

HOW MANY CARBS SHOULD I EAT?

How to figure out carbs on a keto or low carb diet.

MEDICAL DISCLAIMER

I am not a doctor, and this presentation is not intended to be diagnose, treat, or cure any disease or medical condition. Rather, it is informational in nature.

Please consult with your physician before beginning any new diet.



WHAT DETERMINES CARBOHYDRATE METABOLISM?

- ❖ Genetics
 - ❖ AMY1 gene – how many copies?
- ❖ Autoimmune Conditions & Inflammatory Disorders
 - ❖ hypothyroidism in particular
- ❖ Hormone Imbalances
 - ❖ PCOS
 - ❖ endometriosis
- ❖ Candida Overgrowth & Microbiome Issues
- ❖ Known Blood Sugar Issues
 - ❖ diabetes
 - ❖ hypoglycemia
 - ❖ obesity
- ❖ Pregnancy – just talk to your doc ;)

GENETIC COMPONENTS: AMY1

- ❖ AMY1 is one of a cluster of genes that produce amylases
 - ❖ amylase – a digestive enzymes which break down sugars and starches (carbs!)
- ❖ How this relates to carb digestion – number of copies of AMY1
 - ❖ typically, humans have between 2 – 16 copies of this gene
 - ❖ the more copies of AMY1, the more salivary digestive enzymes (amylases) are produced
 - ❖ amylase breaks down carbohydrates in saliva
- ❖ Studies!
 - ❖ groups eating their heritage-based traditional diet (unprocessed, basically)
 - ❖ compare levels of starch and sugar in diet to average copies of AMY1
 - ❖ found a positive correlation between copies of the gene and amount of carbs in diet
 - ❖ yes, correlational, so take it with a grain of salt!

HOW MANY COPIES OF AMY1 DO I HAVE?

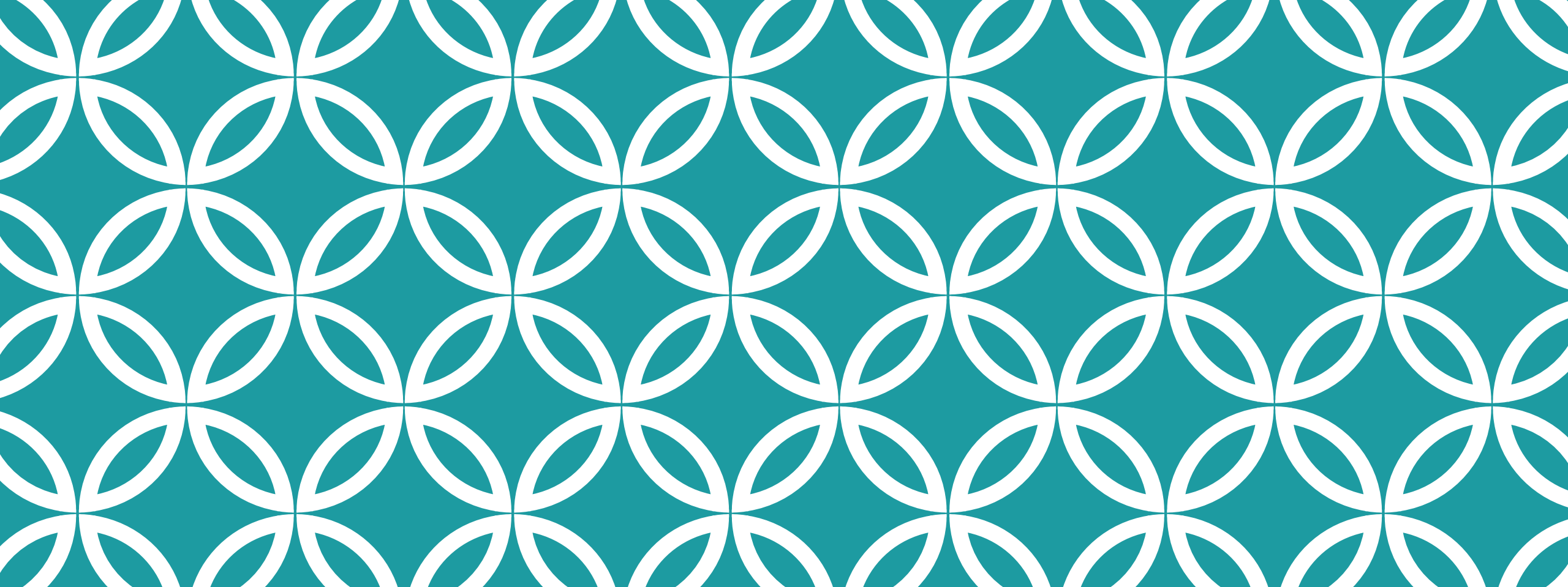
- ❖ I have no idea!
- ❖ To find out:
 - ❖ Genetic Testing
 - ❖ 23 and Me (used to, not sure if they still do)
- ❖ **n = 1 studies**
 - ❖ you are the test pool
 - ❖ incredibly subjective
 - ❖ all about feel – how does eating a lot of carbs make you feel physically and emotionally?
 - ❖ keep a food journal – track the amount of all macronutrients you're eating at meals (yes, this requires a bit of work – MyFitnessPal can help, though!)
 - ❖ track how you feel throughout the day - yes, physically and mentally

SO, GIMME SOME NUMBERS...

- ❖ Basic recommendation for a ketogenic diet is 20g “net” carbohydrates daily
 - ❖ total grams carbs – grams of fiber = net carbs
 - ❖ North American packaging does not list carbs as “net,” so you get to do math with your meals!
 - ❖ If you want to be in ketosis, 20g/day is a good place to start – experiment from there
 - ❖ Vegetarians and vegans may have to increase carb intake a little, since non-animal forms of protein and fat often come packaged with carbs (nuts, coconut, olives, avocado, etc.)
- ❖ “Low Carb” is a greater spectrum
 - ❖ pretty much anything under 150g of carbohydrates per day is “low carb”
- ❖ Figure Out What’s Right for you
 - ❖ tracking with a food diary (n=1)
 - ❖ don’t have to track if it’s not right for you!
 - ❖ general feel - this doesn’t have to be an exact science

BOTTOM LINE: DO WHAT WORKS FOR YOU!

- ❖ We all have unique genetic makeups with their own set of nutritional needs
 - ❖ Beyond that, lifestyle and other external factors indicate how these genes are expressed
 - ❖ There's a ton of variation between humans
 - ❖ It's silly to think we could all eat exactly the same thing, with the same result
- ❖ Some people thrive on low carb, others... not so much
 - ❖ This is okay!
 - ❖ Nothing wrong with not being able to follow one way of eating or another
 - ❖ There can be guilt or shame associated with this – totally unnecessary
- ❖ What might work now, may not work forever
 - ❖ You may have to adjust over the years
 - ❖ Health, exercise and lifestyle all change, and can play a role in what you should be eating!



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