



Week 3

Blood Glucose and Ketone Testing Options

Urine Testing for Ketosis

One way to test for ketones is to check your urine with urine testing strips. The problem with urine testing is that it's effective for only 1-2 months. After the second month, most of us begin to conserve the ketones in our blood instead of spilling them over into the urine. This lack of ketones in the urine causes people to get discouraged by the ketogenic approach because they think it isn't working. You may actually be in ketosis but can't see it in your urine. If you are interested in urine strips, [Perfect Keto](#) and [Ketostix](#) are good brands, but you can find many brands at your local pharmacy.

Breath Testing for Ketosis

The next method of testing ketones is with a breath ketone meter. It tests acetone, which is the ketone expelled through the breath. Acetone is blown off through the lungs in small amounts. The challenge with breath testing is the amount of acetone breathed off is not the same for everyone at uniform levels. That means that breath meters can't give you a number that correlates with the level in your blood, but it does provide an acetone level to let you know you are in a certain level of ketosis. Breath meters are fairly expensive and can be found online. Here's [one option](#).

Blood Testing for both Glucose and Ketones

Blood glucose and ketone monitors, which can be found at your local pharmacies, aren't particularly expensive, but the cost of the test strips are. Not all pharmacies carry the strips so you may have to purchase online. To check your ketones or glucose, you basically prick your finger, drawing up a drop of blood onto a test strip. The monitor gives you a blood glucose and/or ketone reading within 10 seconds. You will need strips for both ketones and different strips for testing blood glucose. With blood ketone monitoring, the goal is to see blood ketone levels at 0.5 mmol/L or higher. With blood glucose for someone without diabetes, a range of under 100mg or 70-99 mg is considered normal before a meal or fasting, such as first thing in the morning upon rising. After eating, about 1-2 hours, blood glucose under 140 mg is considered "normal" or "healthy", but this is a controversial topic and we'll discuss this more in week 5 for carb testing. ***If you are planning on doing the carb testing in week 5, a blood glucose meter would be helpful, but please see Pulse Testing material and use that as an option if purchasing is not in your budget for a glucose meter.*** I have been using [this meter](#) for years, even before this popular [Keto Mojo](#) came out.

