

## PREVIEW - Part 3 of the Keto course with Dr. Andreas Eenfeldt

**Dr. Andreas Eenfeldt:** A keto diet contains very few carbs and a higher proportion of energy from natural fat. The protein amount should be moderate. The diet is based on real food like meat, fish, eggs, vegetables and natural fats like butter or from fatty foods like avocado, salmon or olive oil.

Avoid the carbohydrate rich foods like sugar, sweets and starchy foods, bread, pasta, rice and potatoes. And you could end up eating something like this in a day, just as an example.

A simple way to explain the difference between regular food and keto foods is that you remove the large portion of carbs, rice, potatoes or pasta and replace it with vegetables prepared in fats. For example veggies fried in butter or salads with olive oil. It can really be that simple.

So how much should you eat? Well, you can eat when you're hungry until you're satisfied. Super simple! You don't need to count calories, you don't need any pills, no special products and no meal replacements on a keto diet. You only need real food.

Another important difference - waiting until you're hungry to eat feels easy on keto, because your body can now switch directly to burning your body fat when needed. On a carb diet you will get sugar cravings and feel tired if you don't eat all the time.

But on a keto diet you get more energy when you're hungry. Now once you do it, hunger is the best spice. So eat when you're hungry until you're full and then repeat this for as long as you want, maybe your whole life. It's as natural as can be, like breathing. Just remember to choose food with very little sugar or starch.

Now a common rule is to stay below 20 g of carbs per day. And a simple beginner's rule to achieve that is to stick to food with less than 5% carbs. For the rest of this video we'll go through exactly what to eat and what not to eat on keto.