

# **An Introduction to the Paleo and Ketogenic Diets**

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# What is the Paleo Diet?

Not what our ancestors ate

- Whole Foods Based
- Grain Free
- Dairy Free
- Legume Free
- No Refined Sugar



# Whole Foods

- Anything that was alive at one point.
- Animal or plant based.
- One ingredient, no preservatives, no artificial flavours.
- Eat food in its most natural state.



# Grain Free

- Grains are difficult for most people to digest.
  - They contain compounds, which are designed to disrupt digestion.
- High in carbohydrates.
  - They are often the basis of unhealthy foods.
- Do not have any benefits not highly available in vegetables.





# Grain Alternatives

- Almond Flour
- Coconut Flour
- Chia Seed Flour
- Chestnut Flour
- Potato Flour
- Etc.



# Dairy Free

- Many people develop intolerances to lactose, whey and/or casein.
- Dairy has many great nutrients, but if it cannot be digested, they are useless and it can be harmful.
- Fermented forms of dairy may be easier to digest.
- Butter is eliminated only in extreme cases of intolerance.





# Dairy Alternatives

- Coconut Milk
- Almond Milk
- Cashew Milk
- Hazelnut Milk
- Avocado
- Etc.

\*All should be unsweetened.



# Legume Free

- All legumes contain anti-predatory compounds.
- Some are easier to handle than others, such as green beans.
- There are no essential nutrients in legumes that are not found in other vegetables.





# How to use the Paleo Diet

- Eat strict Paleo for a minimum of 30 days.
- After 30 days, reintroduce foods that have been eliminated. One per week.
- Any foods that cause negative symptoms, should be avoided for a greater time frame.



# How to use the Paleo Diet

- If you find that you can handle certain grains, dairy or legumes, you can continue having them.
- Just have them in moderate amounts.



# What is the Ketogenic Diet?

- A high fat, moderate protein and ultra-low carbohydrate diet.



# Is this for everyone?

- NO!
- Many people do best on a low carb diet.
- It may not work well with CrossFit.
- It can be socially isolating (although I personally think this is just a cop out :)).
- Beginners should start with Paleo.



# What are the benefits of it?

- Improved body composition
- Improved mental clarity
- Improved energy
- Lower insulin and blood sugar levels



# Ultra-Low Carb

- Carbohydrates elicit an insulin response.
- High levels of insulin are associated with insulin resistance.
  - This is then associated with increasing storage of calories.
- High blood sugar levels also glycate important functional proteins.
- There are no essential carbohydrates.



# What is Ultra-Low Carb?

- 40-60g/day
- Low Carb is <100g/day
- Focus on above ground/non-starchy vegetables.
- Try to eat a colourful diet.



# Moderate Protein

- You want to have enough to meet your daily needs, but not to the point to where extra protein gets turned into glucose.
- This will be based on your activity levels and lean body mass.





# What is Moderate Protein?

- 1g/lb of lean body mass for highly active
- 0.7g/lb of lean body mass for sedentary
- ~25% of caloric intake
- 200# Highly Active Person with 10% BF
  - 180g/day, 720cal



# High Fat

- Needed to provide energy given low carb intake.
- As the body becomes adapted to higher fat intake percentages, more ketones are produced for the brain to use and muscles become more fat adapted, so they will use fatty acids over carbs for energy.



# What is High Fat?

- 70% of caloric intake.
  - Work off of protein numbers to find this one.
- 200# Highly Active Person with 10% BF
  - 720cal of Protein=25%
  - Total calorie intake=2880
  - 50g carbs=200cal
  - $2880 - 720 - 200 = 1960$ cal of fat (218g)





# Healthy Sources of Fat

- Coconut/MCT Oil
- Grass Fed Butter
- Olive Oil
- Avocado Oil/Avocados
- Macadamia Nut Oil
- Nuts and Seeds
- Nut and Seed Butters
- Beef Tallow (Grass Fed)
- Bacon Fat (Nitrate Free/Organic)



# What is the Keto Flu?

- The time period when your body hasn't adapted to a low carb/high fat diet where your muscles and brain compete for ketones.
- Usually lasts two weeks.



# How to start the Keto Diet

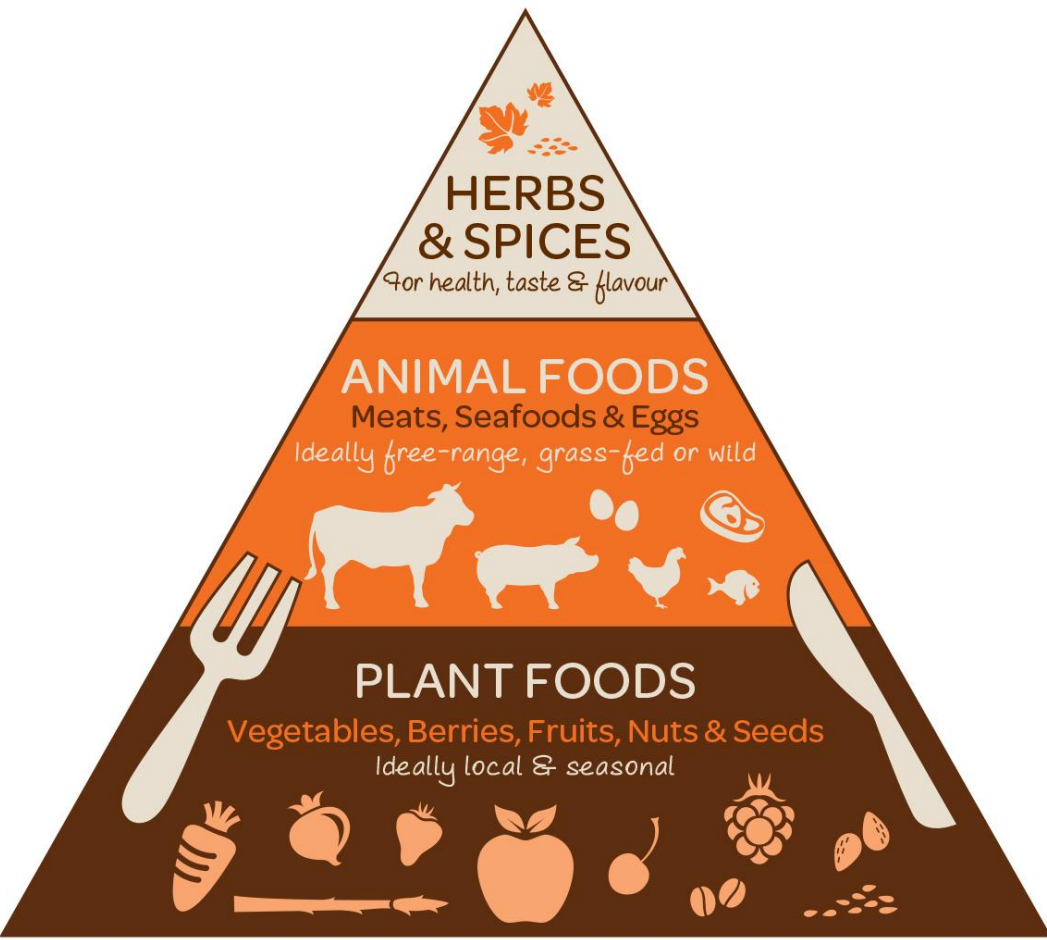
- Start with 2-3 weeks at 100-150g of carbs/day.
- Focus on low starch vegetables, and high nutrient density fruits.
- See how you feel after this and decide if you want to try to go further.



EAT  
EAT AND VEGETABLES.  
AND SEEDS. SOME FRUIT.  
STARCH AND NO SUGAR. KEEP  
LEVEL  
USE BUT NOT BODY FAT.  
MAJOR LIFTS: DEADLIFT, CLEAN  
PRESS, C&J, AND SNATCH  
THE BASICS OF  
PUSH-UPS, SQUATS,  
BIRQUETTES, PLANK  
ROW, BOD  
WALK

# QUESTIONS?

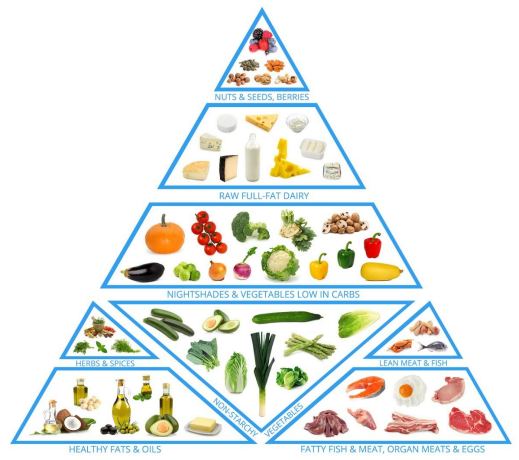




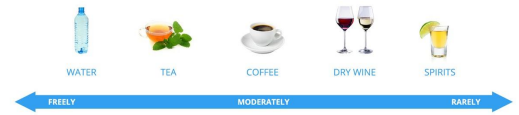
# The Paleo Food Pyramid

FUELLED TO LIVE

## KetoDiet Food Pyramid



### Drink



### Avoid

