

Clean Keto vs. Dirty Keto

Clean keto focuses on whole, nutrient-dense foods and puts more emphasis on food quality than the traditional keto diet, which comprises no more than 25 grams of carbs per day, a moderate protein intake of 15–20% of daily calories, and a high fat intake of at least 75% of daily calories

Clean keto also consists mainly of whole foods from quality sources, such as grass-fed beef, free-range eggs, wild-caught seafood, olive oil, non-starchy vegetables, and non-dairy products, except for ghee.

Clean keto also minimizes your intake of processed food, though it can still be eaten in moderation. Eating as clean as possible while restricting carb intake.

Dirty keto consists of processed or factory farmed foods and ingredients. The thinking with dirty keto is that you can eat whatever you want as long as you're keeping your daily net carbs under 20 grams. This includes junk food, fast food, and processed foods that are full of preservatives.

You won't be giving your body all the nutrients that it needs for your overall health if you choose to go this route. It can actually cause issues such as bloating, inflammation, sugar cravings and will often lead to weight gain once you try to incorporate carbs back into your diet.

These symptoms are often associated with what is referred to as the Keto Flu.