

Trigger Foods

? Trigger foods may be preventing you from getting or staying in ketosis.

MOST COMMON TRIGGER FOODS



DAIRY



PREPACKAGED
FOODS



ALCOHOL



ALTERNATIVE
SWEETENERS

HOW TO KNOW: TEST GLUCOSE & KETONES



BEFORE EATING



30 MINUTES
AFTER EATING



3 HOURS
AFTER EATING



MOJO TIPS

- 1 Avoid foods that increase blood glucose more than 30mg/dL
- 2 Avoid foods that decrease ketones more than 0.5 mmol/L