

THE KEY TO KETO

INSIDE THE CELEB DIET CRAZE OF 2018

Oscar-winning actress Halle swears by the keto diet to lose weight, and keep her body and mind healthy.



Halle Berry

It's the weight-loss phenomenon creating a buzz around the world – the ketogenic diet is credited for Guy Sebastian's buff new body on the cover of *Men's Health* and is also said to have been embraced by Hollywood A-listers such as Halle Berry, Jessica Biel and Matthew McConaughey.

And you might not know this, but it was actually developed in the 1920s to help patients with epilepsy.

A low-carbohydrate, high-fat diet that also involves eating moderate amounts of protein, the ketogenic diet is popular as a fast and effective way to lose weight, and followers also report a boost in their mental clarity and energy levels.

So how does it work? When you consume a very small amount of carbs and moderately increase your fat intake, the body switches to using fat as its main energy source. And when dietary fat is metabolised for energy, by-products called ketones are produced – a process known as 'ketosis'.

'One of the key benefits of using ketones for energy rather

than glucose, and what often yields weight-loss results, is that the body is no longer relying on dietary intake for energy, but rather stored fats,' explains dietitian and BE Fit Food founder, Kate Save.

Typically, the ketogenic diet involves consuming between 20g to 50g a day of carbohydrates. However, there is also a state called 'mild nutritional ketosis,' says Kate, who has created a 7-Day Keto Meal Plan exclusively for New Idea.

'Just as it sounds, it's a milder state of ketosis, which is sustainable for longer periods and has fewer side effects due to its less extreme fat vs carb ratios,' she adds. 'With this approach, you'll probably be eating around 50g to 70g of carbohydrates per day. Anything below that you end up excluding food groups.'

What to expect

Once you are in ketosis, you'll notice changes in your body.

'The most common benefit my clients report is that they are no longer hungry all the time, and no longer craving sugars,' says dietitian and founder of The Keto Clinic, Feng-Yuan Liu.

Other benefits include more sustained energy levels throughout the day, improved mental clarity and mood, and weight loss (especially around the belly), she explains.

'They may also see a reduction in inflammation through change to their joints, skin, face shape and also via

NEW IDEA TAKES A LOOK AT WHETHER IT CAN WORK FOR YOU



BEFORE

Jules and husband Guy Sebastian – parents of Hudson, five, and Archer, three – have been working hard on slimming down and getting fit.

blood test markers like CRP and ESR.'

Kate adds that when your body burns fat as its main fuel, you can lose weight fast.

'Following a ketogenic diet also helps you avoid the spikes in blood sugar that can occur when you consume carbohydrates and sugars,' she says.

'As a result, your body doesn't need to produce as much insulin. Low insulin levels mean that your body is better able to break down fat to be used as fuel.'

Celeb keto converts!

Many A-listers such as Kim Kardashian West, and Vanessa Hudgens have sworn by the positive results of a keto diet.

After the birth of her second child Saint, Kim shed 27kg simply by switching to a low-carbohydrate diet that was rich in fats.

Actress Halle Berry also credits the keto diet for ensuring that her body is constantly in 'fat burning mode'.

'The idea of it is you train your body to burn healthy fats and so I eat healthy fats all day long,' she confirms.

The *High School Musical* star Vanessa also believes the keto approach of primarily consuming 'high-fat, high-protein' foods has been transformational.

'It's what's going to make you feel fuller longer,' Vanessa explains. 'And your body can burn it and use it as fuel.'

Jules Sebastian

GETTING STARTED

On a keto diet, you'll load up on healthy fats, veggies and proteins every day, says natural medicine doctor and nutritionist Dr Josh Axe. Here are some foods you'll consume or avoid:

Foods to eat ✓

- MEATS**
Wild-caught fish, grass-fed beef, lamb and organic poultry.
- LEAFY GREENS**
Spinach, kale, rocket and cos lettuce.
- CRUCIFEROUS VEGETABLES**
Broccoli, cabbage, cauliflower and brussels sprouts.
- VEGETABLES**
Celery, cucumber, zucchini, chives and leeks.
- HIGH-FAT DAIRY**
Hard cheeses, high-fat cream and butter.
- NUTS AND SEEDS**
Macadamias, walnuts and sunflower seeds.
- FRUIT**
Avocado, on occasion berries, such as raspberries, and other low-GI berries.
- SWEETENERS**
Stevia, erythritol, monk fruit and other low-carb sweeteners.
- OTHER FATS**
Coconut oil and high-fat salad dressing.

What you can drink ✓

- WATER**
- UNSWEETENED COFFEE (BLACK) AND TEA IN MODERATION**
- BOUILLON OR LIGHT BROTH**

Food you'll avoid ✗

- GRAINS**
Wheat, corn, rice and cereals.
- SUGAR**
Honey, agave and maple syrup.
- HIGH-GI FRUIT**
Apples, bananas and oranges.
- POTATOES AND SWEET POTATOES**

Drinks to avoid ✗

- SOFT DRINKS**
- ALCOHOL**
- SWEETENED TEAS OR COFFEES**
- MILK AND DAIRY REPLACEMENTS**
- FRUIT JUICES**



Turn the page to hear from real women who say the keto diet changed their lives... and your free 7-day keto diet plan ▶

'I WAS A TAKEAWAY ADDICT'

Growing up, Megan Shaylor suffered from low self-esteem and, as a result, she turned to sugar to cope.

'I was fat, and when you feel really bad about yourself the one thing that there is, is sugar,' the 35-year-old mother-of-two from NSW says.

'I remember having the urge to eat sugar all the time.'

As she got older, this led her down a spiral of emotional eating and yo-yo dieting.

'IT'S HELPED AMAZINGLY WITH MY EMOTIONAL WELLBEING... I'M NOT RULED BY FOOD ANYMORE'

But after she saw a colleague's transformation on the keto diet, Megan decided she had to do it.

'I woke up and was like: "I'm doing it today." And that was it,' she says.

Of course, this meant a huge overhaul to her diet.

'I was addicted to takeaway, so the first thing that had to go was all those takeaway foods,' Megan reveals.

Initially, she started

keto to lose a few kilos, but it quickly became about much more than just the weight loss.

Megan suffers from complex post-traumatic stress disorder and anxiety and, after starting the diet, Megan discovered that her episodes began to stop.

The diet has also changed the way that Megan thinks about food and she is free of the food cravings that previously consumed her every thought.

'I ate for pleasure and I ate to heal my emotions, and then

all of a sudden that part of me stopped,' she reveals.

'For me it's helped amazingly with my emotional wellbeing, with my anxiety. I'm happy and I'm not ruled by food anymore.'

While keto has seen Megan lose 8kg and has changed her life, she still admits that on special occasions she will have a cheat meal.

'I'll just go and enjoy the food and I'm back on track the next day,' she says.

Who should not do the keto diet?

The keto diet is not recommended for pregnant or breastfeeding women, as there hasn't been enough research to prove it's safe, says nutritionist Dr Josh Axe.

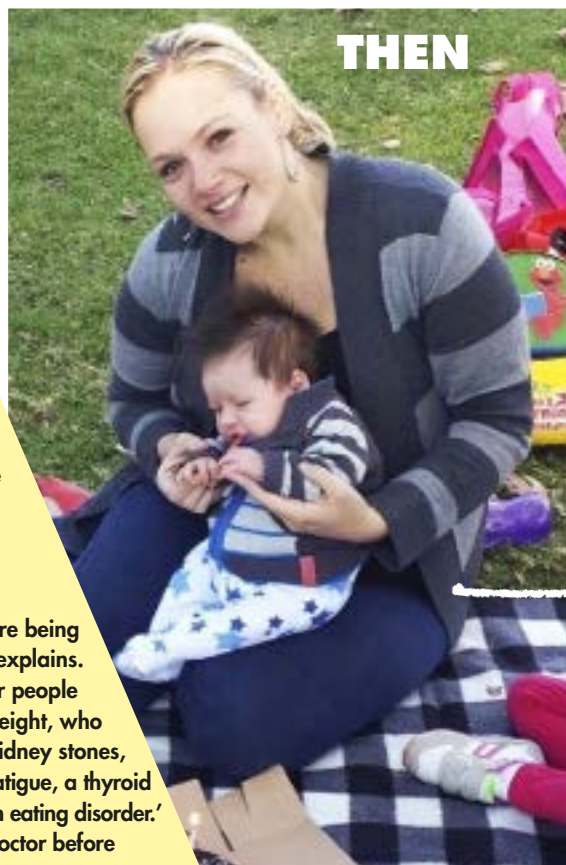
'It might also worsen symptoms in people with hypoglycaemia or who are being treated for diabetes,' he explains. 'It's also not a good fit for people who are already underweight, who have kidney disease or kidney stones, or anyone with adrenal fatigue, a thyroid disorder, or a history of an eating disorder.'

Always consult your doctor before starting any new diet.



NOW

THEN



Megan found keto not only helped with weight loss, but also with her anxiety.



THEN

Madi has lost 23kg and loves having more energy to play with two-year-old son Xavier.



NOW

'I'M 23 KILOS LIGHTER'

When Madi Nelson fell pregnant in 2015, her weight skyrocketed from 100kg to 140kg.

While the 21-year-old from WA dropped 20kg after the birth of her son, she struggled to lose the extra weight.

'I tried all different fad diets you can name under the sun and I only lost a few kilos,' Madi tells New Idea. That was when her sister-in-law recommended the keto diet.

'I was a bit hesitant to begin with,' Madi says. 'I did quite a bit of research, then I was like: "I'll just do it."'

Weighing in at 117kg in March, Madi threw herself into the diet in the hopes of losing weight and being there for her son, Xavier, two.

'I hated not being able to do simple things like taking him to swimming lessons,' Madi admits. 'I was so self-conscious.'

Before embarking on the diet, Madi admits that she used to love

chocolate and carb-heavy meals.

But now, she has said goodbye to carbs and sticks to healthy fats that keep her full.

Of course, that doesn't mean that she has to say goodbye to all her favourite foods.

'I'll make carbonara, but I'll have it served over cabbage or broccoli and cauliflower instead of pasta,' Madi explains.

Since starting the diet, Madi reveals that she has lost approximately 23kg, but she isn't stopping there.

'My ultimate goal is to be a size 12 to 14. I don't want to be super skinny or anything. I want to be healthy and happy,' she says.

Now weighing 94kg, Madi feels better than ever and has more energy to spend with Xavier.

'My son loves it, he loves being outdoors and now Mum doesn't want to be indoors, Mum wants to be outdoors and it's amazing.'

YOUR 7 DAY KETOGENIC DIET PLAN

Dietitian and founder of BE Fit Food, Kate Save, has devised this seven-day meal plan for New Idea

ADD GREEK YOGHURT, PROTEIN POWDER AND NUTS TO YOUR REGULAR SMOOTHIE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Poached eggs, avocado and spinach.	BREAKFAST Scrambled eggs with smoked salmon and dill.	BREAKFAST Ham, cheese and spinach omelette.	BREAKFAST Almond and berry bircher muesli.	BREAKFAST Greek yoghurt with homemade stewed rhubarb.	BREAKFAST 1 slice of grainy French toast with ricotta and spinach.	BREAKFAST Protein berry smoothie with flaxseed oil.
LUNCH Herbed chicken and green bean salad.	LUNCH Chicken tenderloins with quinoa tabouleh.	LUNCH Thai beef salad.	LUNCH Vegetable frittata.	LUNCH Tuna in olive oil with three bean and rocket salad.	LUNCH Leftover chicken and mushroom burgers with green salad.	LUNCH Turkey breast, cherry tomatoes and cheese in a barley wrap.
DINNER Mexican beef and bean bowl with fresh coriander and mixed leaf salad.	DINNER Pecan crusted fish with steamed green trio.	DINNER Chicken and cashew stir-fry.	DINNER Marinated lamb backstraps with Greek salad.	DINNER Chicken and mushroom burgers in lettuce cups.	DINNER Lemon pepper salmon with asparagus, brussels sprouts and zucchini batons.	DINNER Beef rendang curry with cauliflower rice.
SNACK Lemon ricotta cheesecake and 30g raw nuts.	SNACK Slice vintage cheddar and 30g raw nuts.	SNACK 1 orange and 1 protein ball.	SNACK 30g raw nuts and 1 protein ball.	SNACK 30g raw nuts and 1 protein ball.	SNACK Prosciutto wrapped celery sticks with cream cheese, 30g nuts.	SNACK 30g raw nuts and 1 protein ball.



Halle Berry

