

# Key Components of a Ketogenic Diet

## Sample Daily Breakdown:

- **LBM**: ~190 lbs (86 kg), moderately active.
- **Protein**: 152–190 g/day (~30–40% of calories, ~600–760 kcal).
- **Fat**: 130–180 g/day (~55–65% of calories, ~1,170–1,620 kcal).
- **Veggies**: 20–50 g/day (~5–10% of calories, ~80–200 kcal).
- **Fiber**: 25–35 g from low-carb veggies/seeds.
- **Electrolytes/ Micronutrients** :Sodium: 3,000–5,000 mg (e.g., 1–2 tsp salt, broth).
  - Potassium: 3,000–4,700 mg (e.g., avocado, spinach).
  - Magnesium: 300–400 mg (e.g., nuts, greens, or supplement).
- **Water**: 2–3 L/day.

Want a [Food List by Category?](#)

## The long version:

- **Fat:**
  - **Role**: Primary energy source on keto (60–75% of total calories), replacing carbs to sustain ketosis (burning fat for fuel).
  - **Goal**:
    - Aim for **1.5–2.0 g fat/kg lean body mass** (or ~130–180 g/day for your ~190 lbs/86 kg LBM), adjusted to meet calorie needs.
    - For weight loss, keep total calories at a slight deficit (e.g., 10–15% below maintenance, ~2000–2500 kcal for you, depending on activity).
  - **Sources**: Butter, olive oil, coconut oil, avocado, fatty meats (e.g., ribeye), nuts (macadamia, almonds), cream, cheese.
  - **Tip**: Prioritize healthy fats (monounsaturated, saturated) and limit processed trans fats. Track to ensure fat intake supports ketosis without overeating.
- **Carbohydrates:**
  - **Role**: Minimized to induce ketosis by depleting glycogen and forcing fat metabolism.
  - **Goal**:

- **20-50 g net carbs/day** (total carbs minus fiber). Stricter keto (e.g., for medical purposes) may aim for <20 g.
- Net carbs = Total carbs – Fiber.
- **Sources:** Low-carb vegetables (spinach, broccoli, cauliflower, zucchini), small amounts of berries, nuts/seeds.
- **Tip:** Focus on non-starchy veggies to stay under carb limit. Avoid grains, sugars, and starchy foods (potatoes, rice).
- **Fiber:**
  - **Role:** Supports digestion, gut health, and satiety; prevents constipation common on low-carb diets.
  - **Goal:**
    - **25-35 g/day** (similar to general recommendations, not specific to keto).
    - Most comes from low-carb vegetables and seeds.
  - **Sources:**
    - Veggies: Spinach (2 g fiber/cup), broccoli (5 g/cup cooked), cauliflower (3 g/cup).
    - Seeds: Chia seeds (10 g fiber/oz), flaxseeds (8 g/oz).
    - Supplements: Psyllium husk (5 g/tbsp) if needed.
  - **Tip:** Gradually increase fiber to avoid bloating. Ensure adequate water (2-3 L/day) to aid digestion.
- **Electrolytes (Key Minerals):**
  - **Role:** Keto increases water loss (due to glycogen depletion), flushing out electrolytes, which can cause fatigue, cramps, or "keto flu."
  - **Key Electrolytes and Goals:**
    - **Sodium:** 3,000-5,000 mg/day.
      - Sources: Salt (1 tsp = ~2,300 mg sodium), bone broth, pickles, olives.
      - Tip: Add salt to meals or drink broth to prevent headaches or lethargy.
    - **Potassium:** 3,000-4,700 mg/day.
      - Sources: Avocado (700 mg/cup), spinach (800 mg/cup cooked), salmon (400 mg/3 oz).
      - Tip: Avoid supplements unless prescribed; food sources are safer.
    - **Magnesium:** 300-400 mg/day.
      - Sources: Almonds (80 mg/oz), spinach (80 mg/cup), pumpkin seeds (150 mg/oz).
      - Tip: Consider a supplement (e.g., magnesium citrate, 200-400 mg) if cramps or fatigue persist.
  - **Tip:** Monitor for symptoms (e.g., muscle cramps, dizziness) and adjust intake. Electrolyte powders (low-carb) can help.
- **Other Micronutrients:**
  - **Role:** Prevent deficiencies, as keto limits food variety (e.g., no fruits, grains).
  - **Key Nutrients to Watch:**
    - **Calcium:** 1,000-1,300 mg/day (bone health, muscle function).
      - Sources: Cheese (200-300 mg/oz), kale (100 mg/cup), sardines (300 mg/3 oz).
    - **Vitamin D:** 600-800 IU/day (or more if deficient; supports immunity, bones).

- Sources: Fatty fish (salmon, 600 IU/3 oz), egg yolks, sunlight, supplements.
- **B Vitamins:** Especially B1, B9 (folate) from greens, liver, eggs.
- **Vitamin C:** 75–90 mg/day (lower needs on keto due to less glucose competition).
  - Sources: Bell peppers (190 mg/cup), broccoli (80 mg/cup).
- **Tip:** Eat nutrient-dense foods (e.g., liver, leafy greens) and consider a low-carb multivitamin if variety is limited.
- **Water:**
  - **Role:** Prevents dehydration, supports kidney function, and aids fiber digestion.
  - **Goal:** 2–3 L/day (80–100 oz), more if active or in hot climates.
  - **Tip:** Increase intake during the first few weeks of keto to offset water loss from glycogen depletion.

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