

Testing Ketones:

Testing for ketones is highly recommended after 3 - 4 weeks on a keto diet. This will help you measure the effectiveness of your food choices, as well as guide you on what changes may need to be made.

The best way to test for ketosis is with a ketone blood meter. The most affordable meter on the market is the Keto Mojo. These testing strips are \$1 each, compared to most other meter's strips priced around \$2 - \$4 per strip. If you decide to order the Keto Mojo, please use my affiliate link listed below:

[Keto Mojo Blood Ketone Meter](#)

This meter is sold out from time to time due to the low cost strips. It may be better to wait for this to come back in stock for the cheaper strips. If you do not want to wait or do not prefer this meter, the Precision Xtra Blood Ketone Meter is another good option.

Please note, urine strips are not a reliable testing method. While they may pick up trace ketones at the beginning of your ketogenic diet, they will not turn purple once you are more efficient at producing blood ketones. They also will turn dark purple when someone is dehydrated, leading some to falsely believe they are in ketosis when they just need more water.

Directions to test ketones:

When you are ready to test, make sure your hands are clean.

- Insert the test strip into the meter
- Prick your finger to produce a large drop of blood
 - Prick finger on the side, below the fingernail for less pain than the pad of the finger
 - If you do not produce adequate blood, you can place your finger under warm water for 30-60 seconds. (You may need to re-prick your finger) You can also hold your hand lower to the ground and squeeze your finger from the base to the tip to produce more blood.
- Squeeze a drop of blood onto the test strip and wait approximately 10 seconds
- Your number will appear on the screen.

How to read results:

Therapeutic Nutritional Ketosis: .5 - 1.5

Congratulations! This means you are in ketosis!

Optimal levels of ketones: 1.5 - 3.0

This will vary from person to person. As long as you are above .5, stay at a level where you feel good and getting the results you want. More does not always mean better!

When to test:

- Begin testing for ketones around 3 weeks after starting your ketogenic diet.
- Do not test directly after exercise. Wait at least 2-3 hours.
- Do not test directly after a meal
- Do not get obsessive about testing for ketones. Testing can be highly effective even if you just test 1-2 times per week. This can save on cost of strips. Test more often if you feel like you have fallen out or if you like to see more data.
- Ketones will be higher at night
 - I like to test early in the day since I know my ketones will get higher as the day goes on. If you like to see a larger number, then test at night.

Disclaimer: Nissa Graun is not a doctor. Any information listed above should not be viewed as medical advice. This and all other forms are for educational purposes only and you should contact your doctor for all medical advice. Any messages found within these forms are informational based on ideas or processes that may have helped other individuals in a similar situation. You need to decide what is best for your body.