

The Complete Ketogenic
Diet Guide for Seniors to
Lose Weight, Boost
Energy, Prevent Diseases
and Stay Healthy



Keto DIET AFTER 50



Includes
Delicious
5-Ingredient
Keto Recipes



JAIDA ELLISON

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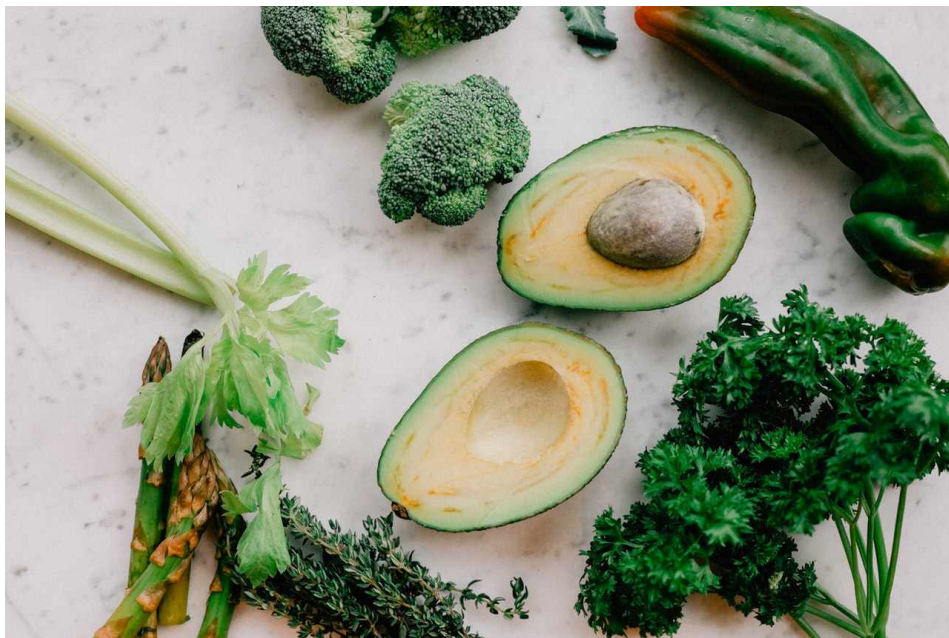
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INTRODUCTION

Welcome to Keto Diet After 50! We're thoroughly impressed by your commitment to lead a healthy life till the very end! In this book, we have compiled a list of important guidelines about the Keto diet along with a bunch of keto recipes that you will surely enjoy!

We thank you for choosing us while embarking on this journey. We hope that you enjoy reading this book and find it useful.



CHAPTER 1: Keto Diet

What is Keto Diet?

As you'd probably already know, the ketogenic diet is a low-carb diet where you eliminate or minimize the consumption of carbohydrates. The extra carbs are replaced by proteins and fats while you cut back on pastries and sugar.

So, how does it work?

See, when you consume less than 50 grams of carbs per day, your body starts to run out of blood sugar (which is used as fuel to provide your body quick energy). Once there are no sugar reserves left, your body will start to utilize fat and protein for energy. This entire process is known as ketosis and this is exactly what helps you lose weight.

Compared to other diets, keto has a better chance at helping you lose weight more quickly. The diet is also incredibly popular as you're not encouraged to starve yourself. You simply need to work towards a more high-fat and protein diet which isn't as difficult as counting calories.

Is Going Keto Alright For People With Diabetes?

Now you're probably wondering, what do I do if I have diabetes? For starters, speak to your personal physician. Talking to your physician is important regardless of what kind of diet you choose. However, note that keto diets generally do work well to improve insulin sensitivity.

For better results, seek a doctor's help if you have diabetes. Keto diets can have a drastic impact on your body and overall lifestyle; hence it's always better to seek extra guidance from a professional.

How the Body Changes When You're Over 50

This isn't going to be fun to read but once you hit your 50s, you're likely to experience a number of changes in your body. The most common include:

- **Weight Gain**

According to Centers for Disease Control and Prevention (CDC), men and women are likely to gain one to two pounds each year as they transition from adulthood to middle age. This doesn't get any better for women as they hit menopause. While gain in belly fat isn't directly linked to menopause, hormonal changes may cause you to pack a few pounds, depending on lifestyle and environmental changes.

- **Metabolism Slows Down**

You've probably heard a lot about your metabolism changing as you grow older. That's probably why you can't chow down junk food like you used to when you were in your teens. So, what is metabolism and how does it affect your body?

In simple terms, metabolism is how quickly your body processes or converts food and liquids into energy. As you grow older, metabolism slows down and the body starts to convert those extra calories into fat. This is probably why you should skip those convenience meals and start to eat healthier.

Why Should You Switch to Keto?

Once you start to hit 50, you likely don't indulge in strenuous activities anymore which is why you'll be needing fewer calories to function. This is when you should start eliminating added sugars from your diet. In addition, most packaged meals or meals provided

in the hospital for the elderly are processed and contain empty calories including mashed potatoes, bread, pastas and puddings. Not only do these foods taste bland but they also lack nutrition to keep your body strong and healthy.

Plus, a low-carb diet that is rich in healthy vegetables and meat will prove to be far better for folks suffering from insulin insensitivity and your overall health. Hence, start reading food labels more often and opt for healthier options. A recent study from the Hebrew University of Jerusalem has indicated how eating a diet rich in healthy fats can help you lose weight in the long run.

Macronutrients and Keto

Macronutrients

The food you consume provides nutrition to the body. Various types of nutrients are present in the food. They are broadly classified into macronutrients and micronutrients. Macronutrients are those nutrients which are required in significant quantities in the food to provide necessary energy and raw material to build various body parts. These are

- Carbohydrates
- Proteins
- Fats

Carbohydrates

Carbohydrates are the important energy sources of the body. In a Keto diet plan you have to cut on your carbs to eliminate this energy source and compel your body to spend the already present food stores in your body. These food stores are present as fat in your body. Once your body turns to these fat deposits in the body for energy you start to lose weight.

Carbohydrates should not constitute more than **5-10 %** of your daily caloric intake.

Carbohydrates are present in a variety of foods. You should make sure that the small quota of carbohydrate you are allowed to consume comes from healthy carbohydrate sources like the low carb vegetables and fruits e.g. broccoli, lemon and tomatoes.

Proteins



Proteins are really important because they provide subunits which are building blocks of the body. They make various hormones, muscles, enzymes and other working machinery of the body. Needless to say, the energy they provide to the body as well.

No more than **20-25 %** of your daily caloric intake should come from proteins. As a rule of thumb, a healthy person should consume about 0.5-0.7 grams of proteins per pound of total body weight.

A lot of people make the mistake in keto diet where they consume much more protein than they should. This not only puts additional strain on their kidneys but is also very unhealthy for the digestive system.

Eat a good variety of proteins from various sources like, tofu, fish, chicken and other sources of white meat, including seeds, nuts, eggs and dairy (though you shouldn't fill your diet with cheese). Red meat like beef can be enjoyed less frequently. We also suggest you avoid processed meats which are typically laden with artificial preservatives.

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