Lifestyle Options for LDL-C (and ApoB) Lowering on a Ketogenic Diet

OBJECTIVE

To provide you with lifestyle options for LDL-C modification, separate from pharmacological options.

CAVEAT

This document is not a "you should" document. **It is NOT meant to place a value judgement on a given LDL-C level.**

It is meant only to provide educational material for your consideration. What you do with your body is your choice. This is not medical advice.

COLLABORATION

This document is a collaboration:
- Nicholas Norwitz, PhD
- Simon Hill, MSc, BSc
- Shawn Baker, MD
- William Cromwell, MD, FAHA, FNLA

MORE RESOURCES

Resources are hyper-linked →

FOR ANYONE

FIBER - *SOLUBLE FIBER SOURCES ARE MORE EFFECTIVE THAN INSOLUBLE.*
- Soluble fiber sources, e.g.: Psyllium, Flax, Chia, Leafy Greens
- Certain fibers are particularly potent, such as Arabinoxylan, which can be supplemented and are rich in barley and finger millet, although these higher net carb options will compromise nutritional ketosis

FATTY ACID - *PROFILE FOR LDL-C LOWERING, PUFA ARE MOST POTENT, OVER MUFA, WHERE MOST SATURATED FATS TEND TO RAISE LDL-C*
- For cooking, avocado oil is stable (high smoke point, ~520F)
- For keto-friendly PUFA sources, I enjoy sesame/tahini, pecans, walnuts.
- Keto Recipes: Tahini dressing, Muhammara, Chicken Pecan salad
- Nuts are best raw. If toasted, do at home at <130C (265F) for <20 min.

FOR LEAN MASS HYPER-RESPONDERS #LMHR

* Interventions ranked (★-★★★) on efficacy & ordered based on presumed practicality.

CARBOHYDRATES ★★★
Adding ~100g net carbs will *potently* lower LDL-C; this can be in any form (research: case series, interventional trial, OreoVsStatin). But for overall health, it seems sensible to preference low-glycemic fruits, starches over junk food.

MEAL FREQUENCY AND EATING WINDOWS ★
All else being equal, eating more frequently and over a larger eating window (e.g. 3 meals a day over 12 hours vs 2 meals a day over 6 hours) will tend to lower LDL-C in #LMHR. Lower potency option.

WEIGHT GAIN ★★
Gaining weight will lower LDL-C in #LMHR. Even a 1 kg/m^2 increase in BMI can translate into a 20% drop in LDL-C in some LMHR (anecdotal). For those with very low body fat/BMI or wanting to "bulk," this can be a plausible option.

ACTIVITY MODIFICATION ★★
High energy expenditure in lean persons on a ketogenic diet, all else equal, can increase LDL-C via the lipid energy model. Consider if you may be 'overtraining.' Trading cardiovascular activity for weight training may be an option for some.