



WHAT IS THE KETOGENIC DIET?

The ketogenic diet is based on the principle that by depleting the body of carbohydrates, which are its primary source of energy, you can force the body to burn fat for fuel, thereby maximizing weight loss. When you consume foods that contain carbohydrates, the body converts those carbohydrates into glucose, or blood sugar, which it then uses for energy. Because glucose is the simplest form of energy for the body to use, it's always used for energy before your body turns to stored fat for fuel. On a ketogenic diet, the goal is to restrict carbohydrate intake so that the body must break down fat for energy. When this occurs, fat is broken down in the liver, thereby producing ketones, which are by-products of your metabolism. These ketones are then used to fuel the body in the absence of glucose.

HOW DO YOU FOLLOW THE KETOGENIC DIET?

There are several types of the keto diet, but essentially, to achieve a state of ketosis, you have to severely reduce the amount of carbs you eat. (You can use this ketogenic calculator to create a custom food plan.) Data suggest the average American man over age 20 consumes 47.4 percent of his daily calories from carbs, and the average American woman over age 20 consumes 49.6 percent of her daily calories from carbs. (3) But in the classic ketogenic diet, which was originally used for the management of seizure disorders, 80 to 90 percent of calories come from fat, 5 to 15 percent come from protein, and 5 to 10 percent come from carbohydrates. A modified version of the ketogenic diet, which allows you to eat protein more liberally — at 20 to 30 percent of your total calories — with the same carbohydrate restriction, is the more commonly used version of the diet today. Some of the aims of the latest version of the ketogenic diet are weight loss, weight management, and improved athletic performance.

Information borrowed from www.healthline.com

FOR MORE INFORMATION:

www.healthline.com

IF YOU HAVE SUGGESTIONS OR REQUESTS PLEASE EMAIL:

specialdiets@ringbrosmarketplace.com

OR CALL: [508-394-2244](tel:508-394-2244)

To our knowledge these products are all keto friendly. We are not responsible for a listing which is not keto friendly. Manufacturers may change a product's ingredients at any time. This list does not include information regarding cross contamination. As such please use this list at your own risk.

Ketogenic Diet Guide

Ring Bros. Marketplace

For those looking to follow a ketogenic diet, this is a *partial* list of keto friendly items that we carry. Although there are many more keto friendly items in our store, they are not all listed here. Items change frequently so we apologize if an item on this list has been discontinued. Please look out for new items which are being added weekly.

KETO FRIENDLY

Keto Friendly Products

Baking Ingredients / Fillings

In The Raw Monk Fruit Keto Sweetener
Sweet Leaf Stevia Drops
Lakanto Golden Sweetener
Lakanto Simple Syrup
Lakanto Chocolate Chips **NEW**
Lakanto Blueberry Muffin Mix
Birch Benders Keto Pancake & Wfl Mix
Birch Benders Keto Frosting **NEW**
Bob's Red Mill Almond Flour
Let's Do Org Unsweetened Shredded Coconut
Keto & Co Cake Mix, Chocolate
Keto & Co Brownie Mix, Fudge
Organic Valley Organic Ghee

Baked Goods / Breads

Base Culture Keto Bread

Snacks / Chips / Bars

Munk Pack Keto Granola Bars
Cello Whisps Cheese Crisps: All
Moon Cheese: All
Moon Cheese Blitz Mix: All **NEW**
Siete Grain Free Tortilla Chips
Rhythm Cauliflower Snack Bites
Rhythm Kale Chips: All
Love Good Fats Bars: All
Think! Keto Protein Bars
Good To Go Keto Bars
Catalina Crunch Snack Mixes: All

Cookies / Crackers

Evolved Keto Cups: All
Lesser Evil Mini Cookies, Soft Baked
Catalina Sandwich Cookies **NEW**
BHU Keto Chocolate Chip Cookie Bites **NEW**

Breakfast Foods

Catalina Snacks Crunch Cereal: All
Laird Superfood Creamer, Original
Lakanto Maple Flavored Syrup
Keto & Co. Granola: All **NEW**

Soups / Broth / Chili

Kettle & Fire Keto Soups: All

Condiments / Sauces / Dressings

Primal Kitchen Avocado Oil, XV Olive Oil
Primal Kitchen Avocado Oil Mayonnaise
Primal Kitchen Salad Dressings: All
Primal Kitchen Pasta Sauces: All
Primal Kitchen Sauces, Steak, BBQ, & Teriyaki
Primal Kitchen Seafood Sauces
Primal Kitchen Ketchup **NEW**
True Made Ketchups
True Made BBQ Sauce
Spectrum Naturals Coconut Oil, Unrefined
Nutiva Coconut Manna
Yo Mama's Chianti Wine Pasta Sauce
Wholly Avocado Guacamole
Red Boat Fish Sauce
Franks Red Hot Original
McIlhenny Co. Tabasco
Thai Kitchen Red Curry Paste
Rao's Alfredo Sauce
Justin's Almond Butter
Terrapin Ridge Sauces and Aiolis
Good Food For Good BBQ Sauce

Wellness

Bulletproof Brain Octane Oil

Rice / Beans / Grains

Manitoba Harvest Hemp Heart Seeds, Shelled

Beverages

La Croix Sparkling Water (Check Ingredients)
Kitu Super Coffee: All

Pasta / Quick Meals

Miracle Noodle Konjak Pasta: All **NEW**

Refrigerated Foods

Organic Valley Mozzarella Cheese Stringles
Hood Cottage Cheese: All
Philadelphia Cream Cheeses: All
So Delicious Coconut milk Creamer, Original
Horizon Heavy Whipping Cream
Vital Farms Eggs
Kite Hill Cream Cheese Style Spread
Vermont Creamery Crème Fraiche
Good Culture Cottage Cheese
Kerrygold Pure Irish Butter

Frozen Foods

Bonafide Provisions Bone Broths: All
Caulipower Chicken Nuggets
Enlightened Keto Ice Cream Bars: All Keto

Ice Cream / Frozen Yogurt

Keto Pint Ice Cream
Rebel Keto Ice Cream
Enlightened Keto Ice Cream: All Keto

Fruits / Vegetables

Lettuce
Spinach
Kale
Microgreens
Chard
Arugula
Cauliflower
Asparagus
Broccoli
Bok choy
Cabbage
Celery
Cucumber
Bell peppers
Mushrooms
Cabbage
Zucchini
Summer Squash
Strawberries
Blueberries
Raspberries
Blackberries
Avocado

Note: When the word "ALL" is used it refers to only the varieties we carry in our store.