

# Ketogenic Diet Acronyms & Terminology



Keto	Ketogenic Diet	SF	Sugar Free
WOE	Way of Eating	BF	Body Fat
WOL	Way of Life	BG	Blood Glucose
SW	Starting Weight	HF	High Fat
HW	Highest Weight	LC	Low Carb
CW	Current Weight	T1D	Type 1 Diabetes
GW	Goal Weight	T2D	Type 2 Diabetes
KSD	Keto Start Date	MFP	MyFitnessPal
OKL	Optimal Keto Living	SV	Scale Victory
SKD	Standard Keto Diet	NSV	Non-Scale Victory
TKD	Targeted Keto Diet	NSF	Not Safe for Work
CKD	Cyclical Keto Diet	IIFYM	If It Fits Your Macros
OWL	Ongoing Weight Loss	Macros	Macronutrients
KCKO	Keep Calm Keto On	SA	Sugar Alcohols
HIIT	High Intensity Interval Training	Shark Week	Menstration
Net Carbs	Total Carbs minus Dietary Fiber & Sugar Alcohols	LCHF	Low Carb High Fat
Keto'ers	Those who practice the Keto WOE/WOL	SAD	Standard American Diet
One-derland	When your weight starts with a "1"	IF	Intermittent Fasting
MCT	Medium Chain Triglycerides	BHB	Beta-Hydroxybutyrate
IR	Insulin Resistance	BMI	Body Mass Index

**Intermittent Fasting (IF):** Restricting window of eating to a certain amount of hours, while fasting the rest of the time. 16/8, for examples, means you are fasting for 16 hours and only eating during an 8 hour window.

**Keto Flu:** When you initially start Keto and lose water weight, electrolytes are also lost and can leave you feeling ill and weak, like you're getting the flu. It's important to increase sodium, consider taking Magnesium and eat foods rich in Potassium. Pickle juice, chicken/bone broth can also be helpful.

**Beta-Hydroxybutyrate (BHB):** An organic compound synthesized in the liver from acetoacetate, the first ketone produced in the fasting state and while following the Keto diet.

**Medium Chain Triglycerides (MCT):** Saturated (healthy) fats that are easily digested and typically found in coconut oil. They are passed directly to the liver to be used as energy. Readily available in an oil or powder form.

**Insulin Resistance (IR):** The body's cells become resistant to the effects of insulin. The normal response to a given amount of insulin is reduced, so the pancreas compensates by trying to produce more insulin.

**Strict Keto:** Adheres to Keto diet ingredients, no processed foods, typically concerned with organic, non-GMO foods and no cheats. Counts macros including fat, protein, calories and carbs, typically staying under 20 net carbs/day, with the goal of reaching and remaining in a state of Ketosis.

**Lazy Keto:** Adheres to Keto diet ingredients, not as concerned with eating no processed, organic and non-GMO foods. Does not count all macros, only tracks carbs, typically staying under 20 net carbs/day, with the goal of reaching and remaining in a state of Ketosis.

**Dirty Keto:** Adheres to the Keto diet, but not concerned with eating processed, organic and non-GMO foods, as long as it fits within macros. Counts macros including fat, protein, calories and carbs, with the goal of reaching and remaining in a state of Ketosis.

**Low Carb High Fat (LCHF):** Eats a low carb, high fat diet, and does not track macros. No goal of being in Ketosis.