# The Ketogenic Lifestyle Quick Start Guide For Newbie’s

Losing weight and getting in shape is all the rage at the start of every year. While fad diets will come and go, one trend that is here to stay is the keto diet. More than just a diet, keto is a whole lifestyle. Those who are following a keto meal plan will be able to drop fat while increasing their overall energy levels. Instead of counting calories, those following a keto meal plan will eliminate certain items for their diet while increasing others. The end result is weight loss, better control over blood sugar, and an overall healthier immune system.

What is Keto?

A ketogenic diet or meal plan is one that is mainly high in healthy fat and low in carbohydrates. The benefit of following a keto meal plan is that you can get rid of extra fat without suffering hunger pangs. An additional side effect of the keto diet plan is that you can stabilize the effects of type 2 diabetes and also regulate your metabolism. Your body will break down fat to burn as its energy source instead of using sugars, which results in full body weight loss.

Things to Consider Before Starting Keto

Not every diet will work for every person. Keto is effective for most, but there are some people who may not be able to follow a keto plan safely. If you have been diagnosed with high blood pressure, it is important to seek the help of a trained medical professional when preparing your meal plan. The keto diet is high in healthy fat which may further increase your blood pressure. Those who have been diagnosed with diabetes can benefit from following a keto diet. However, it is important to follow the guidance of a medical professional to prevent insulin shock or any other negative side effects. Pregnant women and those who are nursing should avoid keto completely.

Do You Need Supplements While on Keto?

Thankfully, the keto diet plan is not one that forces you to count your calories or deprives you of essential nutrients. While you will be limited on the number of sugars and carbs you can consume, there are plenty of alternatives that will help balance your diet. You can take a multivitamin supplement, but make sure that there are no added sugars or carbohydrates to ensure that you don’t drop out of keto by raising your blood sugar.