

When You Eat Keto...This Happens

(Progressive account of changes happening inside of you!)

DAY 1

- ~The reduction of dietary carbs reduces blood sugar & insulin levels.
- ~ Lower insulin accelerates the kidney's excretion of sodium (salt) & water, resulting in the loss of water weight and the onset of keto flu symptoms.
- ~The liver breaks down glycogen to maintain a safe blood sugar level.

DAY 2

- ~Liver glycogen levels are depleted, and insulin levels are low.
- ~In the absence of excess calories, the body taps into the fat cells for fuel, releasing free fatty acids (FFA) into the bloodstream.

DAY 3

- ~FFA are used as a direct source of fuel by many tissues (i.e., muscles, heart), but not the brain.
- ~Your liver converts some FFA to ketone bodies to fuel the brain and other tissues.

DAY 4 - 7

- ~Symptoms of keto flu diminish as the enzymes and pathways needed for efficient fat breakdown increase.
- ~Your body becomes more metabolically flexible, running on FFA, ketones, and glucose, resulting in sustained energy and accelerated fat loss.

DAY 8 - 30

- ~Your body has adapted to running on stored energy, reducing hunger, and making intermittent fasting easier.
- ~However, awareness of environmental cues and emotional ties to high-carb foods linger, making it tempting to return to old habits. Don't quit before the magic happens!

DAY 31 - 40

- ~The prolonged time away from sugar (sweetness) resets receptors in the taste buds and brain, allowing you to detect a wider range of flavors and reducing sugar cravings.

DAY 41 - 90

- ~The hunger satiety that results from following a keto diet leads to a natural reduction of food intake and a noticeable loss of visceral (abdominal) and subcutaneous (under the skin) fat.

DAY 90 +

- ~Athletic performance matches the pre-keto level, and your body has become better at using fat for fuel during exercise and throughout the day.

Courtesy of DrBeckyFitness.com