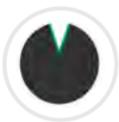


# How You Can Eat Fat & Lose Weight By Adopting Vegan Keto Diet



ADDRESSCHIC  
February 22, 2018  
Lifestyle, Vegan



Unless you've been living under a rock, you would have heard of the magical 'keto' diet (short for ketogenic) promising a long list of health benefits and delivering massive weight loss success stories (without giving up on your indulgences). This high-fat, medium-protein, low-carb diet is trending hard right now, and why not? This diet promises weight loss and does not require you to count your calories.

Let's first quickly understand what does ketogenic diet do and how is it different? To put it in simple words, the basic premise of a keto diet is to considerably cut down on carbohydrates and make it up with fats. So, essentially what happens is your body's primary energy source switches from carbohydrates to fats and your body will go into ketosis. Anyone following a ketogenic diet relies heavily on healthy fats like avocado, coconut butter and nuts, moderate amount of protein and very little carbohydrates or grains.

While the basic keto diet is not completely plant-based, according to Dr. Nandita Shah vegans can practice a keto diet. A vegan keto diet can be highly restrictive, but if you want to get a taste of the ketogenic craze, it is very much possible. Dr. Shah says, "It is possible to eat high-protein, high fat and low-carb on a vegan diet." Dr. Shah is a certified homeopath, founder of Sharan (an organization devoted to disease reversal through food) and author of the award-winning book Reversing Diabetes in 21 Days.

So what would a vegan ketogenic diet look like?

- Eliminating all animal products and dairy (no butter, cheese or meat)

- Consuming plenty of low-carbs green vegetables that are rich in minerals and vitamins and high in fiber
- Get at least 60-80% of your calories from plant-based fats (think avocado, coconut oil, vegan cheese, nuts)
- Consume around 20-30% of your calories from plant-based proteins like tempeh, tofu, chia seeds, spirulina, hemp seeds
- Restrict your carbs to less than 30 grams a day, which means no grains (wheat, rice, corn, etc), no high-carb and sugary fruits (like banana, apple), no sugar or other high-carb sweeteners (like agave and maple syrup), and no tubers (potato, yams, etc)

Going vegan while on keto is a great way to lose weight and look incredible. All those healthy fats will give you a glowing complexion while cutting down on carbs and burning up on fat reserves (for energy) will shed those pounds you've been longing for.

We asked Veronica Leslie, a former diabetic Sommelier turned accredited Naturopath and Master Nutritionist, about her experience with the keto diet. "A vegan keto diet can be an excellent combo, especially for certain conditions. In fact, vegan keto diet helped me reverse my diabetes in-part by switching from being a carbohydrate-based burner to being a fat burner". Not only that, slowly any puffiness or bloating is gone on a keto diet as big part of glycogen in your body tissue is made of water. So initially you lose weight quickly and look leaner, a result most diet fails to achieve unless they put you into starvation.

However, you should know that with a keto diet your weight loss may not be sustainable and that it may have its own set of problems. Dr. Leslie says, "A keto diet may not be a sustainable meal option for the long-run. While I started off with a vegan keto diet, I have since modified my diet to open up to more whole foods based carbs. However, keto can be an excellent vehicle for helping to establish a new biochemical baseline for certain pathologies."

Dr. Shah says, "As in all diets, the keto diet will definitely help you lose weight, but the problem is that the weight loss will not be sustainable. Most people on a keto diet eventually start putting on fat. The key to losing weight is to eat plenty of whole foods." She also warns that keto can have many side effects including lack of energy, moodiness, hormonal problems like PCOD, kidney failure (as keto puts a huge load on kidneys and liver) and constipation, among others.

### **Verdict**

Although a lot of keto diet followers are loving their transition to this new style of eating, eating a keto diet isn't a silver bullet that's going to solve your health issues or help you stay healthy or in-shape forever.

Most experts agree that a keto diet is not sustainable and can have health ramifications in the long run due to its restrictive nature. "Everyone is talking about keto diet these days, and I have clients asking about it" says Dr. Shah. "However, I personally would never recommend a keto diet whether vegan or non-vegan. I highly recommend a whole food plant-based diet which is aligned with our instincts, delicious, easy to maintain, and works to reduce weight like magic."

Even Veronica Leslie agrees. "A fully ketogenic diet can be limiting in nutrients if the patient doesn't have a pathology to justify it in the long term. I mostly advocate it for a reset and then it can be adopted cyclically or on a modified basis thereafter. For some diseases, however, the patient will find significant relief (e.g. seizures or Alzheimer's) and may choose to continue with the plant-based keto diet. They will, however, need to make up for the nutrients via shakes, powders, and supplements" she says.

That said, it can be a good idea to switch to a keto diet temporarily, but you have to be smart about it and weigh in its potential health problems. Whatever you choose to do, make sure to do it under the guidance of a nutritionist or a doctor.