

Keto Questions

What if I am hungry?

- Eat more fat with your meals
- If your digestion is poor, try to eat fat after your meals while digestion is already in process
- If your digestion is strong, eat fat bombs or other foods high in fat in between meals if you are hungry

What if I am full?

- Do what you can to eat your daily nutrient allotment (unless digestive distress is present)
- At a minimum, keep your fat high and carbs low
- One trick is to add fats to drinks like keto hot chocolate, coffee, tea or bone broth. Fats in a liquid form are less filling and easier to digest
- If digestive distress is present, back down fats until your body is better able to digest
- Once your body recognizes fat as an appropriate fuel, some people are able to eat less fat while still burning body fat as fuel. You need to figure out through trial and error what level of fat is appropriate for your body as you go along and adjust as necessary.

Should I measure my food?

- At first it could be helpful to measure your food just to know what servings are
- You can use basic kitchen utensils or a food scale. Most stores have scales that are not too pricey. I found a basic food scale at Target.

Can I use sweeteners?

- The only sweeteners I recommend using are Stevia in a liquid form (powdered forms are mixed with junk ingredients that can cause insulin spikes) and Swerve. Even with Swerve, I recommend using in small doses, as this can cause issues with some people.
- If you can wean yourself off sweeteners completely, this is ALWAYS my recommendation. Even “natural” sweeteners like stevia can cause insulin spikes and gut health issues. This will make weight maintenance more difficult.
- Check out my [quick tip on how to work stevia into your recipes](#).

- If you are still buying any processed foods, be sure to check all labels for hidden junk like maltodextrin, dextrose, soy lecithin, acesulfame potassium, sucralose, etc. If an ingredient seems questionable, please send to me.
- I do not recommend using sweeteners during fasting. These can raise insulin levels, which can cause issues when no nutrients are coming in.

What if I feel bad?

- The following symptoms can be associated with keto flu:
 - Fatigue
 - Sugar Cravings
 - Dizziness
 - Brain Fog
 - Nausea
 - Difficulty Getting to Sleep
 - Irritability
 - Stomach Irritability
- Methods to speed up keto flu:
 - Eat more fat
 - Eat more food in general
 - Increase electrolytes (Meat Tea in the recipe guide is great for this)
 - Exercise to increase ketones
 - Occasionally some people may need exogenous ketones, like [Perfect Keto](#), to get through keto flu (I can help you decide on a product if you are interested in this)
- If you continually get a sore throat or feel a cold coming on you may need to check your saliva pH.
 - To bring your saliva pH into a range of 6.5 - 7.0, you can make [Keto Cold Buster Tea](#).
 - Diarrhea or Constipation
 - You may need to increase your intake of fat more slowly to help your body relearn how to digest fat.
 - Additional supplements like Beatine HCL and Beet Flow can speed along this process and help your body better process fats and proteins

How do I calculate macros when I go out to eat?

- Part of becoming a fat burner is no longer having to calculate macros. That being said, at the beginning I do want you to pay attention to what you are eating so you know how much food you will need to get and stay in ketosis. When eating

out, just take your best guess. Most tracking apps will have many restaurant options already included. If your restaurant is not included, just use your best guess.

- Also, please refer to my *Order On The Go Guide* to learn how to order when you eat out

Once I no longer calculate macros, should I still log my food?

- Yes, it is important to continue to log your food in at least a simple diary
- Studies show people who log their food are far more successful with weight loss than people who do not record their daily food journals
- Just keep a simple food log - what you ate and how you felt
- If you hit a stall, it will be easier to look back to see what may have caused your stall

I have made the necessary changes. When will I lose weight?

- The quickest way to see results is to stay off the scale. The scale can play tricks on your mind and make you believe you are not making progress, even when you are.
- Some people will lose weight right away. Others may need time for their bodies to heal after many years of chronic health conditions, yo-yo diets or poor health choices. Be patient and keep at it! Your time will come. First comes the healing, then comes the weight loss.
- My recommendation is to take your weight at the beginning and then stay off the scale. At the very most, weigh in only once per month. Even with this, do not expect big losses. Pay more attention to better health.
- Take a measurement around your belly button once per month. When you are losing inches here, you are losing the right weight. Measuring more than once per month can also stall your results.
- Take progress picture every other week wearing the same outfit. Compare photos rather than depending on the scale to see success.

Is it possible to eat too much fat?

- Yes, if you are having too much digestive distress, you need to back down your fat intake until this is improved
- If no digestive distress is present, you will likely feel ill before you have eaten too much fat (nausea is common with too much fat intake)

Why am I not losing weight?

- If your body still is imbalanced in anyway, this may first need to be corrected through nutrition and / or supplementation
- Once the imbalances are corrected, your body still may need time to heal
- Once your body is healed, the weight will come off and it will be much easier to maintain

*If you did not opt for the [12 Week Fat Loss Course](#), I do recommend at a minimum you take the Digestion course to learn more about how to help your body properly digest food. You can find this at www.eatingfatisthenewskinny.com/digestion. The course is 50 cents. I also highly recommend the book *Kick Your Fat in the Nuts*, found on Amazon.

The full 12 Week Online Fat Loss Course can be found at www.eatingfatisthenewskinny.com/course and is highly recommended for anyone who wants to make this transition a lifelong change.

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