

Protein and Keto: Friends or Foes?

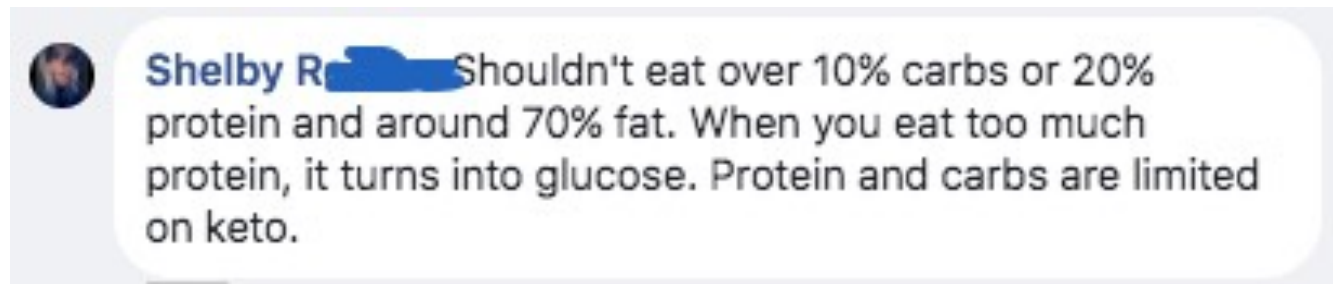


Hey folks! Robb here.

Because I know some of you are short on time and high on interest, I decided to put together some CliffsNotes for my video on [Protein and Keto: Friends or Foes?](#) so you can see exactly what's covered and skip ahead or back to that section to get more of the nitty gritty of what I've said. Just click on the screen shot to jump to that particular topic and eat your heart out with appropriate amounts of (protein-laden) information.

0:18 – General misnomers in Keto-land

Lots of well-intentioned folks share things like how “you shouldn’t eat more than 10% carbs and 20% protein...” and that you might as well equate protein to chocolate cake.



2:05 – What does the science say?

With the claim often being that dietary protein intake will dramatically increase the gluconeogenic process and elevate blood glucose levels and/or plasma insulin levels, I delve into some scientific research and how those claims are not substantiated by the research available.



(specifically: “Dietary Proteins Contribute Little to Glucose Production, Even Under Optimal Conditions in Healthy Humans” Diabetes. 2013 May; 62(5): 1435-1442 – link: <http://diabetes.diabetesjournals.org/content/62/5/1435>)

10:18 – Why does it matter?

Going back to the percentages mentioned by “well-intentioned person” at the beginning of the video, I discuss why someone should never start with percentages of macros; that especially when using keto for medically therapeutic impact, an individual should always start with grams of protein per day required, followed by a carbohydrate threshold with fat grams being variable based on the goals.



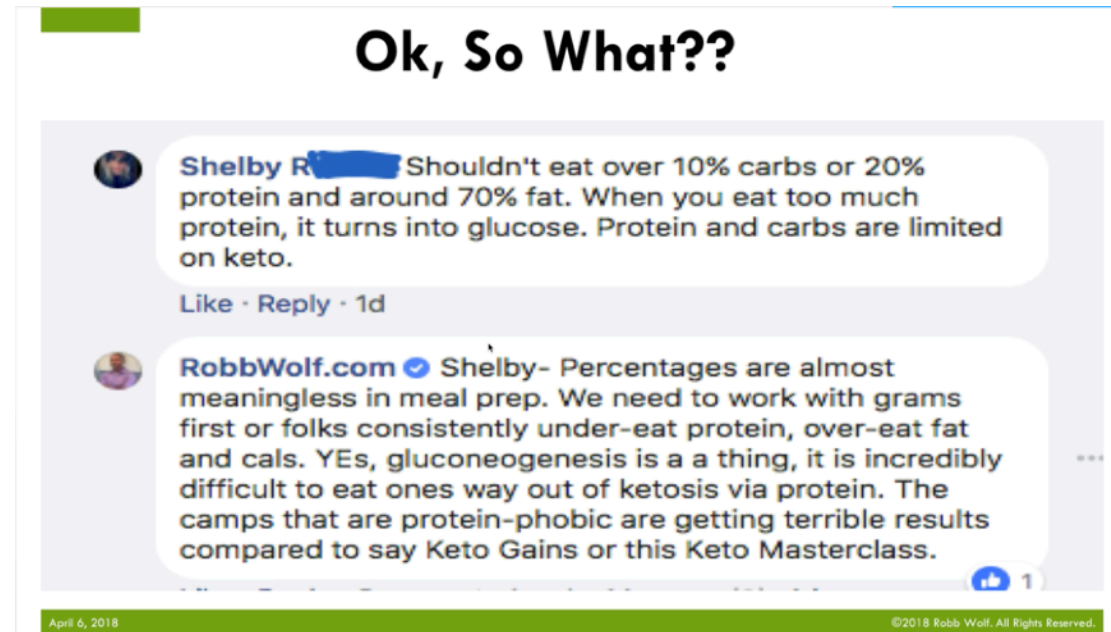
10:18 – Why does it matter? (cont.)

Using percentages/ratios is likely to have someone grossly under-eating protein and/or super hungry, since protein is the most satiating macronutrient.



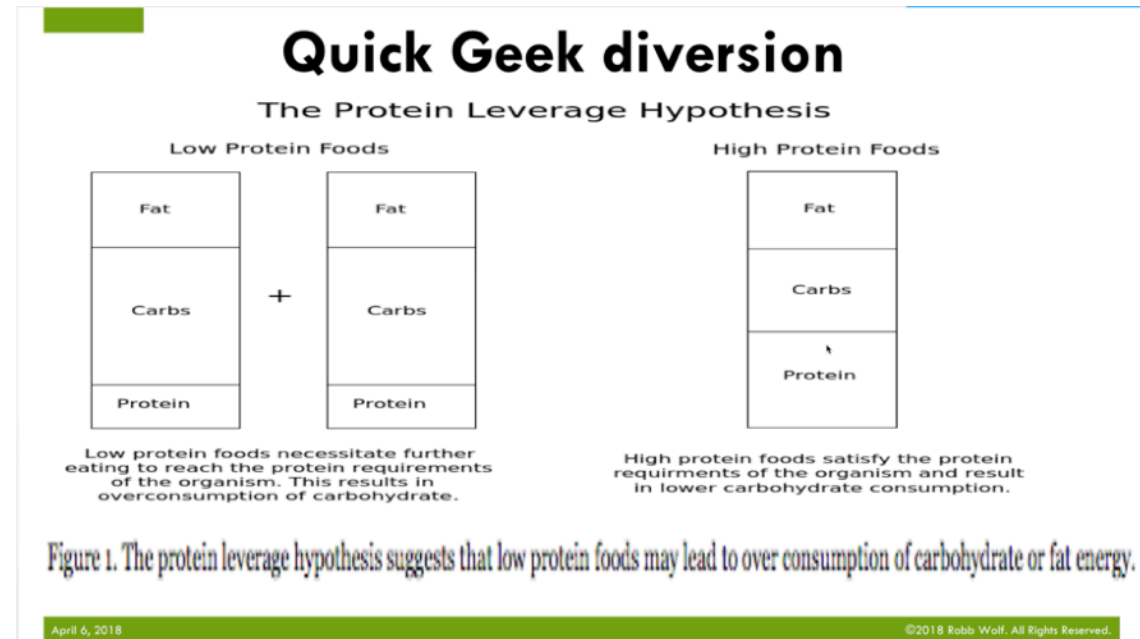
10:18 – Why does it matter? (cont.)

Fear of protein is something that is very commonly leading folks to suboptimal results. Fair warning: I go a little bananas (13:31) on this one. The [Ketogains Macro Calculator](#) provides great, on-point information and is what we utilize in the [Keto Masterclass](#) to determine adequate, individualized protein intake levels.



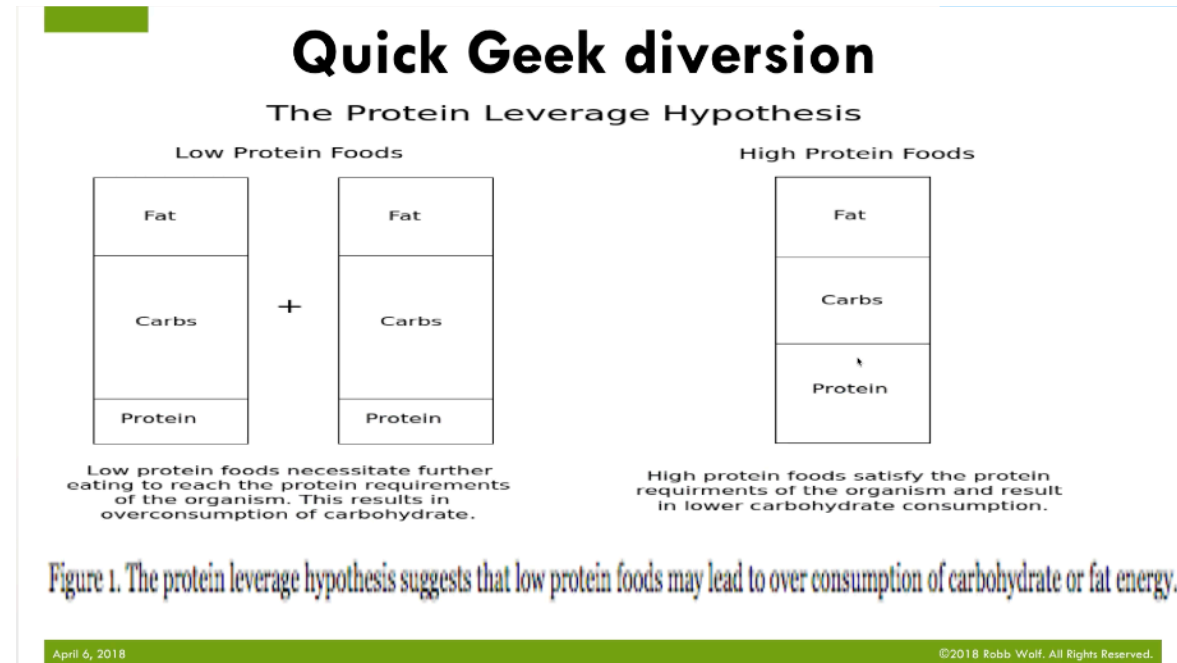
16:00 - Protein Leverage Hypothesis

Meals or eating strategies that are low in protein typically lead to an overconsumption of carbs and/or fat. Why? Protein foods are the most nutrient dense foods. Animals that tend to eat plenty of these nutrient-dense foods tend not to overeat on carbohydrates or fat because the protein foods are satiating.



16:00 - Protein Leverage Hypothesis (cont.)

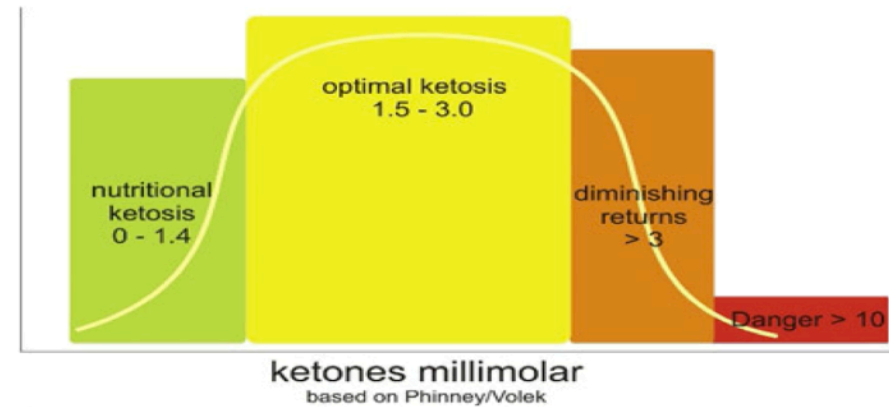
Those in the keto-sphere who don't eat enough protein very often overeat fat. While being in ketosis can lead to some sense of satiety, a good way to end up losing muscle mass is by either going vegan or going low protein keto.



18:38 - Where does the confusion come from?

Chasing ketones = no bueno for fat loss. People will do everything they can to get the optimal ketone level as per the ketone monitor. In actuality, if folks just eat enough protein, they will very typically be satiated, with good energy and will also cut calories because the proper macro- and micronutrient needs have been satisfied through proper protein intake, which can lead to fat loss.

Where does the confusion come from?

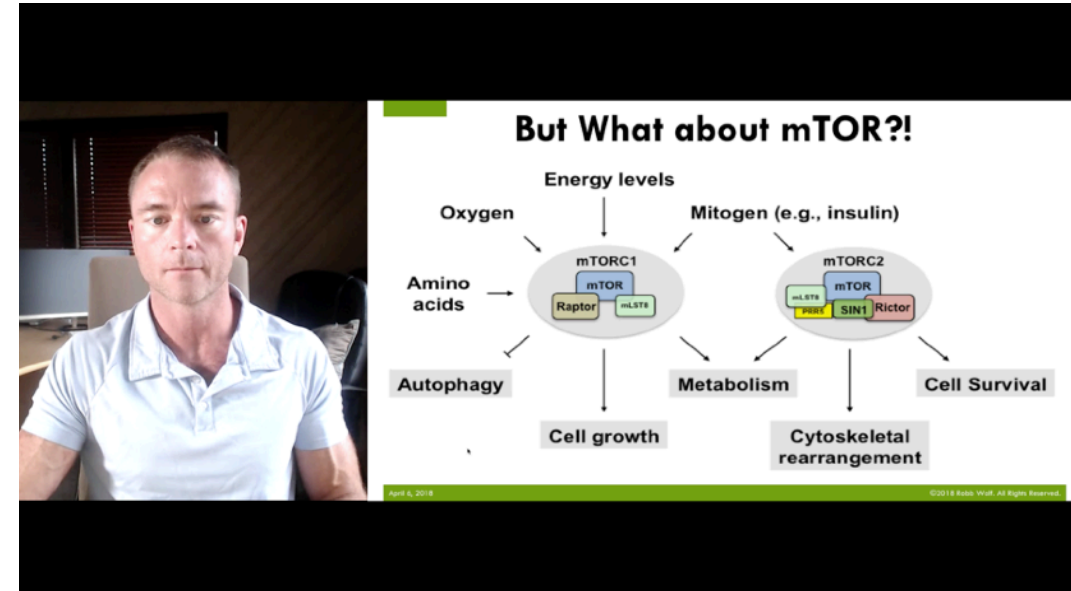


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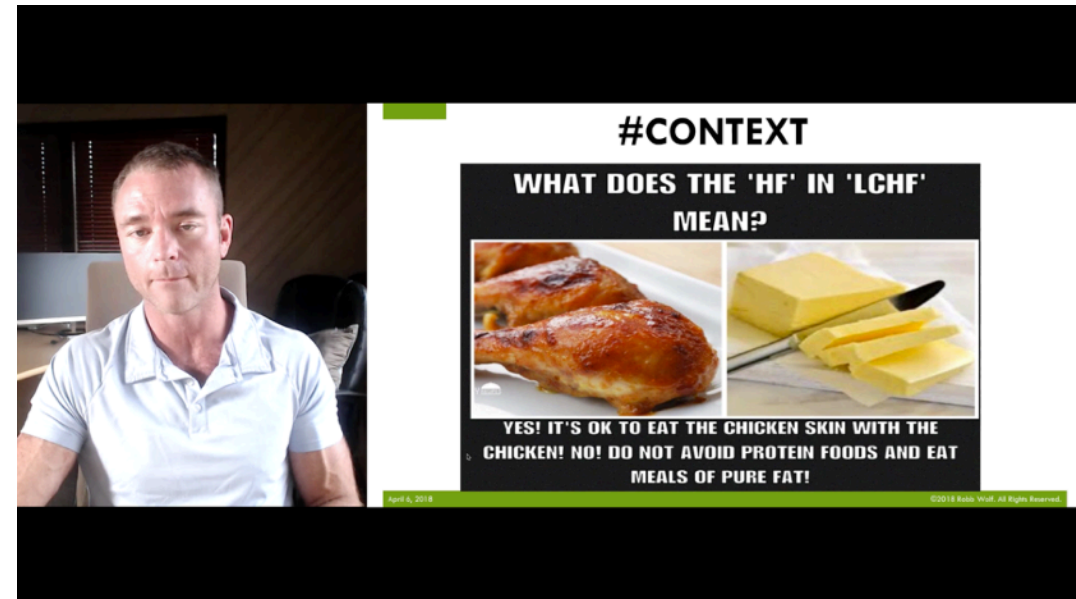
21:41 - What about mTOR?

There are some people who claim that by eating a higher protein diet, mTOR (mammalian target of rapamycin) is going to kill those eating that way. While I didn't curse as much as I wanted to here, I do share a few of my thoughts and expletives on those who shut down any discussion for even considering a moderate to higher level of protein intake, with the caveat that I'll be doing a much deeper discussion on this at a later point.



22:52 - So what exactly do we mean by “high fat” when talking about LCHF?

Bottom line: get your protein in and don't make meals purely out of fat (those with certain medical conditions exempted). Especially if fat loss is your goal, there is usually not a need to add a vat of butter to your steak.



23:58 – My promise to you

Some kind of dietary approach will work for you and your goals. If what you are currently doing (and you've given it an honest and long enough go) is not getting you results, then **CHANGE COURSE!**

The Promise

- There IS a dietary approach that will work for you
- Not getting desired results? **CHANGE COURSE**

23:58 – My promise to you (cont.)

If you've been trying low protein, high fat keto and you aren't seeing the results you'd like to be seeing, perhaps shifting to higher protein is a more advisable path to try. Put your info into the [Ketogains Macro Calculator](#) and see what you get, and give that protein macro a try for 30 days.

The Promise

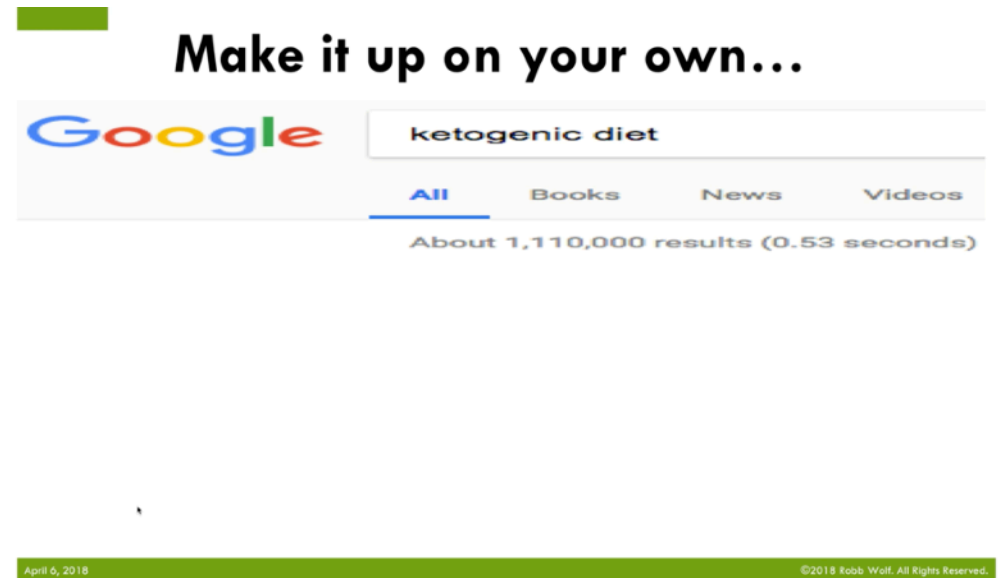
- There IS a dietary approach that will work for you
- Not getting desired results? **CHANGE COURSE**
- An effective process should be measurable, predictable and repeatable
 - #context

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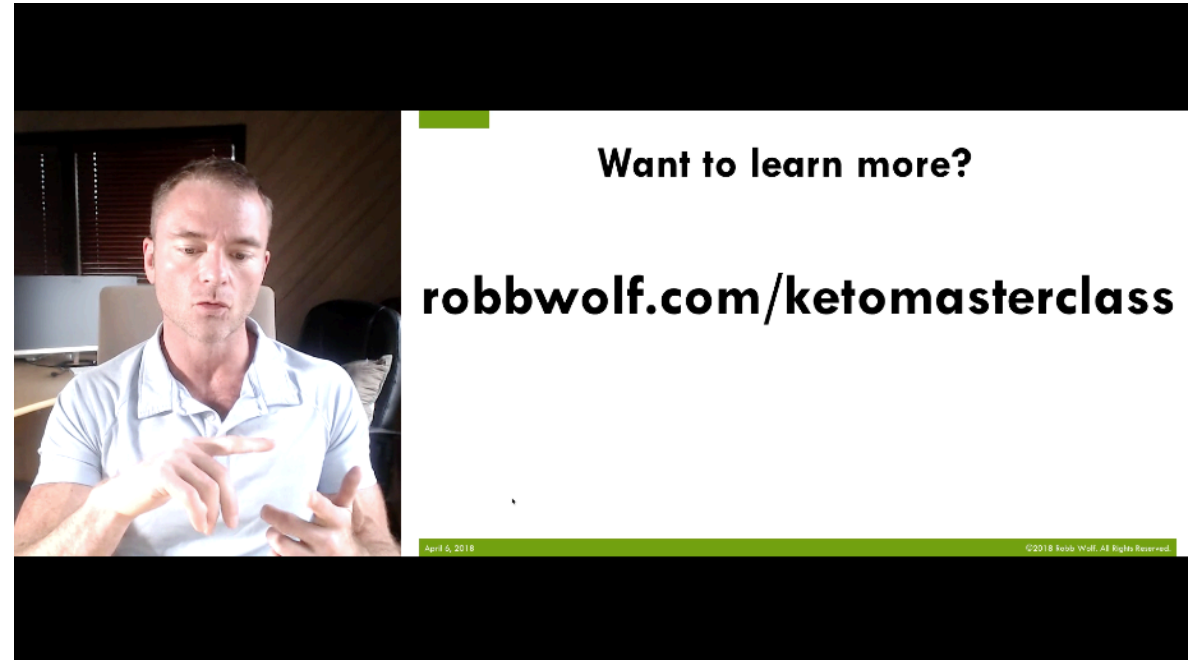
25:27 – Solo sailing or something to help navigate?

The interwebs are awesome, and you can find over 300,000 videos and 1 million Google results on ketogenic diets. The issue here for most people is not information, it's on proper application of this diet for you and helping you with your own results. If you're struggling, maybe it's time to give something like [Keto Masterclass](#) a shot.



28:40 - Future topics coming down the pike

More information on mTOR, general guidelines around health and longevity, perhaps fasting – leave a comment or post on social media if you're interested in that. Head to robbwolf.com/ketomasterclass if you're needing help in your individual journey and are looking for a system.



28:40 - Future topics coming down the pike (cont.)

Please send your feedback or questions to:

hello@robbwolf.com

These videos come about because of the questions and feedback you all send my way, so keep it up.

Want to learn more about keto?

Check out robbwolf.com/ketomasterclass