
KETO DIET: WHAT TO DRINK



WATER

Staying hydrated is vital for all of us, regardless of diet. On keto, pay particular attention to hydration as you will be losing water and with it electrolytes at a rate faster than usual. There isn't a fixed amount of water that everyone needs; in most cases, you can drink to thirst.

If you are someone who likes a bit of flavor, you're in luck! Most water enhancers are calorie- and carb-free, and some even contain electrolytes (for example, Nuun or Propel). Practically all water enhancers include some sweetener. Used in moderation, they are a safe option for keto. The most popular ones are MiO, Dasani, Crystal Light, and Stur (which uses stevia).

Drinking carbonated water is a great option to stay hydrated. Sparkling water, soda water, club soda, seltzer water are all keto-friendly, and you can add a flavor enhancer to them.

TEA & COFFEE

Tea potentially has several health benefits due to its antioxidant content. Green, black, white, oolong, matcha, herbal and rooibos tea are all great options for keto, as long as you don't add a sweetener that contains carbohydrates.

Coffee can be enjoyed black, with heavy cream, or with unsweetened almond milk. Other low-carb nut milks can be good options for keto, depending on their carb content. Zero-carb or low-carb keto-friendly sweeteners can be used in your tea and coffee.

Bulletproof coffee is extremely popular on keto; it's coffee with added unsalted butter and MCT oil. Alternatively, you could simply have coffee with MCT oil or powder in it, and not add butter - or use butter only and skip MCTs.

If you don't enjoy coffee, try keto bulletproof hot chocolate using unsalted butter, MCT oil, and cocoa powder. Or you can get creative with your bulletproof drink and use other keto-friendly ingredients like coconut oil, cocoa oil, and sugar-free vanilla syrup.

SMOOTHIES

Keto smoothies are easy to make, filling, and nutritious. Frozen spinach is neutral in taste and makes an excellent base for delicious ice-cold smoothies. Other ingredients you can use are avocado, chia seeds, flax seeds, protein powder, cocoa powder, and MCT oil. Coconut milk, full-fat unsweetened yogurt, nuts, and berries can be used in moderation.

When using berries in your smoothies, a small serving is best to keep carbs sufficiently low; under 5 grams net carbs per serving is ideal. Raspberries have 5 grams net carbs per 100 grams (3.5 oz). Similarly, strawberries have about 6 grams net carbs for the same amount, while blueberries come at 11.6 grams net carbs, they are best used sparingly. Smoothies with a lot of fruits and added sweetener will not be keto-friendly.

Nuts can be an excellent smoothie addition - they are packed with heart-healthy fats, protein, vitamins, and minerals. If you include nuts, it's best to weigh and track them as they can be high in carbohydrates and calories.

KETO SMOOTHIE INGREDIENTS' TOP BENEFITS

MCT OIL:

- Boosts energy levels
- Improves performance and mental clarity
- Aids the fat-adaptation process

YOGURT:

- Contains live bacteria, beneficial for gut health
- Contains calcium
- Increases HDL (the “good”) cholesterol levels

CHIA SEEDS:

- Are a good source of various micronutrients
- Contain a lot of dietary fiber
- Are an excellent source of antioxidants

AVOCADO:

- An excellent source of healthy fats
- Contain potassium and magnesium - essential for keto
- Contain a good amount of dietary fiber

COCOA POWDER:

- Helps reduce high blood pressure and is overall beneficial for heart health
- Can have a positive impact on brain function
- May improve insulin sensitivity

ALCOHOL

Many low-carb alcohol options are available. However, that doesn't mean that you should overindulge in them.

Pure forms of alcohol like whiskey, gin, tequila, rum, and vodka are all entirely free of carbs. These beverages can be drunk straight or combined with low-carb no sugar mixers like diet soda, sugar-free tonic water or sparkling water.

Some wines are relatively low in carbs; dry wines usually contain 3 - 4 grams net carbs per 5 oz glass. We recommend that you opt for dry to very dry red or white wines, and limit your intake. Some dry wine options are Bordeaux, Chianti, Montepulciano, Beaujolais, Burgundy, Cabernet, Franc Sangiovese, and Valpolicella (for red wines), or, Sauvignon Blanc or Chardonnay (for white wines).

Overindulging in alcohol can increase your risk of nutritional deficiencies over time. It may also contribute to gradual weight gain, or be the reason behind weight loss stalls.