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I'm sure you've heard about the Ketogenic Diet, and with good reason. It's one of the most popular diets today and millions of people have been seeing incredible results.

However, there are a few things you should know, because keto works differently for women than it does for men.

Why?

Your hormones.

Obviously, a woman's hormones are much different than a man's, and it's why some women struggle on a high-fat ketogenic diet. So today I'm going to explain exactly what's going on inside your body on a hormonal level, how the keto diet affects your hormones, and I'm going to reveal 7 "keto foods" that all women should avoid if you want to lose weight.

Don't worry, I'll make this short, sweet, and easy to understand. Here we go :)



The Keto Diet & Female Hormones

Starting with perimenopause (which is around age 42 on average), most women have excessive estrogen levels, which turn more calories into fat.

Your body stores estrogen in your fat cells and does not easily want to give that up when the ovaries decline in production.

At the same time, your body is producing less of the hormone progesterone.

The ratio of estrogen to progesterone in your body is getting further apart.

And without enough progesterone, it creates an “estrogen dominant” state in the body.

This leads to stubborn weight gain, mood swings, trouble burning fat, and a lack of mental focus.

Then, as you get into menopause and post-menopause, your body shifts into a “storage” state.

That means your body doesn't want to give up any of your fat.

Your hormones are made from fat, and with your hormone levels declining as you age, your body wants to hang on to every last bit of fat you have.

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Not exactly what you want, right?

So when it comes to a high-fat ketogenic diet, your body is already in a fat-storing state, and when you add in more fat through your diet, it can cause weight loss and fat-burning to slow down and even stall.

The good news is, if you're eating the right keto foods, you can still transform your body, lose the extra weight, and get rid of the unwanted fat.

It all comes down to what you eat.

Here are 7 of the most popular keto foods that all women should avoid starting today.

Keto Food #1 – Sliced Turkey & Ham

Animal protein is encouraged on the ketogenic diet, and so it would be easy to assume that turkey and ham are perfectly ok.

And in theory they should be. However, when you go to the grocery store and ask for a pound of sliced turkey, take a look at the label (*if they give you one*).

9 times out of 10 the lunch meat will be “browned” in canola oil or vegetable oil.

Both of those oils are highly inflammatory and horrible for your body. You want to avoid them at all costs.

What other oils do you want to stay away from?

- Corn oil
- Sunflower oil
- Safflower oil
- Margarine
- Soybean oil
- Cottonseed oil
- Crisco

When you’re buying lunch meat, either ask or read the ingredient label to make sure they haven’t been browned or cooked in any harmful oils.



Keto Food #2 – Whey Protein Powder

Whether you're using it in smoothies, shakes, or in keto-friendly desserts, adding in whey protein powder (or any protein powder for that matter) is something you'll want to stop ASAP.

First off, all protein powder is essentially a processed food. Take a look at the ingredient label and count how many ingredients you can't pronounce. Sure, it may only have "2 net carbs", but all those chemicals aren't doing your body any favors.

Also, whey protein greatly increased insulin. Insulin is a storage hormone that's released whenever you eat, and in general we want to keep insulin levels as low as possible.

Consuming whey protein will give you a big insulin spike, which stops fat-burning and puts you back in storage mode.



Keto Food #3 – Diet Soda

If you look at a can of diet soda, most have zero calories and zero carbs. Sounds keto-friendly, right?

Unfortunately, it's not.

The truth is, your body handles diet soda the same way it processes regular soda. Since diet soda is sweet, your body thinks that sugar on the way, and so it releases insulin in preparation for the sugar coming in.

Remember, insulin is a storage hormone and we



is

want to keep it as low as possible.

On top of that, all diet sodas are packed with artificial sweeteners like aspartame, sucralose, and dextrose (aka fake sugars).

Those are just as harmful as regular sugar and should be avoided.

Instead, go for coffee, tea, sparkling water, or unsweetened iced tea.

Keto Food #4 – Keto Protein Bars

Here's where I get aggravated. The ketogenic diet is extremely healthy when done right.

However, whenever any "diet" increases in popularity, the big food companies jump in and try to make a buck.

So they create all these "keto" protein bars, energy bars, and desserts.

The problem is, they're all filled with sugar alcohols, fake chemicals, and sweeteners that can harm your body, increase inflammation, and lead to weight gain.



With sugar alcohols, they can create intense digestive issues, which is why you may feel an uncomfortable rumbling in your stomach after eating one of these "healthy keto bars".

Look, if it comes in a box or a package, it's probably not good for you. Stick with real, whole foods and your results will come MUCH faster.

Keto Food #5 – Processed Cheese

While full-fat cheese is approved on the keto diet, you'll want to stay away from the processed cheese you see at most restaurants and even in some grocery stores.

The reason is, most of those cheeses are produced from cows that were fed grains, slop, and other unhealthy foods, that then get passed along to you through lower-quality items like processed cheese.

If you can, buy cheese from grass-fed cows. Or if you have a farmer's market or co-op, those cheeses tend to be higher quality.

Also, opt for hard cheeses as often as possible because they tend to have a higher fat content, as well as a lower sugar/lactose content.

If it's made from Velveeta or Kraft, stay away.



Keto Food #6 – Hot Dogs

Look, if you can get a grass-fed hot dog, then by all means, eat up!

However, most hot dogs you find at the grocery store are from factory-farmed animals. And honestly, outside of the hot dog manufacturers, who really knows what's in a hot dog?

It's a combination of low quality meats and organs that were left on the cutting room floor, and can slow down your weight



loss if you consistently eat them.

Again, if you can find a high-quality hot dog, then go ahead and include it in your diet.

But just because it's "low-carb" doesn't mean it's good for you.

Quality is extremely important.

Keto Food #7 – Iceberg Lettuce

This one is a little tricky because there isn't anything wrong with iceberg lettuce. It just doesn't have any nutritional value. It's kind of like eating air.

There are very little nutrients, vitamins, or minerals in iceberg lettuce. In terms of greens, it's at the bottom.

Instead, opt for healthier greens like spinach, romaine lettuce, kale and arugula.

Each packs way more nutrition than iceberg lettuce.

One of my favorites is making a HUGE homemade cobb salad with healthy greens, chopped egg, bacon, avocado, tomato, blue cheese crumbles, and avocado oil + sea salt as the dressing.

It'll fill you up for hours and is 100% keto friendly.

