

● HOW TO STAY IN

# Ketosis

01

Focus on Whole, Low-Glycemic Foods



02

Read Food Labels

Nutrition Facts	
about 45 servings per container	(5g)
Serving size 1 tbsp.	
Amount per serving	10
Calories	
%Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 1	0%
Sodium	0%
Total Carbohydrate	1%
Dietary Fiber 2g	6%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg 0%	Calcium 6mg 0%
Iron 2mg 10%	Potassium 75mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

03

Test for Food Sensitivities



04

Keep a stash of Keto-Friendly Snacks

