

Forum:[Hack Forums](#)

Thread: [Everything You Need To Know About The KETO Diet - Read if you want to lose weight!](#)

Eran - August 30, 2024, 7:06 pm

p r e s e n t s

T H E . K E T O G E N I C . D I E T

NOTE: My experience with this diet is limited. I have only gone through one cycle and have stopped because I have successfully achieved what my goal was getting into the diet.

What is the keto diet?

The ketogenic diet is a term for a little to none carb diet. It's basically getting your calories from protein and fat. You want to aim for a maximum of 50 grams of carbs a day, ideally taking 20 grams. The goal is to get your system in a state of ketosis, which means your body will be using ketones (a type of chemical that your liver naturally produces when it breaks down fats) as your main source of energy, instead of carbs. To achieve ketosis, your diet should persist roughly of about 70% fat, 20% protein and 10% carbs. Although since I lift, I try to get in more protein than recommended, don't worry, it won't mess up your ketosis. A ketogenic diet is great for a variety of reasons, some of few are: decreased appetite, increased energy, weight loss, increased good cholesterol, decreased bad cholesterol and more...

My experience with the keto diet

I have wanted to try the diet because summer was approaching, and I wanted the fastest way to get rid of my belly fat. I've read about the diet before but never thought of trying it. One morning I just decided that I'm gonna start. Made me some eggs and fish for breakfast and started tracking my food intake. The goal was to reach 45 days.

The first few days I had a few headaches and I was irritable, under stress and had cravings, which is exactly what I expected, so no big deal. After the 5 day mark, things took a wild positive turn! My appetite decreased so much! Before I could not go through my work shift without having to snack or have a lunch break, but during the diet, it was no problem. I was also insanely energized, that took me by surprise! It's like that feeling after your first strong morning coffee, but it lasted the entire day! I thought it was going to be be hard, but it definitely wasn't! I was even sad that after the 45 day mark I am going back to carbs, but I did not want to do the diet long term. Over the course of the 45 days, I lost about ~15kg! It was insane how fast I was losing my belly fat. I achieved my goal!

What can you eat during the diet

As said before, you should mostly avoid carbs. While it's impossible to entirely avoid them, because they are everywhere, pay attention to the nutrition labels when you are doing your shopping and calculate everything.

Here is a list of foods that you can eat:

Fish (tuna, sardines..)

High-fat dairy products (milk, fresh cheese, cottage cheese, parmesan...)

Meat (chicken, beef, beef liver..)

Eggs

Avocados

Olive oil (avoid seed oils, they're bad for you)

Non starchy veggies (artichokes, mushrooms, collard greens, asparagus, pepper, squash, broccoli...)

Low-sugar fruits (avocados, blackberries, coconut..)

Nuts and seeds (peanuts, almond, chia seeds, pecans...)

Butter

Unsweetened tea

Unsweetened coffee

Here is what you should avoid:

Refined carbs (bread, pasta, rice)

Alcohol

Honey

Juices

Sauces

Starchy vegetables such as potato

Dried fruit

Sweetened yoghurt

Candy

Beans

Chocolate

Some fresh fruits (bananas, mangoes..)

Bottom line

After you finish your ketogenic diet cycle, do not dive back straight into carbs but rather slowly introduce them back into your diet.

I think this is a great little habit/diet you should try, not only for the physical and mental benefits, but to strengthen your willpower!

If you have any questions, contact me :) !

M?tt - August 30, 2024, 7:13 pm

I'd also add that calories in and out are still just as important when doing Keto. I didn't see that in your post, but I feel like it's still important to note.

Lastly, my recommendation for people that think you can eyeball the weight of food, just don't. Unless you've been doing it for a really long time, your assessment will likely be inaccurate and can fluctuate the results you want from the results you get (more or less depending on your assessment).

This is a great read though on Keto. I never gave it a full-hearted effort, but I did half-ass it a couple times and it was hard for me. I'd definitely need to stick out the hard days, but it's definitely been proven to be helpful for weight loss.

Eran - August 31, 2024, 7:01 am

(Aug 30, 2024 07:13 PM)M?tt Wrote: [\[CITE\]](#) I'd also add that calories in and out are still just as important when doing Keto. I didn't see that in your post, but I feel like it's still important to note.

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I agree with you, I missed some details, I will be updating thread soon. Thanks for pointing this out!

xPlutus - September 2, 2024, 12:53 pm

Very interesting! I was actually doing waterfasting these days but keto does sound more appealing to me after doing some more research on it

Thanks for the read!

Badge - September 2, 2024, 1:00 pm

[Eran](#) coming in clutch might actually look more into this and try it!

Eran - September 7, 2024, 7:59 am

(Sep 2, 2024 12:53 PM)xPlutus Wrote: [\[CITE\]](#) Very interesting! I was actually doing waterfasting these days but keto does sound more appealing to me after doing some more research on it

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(Sep 2, 2024 01:00 PM)Badge Wrote: [\[CITE\]](#) [Eran](#) coming in clutch might actually look more into this and try it!

All good! :)

Now that I posted this, I may give it another try. I'm not really sure. My belly fat is stubborn and keto will definitely help shred it off.

Omniscient - December 30, 2024, 1:08 pm

(Aug 30, 2024 07:13 PM)M?tt Wrote: [\[CITE\]](#) I'd also add that calories in and out are still just as important when doing Keto. I didn't see that in your post, but I feel like it's still important to note.

I disagree that calorie counting matters at all in Keto. The reason is that with the decreased appetite and limited to meat and fats makes is really difficult to actually eat too much to the point you're not losing weight.

I am 4 months now Keto, down 30 lbs. I eat whatever and whenever I want as long as it's ultra-low or zero carbs. I'm probably doing 20-30 cabs per day.

[Eran](#) is right about nice energy levels, I've never dieted where I've lost weight and still felt energy. Normally you're sluggish and hungry all the time.

First week was rough, I actually had some dizziness. I twice broke the diet for Thanksgiving and Xmas. After Thanksgiving on day 2 and 3 I had the dizziness again, which I suppose is how my body reacts to going into Ketosis. Some call it Ketosis Flu. Loss of blood sugars is my guess.

I definitely don't intake enough fat. I do cheese mostly but I crave animal fat when I'm eating. It's like butter to me. I want a steak with as much fat on it as possible. Bacon is one of the best items to eat since it's fat heavy.

Stanley - January 12, 2025, 3:05 pm

I'm Stanley HF's helper bot. The OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small ?yte fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

If you haven't already read the first post of this thread we encourage you to do so.

Thanks,
Stanley

Unidentified_eCrime - January 12, 2025, 7:16 pm

(Aug 30, 2024 07:13 PM)M?tt Wrote: [\[CITE\]](#) I'd also add that calories in and out are still just as important when doing Keto. I didn't see that in your post, but I feel like it's still important to note.

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Calories in vs calories out is the simple solution to weight loss. I say simple but NOT easy because I've been guilty of eating disorders or anxiety that leads to overeating / snack eating.

M?tt - January 13, 2025, 5:21 pm

(Dec 30, 2024 02:08 PM)Omniscient Wrote: [\[CITE\]](#) I disagree that calorie counting matters at all in Keto. The reason is that with the decreased appetite and limited to meat and fats makes it really difficult to actually eat too much to the point you're not losing weight.

I am 4 months now Keto, down 30 lbs. I eat whatever and whenever I want as long as it's ultra-low or zero carbs. I'm probably doing 20-30 cabs per day.

I mean, to an extent you can't eat 5,000 calories of fats and proteins and expect to lose weight. It's obviously an exaggeration, but I'd bet you're relatively close to at least maintenance calories based on your weight. I lost 20 lbs in 4 months (175 to 155) by exercising 5x a week and counting calories and macros. I still ate whatever I wanted, but I made sure to stay within my plan.

(Jan 12, 2025 08:16 PM)Unidentified_eCrime Wrote: [\[CITE\]](#) Calories in vs calories out is the simple solution to weight loss. I say simple but NOT easy because I've been guilty of eating disorders or anxiety that leads to overeating / snack eating.

Overeating will hurt any diet but it does take a lot of work. Calorie counting seems simple, but it takes discipline and hard work in order to see results. I definitely hear you though. Hopefully you can work past it!

Unidentified_eCrime - January 14, 2025, 8:36 am

(Jan 13, 2025 06:21 PM)M?tt Wrote: [\[CITE\]](#) I mean, to an extent you can't eat 5,000 calories of fats and proteins and expect to lose weight. It's obviously an exaggeration, but I'd bet you're relatively close to at least maintenance calories based on your weight. I lost 20 lbs in 4 months (175 to 155) by exercising 5x a week and counting calories and macros. I still ate whatever I wanted, but I made sure to stay within my plan.

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For sure - I was able to overcome it thankfully. One article I always like to share when discussing calorie in vs calorie out is this one -

https://www.burnthefatinnercircle.com/public/The_Twinkie_Diet.cfm#:~:text=Mark%20Haub%2C%20a%20nutrition%20professor,drinks%20and%20a%20multi%2Dvitamin.

"Mark Haub, a nutrition professor from Kansas State University, lost 27 pounds in 10 weeks with at least two-thirds of his food consisting of Twinkies, Little Debbie Snacks, Doritos, Sugary Cereals and Oreos. (Aka, the Twinkie diet). The other third included some vegetables, protein drinks and a multi-vitamin. The weight loss wasn't surprising, since he limited himself to 1800 calories per day on his Twinkie diet, which was part of a class experiment."

Crystal Lord - January 21, 2025, 2:20 pm

Thank you for sharing this Keto diet, sounds really hard and strict but nothing that i cannot handle, im usually practicing autophagy many times and sometimes i had rounded almost 2 days without food but results are good and you feel very light.

Eran - January 24, 2025, 3:30 am

(Jan 21, 2025 03:20 PM)Crystal Lord Wrote: [\[CITE\]](#) Thank you for sharing this Keto diet, sounds really hard and strict but nothing that i cannot handle, im usually practicing autophagy many times and sometimes i had rounded almost 2 days without food but results are good and you feel very light.

Well, I'm not a picky eater, so the carb restrictions weren't hard at all for me. Except for the lethargy the first few days, I felt great throughout the entire diet!

Crystal Lord - January 24, 2025, 3:32 am

(Jan 24, 2025 04:30 AM)Eran Wrote: [\[CITE\]](#) Well, I'm not a picky eater, so the carb restrictions weren't hard at all for me. Except for the lethargy the first few days, I felt great throughout the entire diet!

I dont feel anything or even hungry at all ?