



Since 2013

# Do's & Don'ts; Keto Friendly Snacks



COMFORT KETO  
By MyKetoPal 



# COMFORT KETO

By **MyKetoPal**

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## Starting a New Dietary Lifestyle

Starting a new dietary lifestyle can be an overwhelming prospect. There is so much information out there, that it can be confusing to come to a decision where to start, who to trust, and what to do first. There are lots of questions and many more opinions, by nutritionists, medical doctors, chiro practitioners, researchers, keto chefs, bio-hackers, keto veterans, and of course the media. Below is a random compilation of questions about ketogenic diet. We will address all these, and other questions in different sections of our *Comfort Keto™ Guide*.

- Is the ketogenic diet safe for everyone?
- Difference between low carb and keto?
- Foods and drinks on ketogenic diet?
- Fruits and dairy. Are they allowed?
- Is vegetarian keto or dairy-free keto possible?
- Does the "Calories in calories out" work?
- The cholesterol question in relation to healthy fats...
- How long should someone be on ketogenic diet? Is occasional cheating allowed?



# MyKetoPal

Providing the tools to fight Alzheimer's,  
Cancer, Depression, Type 2 Diabetes,  
Hypothyroidism, PCOS, and Obesity

## MyKetoPal Focuses on "Metabolic Therapy" Aspect of the Ketogenic Diet

*Comfort Keto™* guide is different than most other keto guides. MyKetoPal firmly believes that human body has immense potential to heal itself. Magic pills, dietary supplements and rigorous exercise do not provide a path to a healthier lifestyle. For MyKetoPal, ketogenic diet is not a crash diet but rather a healthy lifestyle with the aim to combating and prevent most chronic diseases. Here are some facts:

- Most chronic illnesses are "**metabolic**"; one's health is directly affected by the type of food a person consumes.
- Almost all chronic illnesses start and progress with **inflammation**.
- Main causes of inflammation are **sugars** (natural, hidden or added), **high fructose corn syrup** (aka HFCS, found in all manufactured foods), **artificial trans fats** (margarine), **vegetable and seed oils** (Canola, corn), **refined carbs** (bread, pasta), and processed meats that contain **nitrites**.
- In order to combat most metabolic illnesses, a restricted diet has to be followed which excludes the above mentioned food groups.



## **Failing To Prepare Is Preparing To Fail!**

It is undeniable that it is very easy to fail on ketogenic diet. If you are new to the low-carb, high-fat ketogenic diet, and attempt to take on the journey by yourself, you will soon discover that the process is marked by confusion, discovery and pivoting at every stage. The biggest challenge with the ketogenic diet is, of course, the almost complete removal of carbohydrates from your daily eating routine. This is a huge change for most people. This program aims to minimize the burden of try-and-error for the beginners.

The *Comfort Keto™* program aims to assist the keto-ers to prepare better, start the right way, and avoid the mistakes most others make. If you have been eating a ketogenic diet for years, you already know that this journey is filled with triumphs and challenges. The *Comfort Keto™* program will also help you to achieve maximum long term health benefits.

## **What to Do Next?**

The first thing you need to do is to remove all carby and processed foods from your pantry, freezer and shopping list without further delay. You can donate, give away, or discard these items. We will address the health problems caused by these food items in detail in following sections of this E-Book guide. For now, without going into much detail, we can say that all these items ...

- are "empty" calories, meaning they have no nutritional value,
- are empty of virtually all pre-biotics,
- are empty of virtually all essential nutrients (minerals, vitamins, amino acids, Omega-3s),
- are stored in the body as visceral fat,
- contain added sugars and contribute to insulin resistance,
- contain excito-toxins that adversely affect the brain (food coloring, MSG -Mono Sodium Glutamate, preservatives, pesticide residue)
- are refined carbs, meaning they are fiber negative (fibers have been removed for easier cooking purposes),
- all grain based starchy foods most likely have gluten in them,
- are mostly produced from genetically modified organisms (GMOs).

If some of your family members are not on ketogenic diet, you need to dedicate a section in the pantry for your keto staples and essentials you need to stock in your pantry and kitchen; non-perishable dry foods, spices, flours, baking stuff, coffee, teas, oils, canned items, condiments, etc. In the next two sections, we will look at some food items, both dry, packaged, and/or frozen which you need to gradually eliminate from your diet in the next two weeks. Most of these food items do look, taste and smell like natural foods, but are man-made industrial pseudo food products. Some of these foods are not even detected as natural foods, trigger undesirable reactions such as inflammation, and processed differently than natural foods in the body, and are stored as adipose fat.



## Quick Harmful Foods Reference Tables

Without making things too complicated, we prepared these series of tables for your quick reference. While the information contained here is not in depth, it will give you an overall idea about the effects of different foods in case you have consumed these long term or are still consuming them.

First, we used three different color codes which reflect in general terms the level of concern for different food items.

Color Chart		
Red - High Level Harm Rather Don't Touch	Orange - Medium Level Harm Consume at your own risk	Yellow - Low Level Harm Consume Sparingly
<ul style="list-style-type: none"><li>• Causes Inflammation</li><li>• Spikes blood sugar fast and high</li><li>• Has high glycemic index</li><li>• Causes insulin resistance</li><li>• Promotes fat storage (weight gain)</li></ul>	<ul style="list-style-type: none"><li>• Kills good gut bacteria</li><li>• Lowers the strength of the immune system</li><li>• Excito-toxins cause spastic neural firing in the brain</li></ul>	<ul style="list-style-type: none"><li>• Has medium glycemic index (GI)</li><li>• May encourage cravings</li><li>• Inhibits ketosis</li></ul>
Associated Chronic Illnesses		
<ul style="list-style-type: none"><li>• Non-Alcoholic Fatty liver</li><li>• Type 2 Diabetes</li><li>• Metabolic Syndrome</li><li>• High Cholesterol</li><li>• Cancer</li><li>• Alzheimer's / Dementia</li></ul>	<ul style="list-style-type: none"><li>• Irritable bowel syndrome</li><li>• Leaky gut</li><li>• Migraines</li><li>• Neurological damage</li></ul>	<ul style="list-style-type: none"><li>• Foggy brain</li></ul>

We will of course address the specific properties, uses, potential health problems caused by prolonged consumption, the **glycemic index** (GI) of each individual food item in detail in following sections of this E-Book guide.

For now, these tables will give you a general idea about most common natural and man-made (industrially produced) foods which should be consumed with educated caution while preparing for a ketogenic lifestyle.



Artificial Sweeteners	Reason for Concern	Effects
Saccharine (Sweet n Low)	GI not tested, 100 times sweeter than sucrose, artificial sweetener produced from coal tar derivatives, raises blood sugar levels more than sugar, changes the makeup of the gut bacteria, causes bladder cancer	RED
Aspartame (Equal/NutraSweet)	GI not tested, 200 times sweeter than sucrose, artificial non-saccharide sweetener, raises blood sugar levels more than sugar, changes the makeup of the gut bacteria	ORANGE
Sucralose (Splenda)	High GI, Up to 1000 times sweeter than sucrose, artificial sweetener produced by chlorination of sucrose, spikes blood sugar levels more than sugar, contains maltodextrin, changes the makeup of the gut bacteria	ORANGE

Sugar Alcohols	Reason for Concern	Effects
Maltitol	Medium GI, has 75–90 % sweetness of sucrose, raises blood sugar slower than sucrose, sugar alcohol (a polyol) produced by hydrogenation of maltose obtained from corn starch, has moderate laxative effect	YELLOW
Sorbitol	Medium GI, 60 % as sweet as sucrose, raises blood sugar slower than sucrose, sugar alcohol obtained by reduction of glucose from corn syrup, also found in apples, pears, peaches, and prunes, used in mouthwash and toothpaste, cookies, peanut butter and fruit preserves, medically used as a laxative,	YELLOW
Xylitol	Low GI, has about the same sweetness as sucrose, metabolized independently of insulin >> has blood glucose and lower insulin responses , sugar alcohol obtained from wood and agricultural waste from processing maize, wheat, or rice, used in drugs, confections, toothpaste, and chewing gum	GREEN

Miscellaneous other foods	Reason for Concern	
Frozen pre-packed foods	Empty calories, fiber negative	RED
Soda - sugar free (diet)	contain artificial sweeteners and HFCS	RED
Soda - sugar sweetened regular	contain HFCS	ORANGE
Monosodium Glutamate (MSG)	An exito-toxin, causes cravings for more	ORANGE
All foods with food coloring	exito-toxins	ORANGE
Crystal Light or sugar free drink mixes	contain artificial sweeteners	ORANGE
Sugar-free jello, ice-cream, puddings	contain Aspartame or Sucralose	ORANGE



Fats	Reason for Concern	Effects
Margarine	Inflammatory, trans-fat, PUFA, BHT, cellular oxidation, GMO	RED
Non-fat butter flavored spreads	Inflammatory, trans-fat, PUFA, BHT, cellular oxidation, GMO	RED
Vegan butter flavored spreads	Inflammatory, trans-fat, PUFA, BHT, cellular oxidation	RED
Vegetable Shortening	Inflammatory, trans-fat, PUFA, BHT, cellular oxidation, GMO	RED
Cottonseed Oil	Inflammatory, trans-fat, PUFA, BHT, cellular oxidation, GMO	RED
Corn Oil	Inflammatory, trans-fat, PUFA, BHT, cellular oxidation, GMO	RED
Canola Oil	Inflammatory, trans-fat, PUFA, BHT, cellular oxidation, GMO	RED
Grape Seed Oil	Inflammatory, trans-fat, PUFA, BHT, cellular oxidation	RED
Safflower Oil	Inflammatory, trans-fat, PUFA, BHT, cellular oxidation, GMO	RED
Soybean Oil	Inflammatory, trans-fat, PUFA, BHT, cellular oxidation, GMO, phyto-estrogens	RED

Dairy	Reason for Concern	Effects
Processed cheese	Inflammatory, trans-fat, PUFA, BHT, cellular oxidation, GMO	RED
Standard Milk	Contain lactose, spikes blood sugar, contains antibiotics and hormones	RED
Sweetened fruit yogurts	Contain lactose, spikes blood sugar	RED
Non-dairy creamers	Inflammatory, contains HFCS, trans-fat, PUFA and BHT, cellular oxidation, GMO	RED
Anything labeled "Cheese Product"	Inflammatory, trans-fat, PUFA, BHT, cellular oxidation, GMO	RED
Sugar free light fruited yogurts	Contain aspartame, sucralose, lactose, changes gut micro biome, spikes blood sugar, contains antibiotics and hormones	ORANGE
Egg substitutes	Processed, doesn't contain fat, may be produced with eggs from hens treated with antibiotics and hormones	YELLOW



Starchy Vegetables	Reason for Concern	Effects
Potatoes	Spikes blood sugar raising insulin levels. weight gain, GMO	<b>ORANGE</b>
Root vegetables	Slow carb. Slowly increases insulin levels	<b>ORANGE</b>
Sweet potatoes	Slow carb. Slowly increases insulin levels	<b>ORANGE</b>
Peas	Slow carb. Slowly increases insulin levels	<b>ORANGE</b>
Carrots	Spikes blood sugar raising insulin levels. weight gain	<b>ORANGE</b>
Corn	Spikes blood sugar raising insulin levels. weight gain, GMO	<b>ORANGE</b>
Legumes	Slow carb. Slowly increases insulin levels some may be GMO	<b>ORANGE</b>

Grains and refined grains (flours)	Reason for Concern	
Cereals	Inflammatory, spikes blood sugar raising insulin levels, weight gain, GMO	<b>RED</b>
Pasta	Inflammatory, spikes blood sugar raising insulin levels, weight gain, GMO	<b>RED</b>
Bakery Items (fresh, boxed, pre-packed)	Inflammatory, spikes blood sugar raising insulin levels, weight gain, GMO	<b>RED</b>
Grains	Slow carb, raises insulin levels slowly, weight gain with over consumption	<b>YELLOW</b>
Rice (white or brown)	Spikes blood sugar, raises insulin levels, weight gain	<b>YELLOW</b>
Quinoa	Slow carb, raises insulin levels slowly, weight gain with over consumption	<b>YELLOW</b>
Couscous	Slow carb, raises insulin levels slowly, weight gain with over consumption	<b>YELLOW</b>
Bulgur	Slow carb, raises insulin levels slowly, weight gain with over consumption	<b>YELLOW</b>





## Fruits

Although fruits contain vitamins, minerals, fiber, and disease-fighting antioxidants, they contain high amounts of fructose (covered in the Part II section), spike the blood sugar and will surely lead to weight gain. In ketogenic diet, all the nutrients contained in the fruits are taken in from green leafy vegetables.

Note: This following information is collected from the USDA's National Nutrient Database.

Fruits	Reason for Concern: Sugar content / serving	Effects
Dried or canned fruit	Stay away. They almost always contain added sugars in addition to their natural sugar.	RED
Raisins (seedless)	43 gr / half cup	RED
Pomegranates	38 gr / one medium	RED
Grapes	23 gr / one cup	RED
Mango	23 gr / one cup	RED
Cherries	20 gr / one cup	RED
Apple	19 gr / one medium	RED
Pear	17 gr / one medium	RED
Date	16 gr / one medium	RED
Pineapple	16 gr / one cup	RED
Blueberries	15 gr / one cup	RED
Apricots	15 gr / one cup	RED
Peach	13 gr / one medium	RED
Orange	13 gr / one medium	RED
Banana	12 gr / one medium	RED
Cantaloupe	12 gr / one cup	RED
Papayas	11 gr / one cup	RED
Watermelon	9 gr / one cup	RED
Grapefruit	9 gr / one medium	RED
Tangerine	9 gr / one medium	RED
Fig	8 gr / one medium	RED
Strawberries	7 gr / one cup	ORANGE
Blackberries	7 gr / one cup	ORANGE
Plum	6 gr / one small	ORANGE
Kiwi	6 gr / one medium	ORANGE
Raspberries	5 gr / one cup	YELLOW
Cranberries	4 gr / one cup	YELLOW
Lemon	1 gr / one medium	GREEN
Lime	1 gr / one medium	GREEN
Rhubarb	1 gr / one cup	GREEN
Star Fruit	1 gr / one medium	GREEN



## The Case Against Fructose

Fructose neither raises blood glucose nor insulin. This sure sounds healthy but fructose has a hidden dark property. Whereas almost every cell in the body can use glucose for energy, no cell has the ability to use fructose. Once inside the body, only the liver can metabolize fructose. The brain, muscles and most other tissues cannot use fructose directly. The liver metabolizes fructose into glucose, lactose and glycogen. When the glycogen stores (in the liver and muscles) are full, the excess fructose is converted into liver fat. This fatty liver is crucial to the development of insulin resistance.

## Natural Sweeteners

Natural Sweeteners	Reason for Concern	Effects
High Fructose Corn Syrup	Highest GI, spikes blood sugar fastest, natural sweetener made from corn starch, has 40-55 and higher % fructose	RED
Maple & Table Syrup	High GI, spikes blood sugar fast, natural sweetener made from sap of sugar maple, has 60+ % sucrose	RED
Agave Syrup (Nectar)	High GI, spikes blood sugar fast, natural sweetener made from blue agave, has 55+ % fructose	RED
Honey	High GI, spikes blood sugar fast, natural sweetener produced by bees from pollen, has 38 % fructose, 30 % glucose, 7 % maltose	RED
Maltose	High GI, spikes blood sugar fast, natural sweetener made of 2 molecules of glucose	RED
Sucrose (white or brown table sugar) = Glucose + Fructose	High GI, spikes blood sugar fast, natural sweetener gained from sugar cane or sugar beet; white sugar has 99 % sucrose, brown sugar has 93 % sucrose	RED
Fructose	High GI, spikes blood sugar fast, more difficult to metabolize than glucose, sweetest natural sweetener found in fruit and honey	RED
Coconut Sugar	Medium GI, raises blood sugar slower than sucrose, natural sweetener produced from the sap of the flower bud stem of the coconut palm, has 70–79 % sucrose, 9 % fructose, 3 % glucose	ORANGE
Truvia (brown or white) = Half sugar (sucrose) half stevia	Medium GI, raises blood sugar slower than sucrose, natural sweetener blend of sucrose and stevia, used for baking	YELLOW
Stevia	Low GI, raises blood sugar very little, metabolized by the liver, benefits people with diabetes, natural sweetener derived from the leaves of stevia plant, has 30 to 150 times the sweetness of sucrose	GREEN



## First things first: Clean Up Your Pantry

Here is a quick list of the items you need to consider **removing from your pantry** and **your diet**:

- pasta (dry, bottled, canned, couscous, ready mixed, boxed macaroni)
- vegetable and seed oils (Canola, grape seed, corn, etc.)
- rice (dry, bottled, boxed, ricaroni, canned)
- popcorn (microwave, ready packaged)
- processed cheese and cheese products (Velveeta, tubed, premade, packaged)
- processed side dishes and meals (boxed, bottled, canned)
- all cereals (oatmeal, flakes, crispies, frosted, bran based)
- beans (dry, baked, canned)
- sauces (canned or bottled)
- canned vegetables and soups
- pancake/waffle mixes
- non-dairy coffee creamers
- snack bars (granola, cereal, breakfast, toaster pastries)
- snacks (potato or corn based tortilla chips, )
- salad dressings and mixes (bottled or packaged)
- flour and grain based baking products (biscuit, brownie, cake, cookie mixes)
- baking companions (frostings, morsels, instant pudding mixes and jelatins)
- instant potato products (mashed, au gratin)
- instant soup mixes (noodle based, bouillons, ramens)
- all bread aisle products (bagels, packaged breads, muffins)
- drink mixes and punches (powdered or liquid)
- instant sweetened coffee drinks and cocoas
- sweetened peanut butters and nut spreads
- bread based stuffings
- snack cakes and pies
- jams, jellies, and fruit cocktails
- soft drinks





## Step two: The Freezer

Now that your pantry is cleaned up, the next thing you need to do is to look at your freezer.

Here are a few fundamental things you need to know about frozen foods. Here is a good source for information on how to freeze fresh foods at home. <https://nchfp.uga.edu/how/freeze.html>

1. Frozen foods are usually loaded with refined carbohydrates, have a lot of added sugars or syrup, high-calorie sauces, are often breaded, and lack vitamins and minerals due to overcooking during production. Frozen pizzas, snack rolls, breakfast sandwiches, burritos, fried chicken dinners, and other meals are simply not good food choices.



2. Vegetables are simply better when they're fresh. Brassica veggies (i.e. Brussels sprouts, kale, cabbage, etc.) retain phytochemicals and antioxidants better when fresh. Vegetables high in vitamins B and C (peppers, turnips, radishes, etc.) are also good to consume fresh, as these water soluble vitamins are lost in the processing of frozen veggies.
3. **Frozen** fruits and vegetables are usually **blanched** in order to loosen the skin, enhance, brighten and fix the color, flavor, and texture. About 25% of the vitamin C, 10% of thiamin (vitamin B1) and a greater percentage of folate are lost during the blanching process.

**Blanching:** A two-step process wherein a food, usually a vegetable or fruit, is scalded into boiling water, then removed after a brief time, usually a minute or two, and plunged into ice water to (shocking or refreshing) to rapidly halt the cooking process.

4. The **nutritional content** of the food that is being frozen doesn't change much with the freezing process. Many of the vitamins and minerals will keep fairly well in frozen foods. Storing frozen foods properly (0°F) for no more than 6 months will also help maintain the nutritional value of frozen foods.

The initial quality of the food and the length of time between harvest and freezing are important factors. As long as the food was grown organically and was fairly fresh at the time of freezing, the overall nutrient retention in a frozen food can be quite high.



5. When the vegetables and fruits are frozen, the **fibers are destroyed**. When the water molecules held in the fibrous cells freeze, they expand by approximately 9% and destroy the cell membranes.



Vegetables and fruits contain typically about **90% water** inside their cells. Everyone knows what happens when a green salad leaf or a cucumber is accidentally frozen and thawed. It becomes mushy. The reason is simple: The expansion of the frozen water molecules destroy the fibers.

In terms of aesthetic, flavor and nutrients, fresh organic vegetables that are in season (and preferably locally grown) are the ideal choice. Frozen veggies are an excellent and cost efficient alternative, although only a few veggies stand up to freezing process better than others.

Here's a quick list of what you should buy definitely fresh: Spinach, asparagus, kale, cabbage, peppers, beet greens, onions, garlic, squash, tomatoes (or canned if organic)

Here's a quick list of what you may buy frozen:

- Brussels sprouts,
- broccoli,
- cauliflower (riced or florettes),
- green beans,
- stir-fry mix.

### **Keto Diet Can Be Tough to Start, and Sustain at Times**

There's no need to over complicate things. Just trust the process, follow the simple roadmap introduced in this next section, and you will be well on your way to success.

Once you are settled and understand the basic workings of ketosis, you can move towards employing new ideas, testing new recipes, preparation methods, or keto friendly low-carb foods.





## Take It Slow – One Step at a Time

### This is how your on-the-go keto approach may look like...

Be kind to yourself. It can really be tempting to rush into this new diet. Don't start a full on keto regime from the get go. We recommend that you introduce the following foods to substitute your regular go-to foods. These substitutes not only taste better and are higher quality foods, but also give you the feeling that you are not cutting back on your favorite flavors in your very first week of preparation for your ketogenic journey.

#### *In the morning...*

1. At Starbucks, get your "frothed Americano **coffee** with heavy cream and Kerrygold butter" instead of your regular sugar loaded blended coffees like frappuccinos. Alternatively, dark roast coffee with Half&Half is fine.
2. Switch you **sweetener** and **sugar** with stevia.
3. Get sous vide egg bites or protein box at Starbucks for breakfast (hold the fruits though).



4. If you are a **power/protein bars** or **donuts** for breakfast person, switch your regular breakfast bar with "Quest" bars, or "Kind" nut bars.





### ***Around noon...***

5. For lunch, have your **burgers** or **sandwiches** wrapped in lettuce (In N Out, Carl's Junior, Arby's, Jimmy Johns) instead of bread/buns. Order with mayonnaise in place of regular ketchup (usually contains high amounts of sugar).
6. Drop the French fries or potato chips all together.



7. If you eat salad for lunch, at the salad bar, stay away from fat-free or sweet **salad dressings**, instead chose ranch or blue cheese dressings. Do not add croutons.
8. **Drink** unsweetened ice tea, soda water or lemon water instead of sugar-free or regular sodas.
9. Bring your stevia sweetener with you in case the restaurant does not have any.

### ***In the afternoon...***

10. As your afternoon snack, switch your **bag of chips** with a bag of almonds, pistachios, sausage/cheese stick combo, cheese crisps, snack size sugar-free pickles or a sugar-free beef jerky (plain or spicy).





11. Switch from your regular go-to snacks **tortilla/potato chips** with **pork rinds/chicharrones - pork cracklins** (you can get them in any Mexican supermarket).
12. Try sugar-free salsa on the side.



*In the evening...*

13. For dinner, switch your regular wholegrain or white **breads** and corn or flour **tortillas** with low-carb products. Look for ...
  - a. low carb lavash and pita breads by Joseph's breads,
  - b. low carb tortillas by La Banderita, and
  - c. low carb bread by Oasis.



14. For dinner, make some wrap sandwiches with low carb tortilla, or make a pizza with your lavash bread, or bake some chicken wings (no breading) with hot sauce and blue cheese dressing.





Place your orders for your *Comfort Keto weekly prepared meal package* at  
<https://www.myketopal.com/comfort-keto-meals>

We wish you a good, smooth start to your ketogenic journey. Bon appétit!