronic illnesses.

The long-term cardiovascular health risks that keto dieters may face have not been well investigated "According to the academy.

Kidney Stones and Other Risks

Other long-term health risks of a keto diet include kidney stones and liver problems. The diet is also not suggested for people who have the following health problems:

- Pancreatic disease
- Liver conditions
- Thyroid problems

- Eating disorders or a history of eating disorders
- Gallbladder disease or those who have had their gallbladders removed

It's Too Restrictive

By its very nature, the keto diet is extremely restrictive and therefore unsustainable. Most people find it difficult to stick to such a strict diet that eliminates key food groups.

It's a Temporary Solution

The keto diet is a fad diet, which means it works for a short period until it stops working. You may lose weight quickly, but it's not a healthy way to lose weight.

MEAL PLAN AND RECIPES

For people over 40, here's a free and easy keto meal plan. Remember that this is simply a guideline; depending on your suggested food energy consumption, you can reduce or increase the number of calories offered.

Day One

Meal 1 – No Bread Sandwich

2 sausage patties, 1 egg, 1 tbsp cream cheese, 2 tbsp cheddar, 1/4 medium avocado, 1/4–1/2 tbsp sriracha, a pinch of salt and pepper

Calories: 603. Fats: 54 g, Protein: 22 g, Carbs: 7 g.

Meal 2 – Chicken and Avocado salad

1 cooked chicken breast, 1 avocado, 1/2 cup celery, 2 slices cooked bacon, 1/2 tbsp dried chives, 1/2 tbsp dried dill, 1.5 tbsp lemon juice, 1.5 tbsp olive oil, 1/2 tbsp Kosher salt, 1/4 tbsp black pepper

Calories: 329. Fats: 26.3 g, Protein: 17.2 g, Carbs: 8.6 g.

Meal 3 – Shrimp Avocado salad

227 g deveined shrimp, 1 large avocado, 2 small tomatoes, 43 g feta cheese, 5 tsps chopped cilantro/parsley, 2 tbsp melted salted butter, 1 tbsp lime juice, 1 tbsp olive oil, 1/4 tsp salt, 1/4 tsp black pepper

Calories: 430. Fats: 33 g, Protein: 24 g, Carbs: 6.5 g.

Total Intake for the Day: Calories: 1362. Fats: 113.3 g, Protein: 63.2 g, Carbs: 22.1 g.

Day Two

Meal 1 – Peanut Butter Smoothie

1 cup unsweetened almond milk, 2 tbsp natural peanut butter, 1.5 tbsp monk fruit sweetener, 7 g cocoa powder, 1/3 cup heavy cream

Calories: 492. Fats: 44 g, Protein: 8 g, Carbs: 16 g.

Meal 2 – Keto Burger

For the onions – 1/2 tbsp butter, 1/8 cup diced onions, salt to taste

For the burger – 113 g ground beef, 2 tsp mustard, salt and black pepper to taste

For the sauce – 1.5 tbsp mayonnaise, 1 tbsp sugar-free ketchup,
2 tsp minced dill pickles, 1/4 tsp distilled white vinegar

4 leaves of iceberg lettuce, 2 dill pickle chips, 1 tomato slice, 1
slice of cheese

Calories: 605. Fats: 52 g, Protein: 26 g, Carbs: 6 g.

Meal 3 – Shrimp Zoodles

450 g shelled and deveined shrimp, 3 tbsp olive oil, 4 minced
garlic cloves, 1/4 cup vegetable broth, 3 medium spiralized
zucchini, 1 pinch red pepper flakes, Juice of 1 and a half lime, 1
teaspoon lime zest, 2 tbsp chopped cilantro, salt and pepper to
taste

Calories: 225.7. Fats: 6.7 g, Protein: 31.3 g, Carbs: 9 g.

Total Intake for the Day: Calories: 1322.7. Fats: 102.7 g,
Protein: 65.3 g, Carbs: 31 g.

Day Three

Meal 1 – Keto Pancakes

113 g room temperature cream cheese, 2 eggs, 1/4 cup coconut flour, 1/2 tsp baking powder, 1/4 tsp salt, butter for coating the pan

Calories: 392. Fats: 30.2 g, Protein: 10.1 g, Carbs: 5.4 g.

Meal 2 – Chicken Salad

110 g skinless chicken breasts, 1/2 tsp olive oil, 1/4 cup water, 1/2 medium sized ripe avocado, 2 tbsp minced cilantro, 1 tbsp mayonnaise, 1/4 tsp lime juice, salt to taste

Calories: 502. Fats: 36 g, Protein: 37 g, Carbs: 2 g.

Meal 3 – Egg and Bacon Salad

225 g green asparagus, 40 g cooked bacon, 2 large, halved hard-boiled eggs, 1 tbsp avocado oil, 1 tbsp red wine vinegar, 0.5 tbsp Dijon mustard, 0.5 tbsp bacon fat, 0.5 garlic clove, half a pinch of salt and chili flakes.

Calories: 542. Fats: 46 g, Protein: 22 g, Carbs: 6 g.

Total Intake for the Day: Calories: 1372. Fats: 112.2 g, Protein: 69.1 g, Carbs: 13.4 g.

Day Four

Meal 1 – AlmondCoconutSmoothie

1/2 cup full-fat coconut milk, 2 tbsp unsweetened cocoa powder,
1 cup almond milk, 1 tbsp coconut oil, 1/2 tbsp almond butter

Calories: 392. Fats: 27 g, Proteins: 13 g, Carbs: 26 g.

Meal 2 – Greek Salad

1.5 ripe tomatoes, 0.25 cucumber, 0.25 red onion, 0.25 green
bell pepper, 100 g feta cheese, 5 black Greek olives, 2 tbsp olive
oil, 0.25 tbsp red wine vinegar, 1 tbsp dried oregano, salt and
pepper to taste

Calories: 593. Fats: 51 g, Proteins: 17 g, Carbs: 15 g.

Meal 3 – Zucchini pasta

2 large spiralized zucchini, 1 cup of spinach, 2 tbsp of olive oil, 2
tbsp of butter, 1/4 cup Parmesan cheese, 1/4 cup feta cheese, 5
cloves of garlic, 10 kalamata olives. Add black pepper and salt to
taste.

Calories: 231, Fat: 20 g, Protein: 6.5 g, Carbs: 6.5 g.

Total In take for the Day: Calories: 1216. Fats: 98 g, Protein:
36.5, Carbs: 47.5.

Day Five

Meal 1 – Breakfast Porridge

2 tbsp coconut flour, 2 tbsp ground flax seeds, 3/4 cup water, pinch of salt, 1 large egg, 2 tbsp butter, 1 tbsp heavy cream, 1 tbsp low carb brown sugar

Calories: 345. Fats: 28.5 g, Proteins: 13 g, Carbs: 13 g.

Meal 2 – Salmon Poke Bowl

113 g salmon, 0.5 tbsp sesame oil, 0.5 tbsp tamari sauce, 1 cup shredded cabbage, 57 g sliced cucumber, 0.5 small thinly sliced radish, 1/4 diced avocado, 1/8 cup cilantro, 1 tbsp mayonnaise, 0.5 tbsp sesame seeds, and 0.5 tbsp black sesame seeds.

Calories: 446. Fats: 34 g, Proteins: 26 g, Carbs: 11 g.

Meal 3 – Low-Carb Chili

1/2 tbsp avocado oil, 2 chopped celery stalks, 907 g ground beef, 1.5 tbsp chili powder, 2 tbsp garlic powder, 1 tbsp cumin, 1 tsp salt, 1 tsp black pepper 425 g tomato sauce, 460 g beef bone broth

This recipe makes 6 servings.

Calories: 446. Fats: 34 g, Proteins: 26 g, Carbs: 11 g.

Total In take for the Day: Calories: 1150. Fats: 85.3 g, Proteins: 73.4 g, Carbs: 30.7 g.

DaySix

Meal 1 – Stuffed Peppers

70 g red bell pepper, 55 g cooked chicken, 30 ml mayonnaise, 4 g finely diced scallion, 1 lettuce leaf, 1/4 tbsp curry powder, salt, and ground black pepper to taste

Calories: 309. Fats: 23 g, Proteins: 20 g, Carbs: 3 g.

Meal 2 – Cheesy Salmon with Broccoli

110 g broccoli, 21 g butter, 30 g shredded cheddar cheese, 170 g boneless salmon fillets, juice of 1/4 lime, salt, and pepper to taste.

Calories: 656. Fats: 50 g, Proteins: 45 g, Carbs: 6 g.

Meal 3 – Nutty Brussels Salad

For the nut and seed mix – 1/4 tbsp coconut oil, 14 g almonds, 7 g pumpkin seeds, 7 g sunflower seeds, 1/8 tbsp ground cumin, 1/4 tsp chili paste, and 1/4 pinch salt

For the salad – 110 g Brussels sprouts, 30 ml olive oil, juice and zest of a quarter lemon, salt and pepper to taste

Calories: 484. Fats: 45 g, Proteins: 11 g, Carbs: 9 g.

Total In take for the Day: Calories: 1149. Fats: 118 g, Proteins: 76 g, Carbs: 18 g.

THE BEST SUPPLEMENTS FOR KETO FOR OVER 40

While the ketogenic diet can be helpful to people over 40 who want to reduce weight and get in shape, it does come with some health risks, including nutritional deficits. Anyone that doesn't obtain adequate nutrients in their system is more likely to get ailments like:

- Dementia
- Skin disorders

- Memory loss
- Anemia
- Eye problems
- Convulsions and abnormal heart rhythms
- Defective and weak bones
- Digestive issues, etc.

Medium chain triglyceride oil

Medium chain triglyceride oil, or MCT oil, is a type of fatty acid that occurs in coconut oil. The liver metabolizes these fats, transforming them into a source of fuel.

A 2018 study found a “clear ketogenic effect” when people took supplemental MCTs. MCTs may also help a person lose more weight, according to some research.

MCTs are not in many other foods, so taking a supplement can allow a person to get the potential benefits of these fats.

MCT oil is liquid at room temperature. People can mix it into foods or smoothies, or they can take it alone. A standard dose is 1 teaspoon. People should try this to start because a higher initial dose, such as 1 tablespoon or more, may induce diarrhea.

Magnesium

Magnesium is a mineral and electrolyte that is abundant in the body. The body needs magnesium for many different processes, including food metabolism, transmission of nerve signals, balance of fluids, maintenance of bone and muscle health, and more.

Although a few keto friendly foods, such as nuts and spinach, are high in magnesium, the diet is low in other magnesium rich foods, including whole grains, fruit, beans, and dairy products.

If a person is not getting adequate magnesium from foods while following the keto diet, they may need a supplement. A supplement may also be beneficial for those experiencing constipation.

Some evidence suggests that many people are at a high risk of magnesium deficiency due to chronic diseases, medications, and decreases in food crop magnesium levels.

Magnesium supplements are available in different forms. The Office of Dietary Supplements (ODS) state that the body may absorb some types — including magnesium aspartate, citrate, lactate, glycinate, and chloride forms — more readily than others. However, a doctor may recommend a specific form of magnesium to meet a person's needs.

High doses of magnesium can cause diarrhea. Therefore, a person should start with the lowest dose on the package, which may be 100–200 milligrams (mg) per day.

If no diarrhea occurs, a person may gradually increase the dose, although they should not take more than 400 mg per day unless a doctor advises a higher dose.

Electrolytes

As the body adjusts to a keto diet, the kidneys may excrete more water. This increased excretion can cause the body to lose vital electrolytes, which include not only magnesium but also potassium, chloride, phosphorus, and sodium.

Taking an electrolyte supplement can help rebalance the levels of these minerals. Electrolyte supplements vary in their mineral content, so it is important for a person to read labels to be sure that they are not getting too much of these minerals. Most contain a combination of calcium, potassium, and magnesium.

A keto friendly supplement should contain no sugar or sweeteners.

Alternatively, a person may wish to try adopting the following practices to get the three main electrolytes:

- taking a magnesium supplement daily

- adding some extra salt to the diet or consuming beef or chicken broth daily
- eating potassium rich, keto friendly foods, such as avocado or cooked spinach, every day

Fiber

Fiber is the indigestible part of plant foods, and it is important for keeping the digestive system healthy.

Without enough fiber, a person may become constipated. People should get 25–31 grams of fiber per day, depending on their age and sex.

Many keto friendly foods, including nuts, seeds, avocado, and leafy greens, contain fiber. However, if a person focuses on meat, seafood, eggs, and dairy, they may not get enough fiber on the keto diet.

Fiber supplements can be helpful if people find that they become constipated while following the keto diet. They should look for a keto friendly formula that does not contain sugar.

It is also important to drink plenty of water, which helps keep digestion running smoothly. Taking fiber supplements without adequate water intake could make constipation worse.

Omega-3 fatty acids

Omega-3 fats are a type of polyunsaturated fatty acid (PUFA). Omega-3s are present in high amounts in some fatty fish and eggs, and they also occur in plant form in some nuts and seeds.

Studies show that consuming enough omega-3s can have health benefits, including helping prevent weight gain. The ODS Trusted Source state that many people could benefit from a higher intake of omega-3s.

The other type of PUFA, omega-6, occurs in many conventionally raised, grain-fed meats. Omega-6s are also in some vegetable oils, including corn and cottonseed oil.

One study found that among people following a ketogenic Mediterranean diet, those who ate more omega-3s experienced positive effects on their insulin, triglyceride, and inflammation levels.

Omega-3 levels may be higher in meats that come from grass-fed or pasture raised animals, as well as in eggs from pasture raised or vegetarian-fed hens. If a person on the keto diet does not eat grass-fed meats or seafood, they may want to consider an omega-3 supplement.

Omega-3 supplements vary in their dosage and origin. Some come from fish oil, krill oil, algae, flaxseed, or other natural omega-3 sources. A person should follow the dosage directions on the product.

People who take medications that affect blood clotting, such as blood thinners, should ask a doctor before using omega-3 supplements. People who are allergic to fish or shellfish should

avoid supplements that contain fish oil, krill oil, or other fish based ingredients.

Digestive enzymes

The gut uses enzymes to break down different parts of foods during digestion. If a person who is switching to a keto diet ate a large number of carbs previously, they might find that they have trouble with the change.

Symptoms such as bloating, nausea, fatigue, and constipation are common because of the high amount of fats that a keto diet requires.

Digestive enzymes could help alleviate some of these symptoms. Many of these supplements contain several different types of enzyme, but it is important to choose one that contains lipase, which is the enzyme that breaks down fat.

Supplements that contain proteases and peptidases are also a good choice, as these break down protein.

In most cases, a person will take their digestive enzymes with a high fat meal or a few minutes before eating. They should always follow the dosage directions on the product and look for those that are keto friendly.

L-theanine

L-theanine is an amino acid that is difficult to obtain from foods. The only known good source of L-theanine is green or black tea, but the amounts may vary depending on the type of tea and how a person brews it.

Studies show that taking this supplement may help improve sleep quality, decrease anxiety, and improve mental cognition. As a result, it could be an excellent option if a person experiences mental fog or trouble concentrating as they transition to the keto diet.

L-theanine supplements are available in pill or powder form. There is no recommended dosage, but many products suggest 100–400 mg daily. Alternatively, people may choose to drink unsweetened tea, particularly green tea, which contains natural L-theanine.

Note:

Not eating a wide variety of vegetables, fruits, and grains when on the keto diet can lead to micronutrient deficiencies, such as selenium, magnesium, phosphorus, and vitamins B and C. Remember to always consult with your doctor before using any supplements.