



What is the desirable ketone range?

On eating days it's commonly believed that ketones between 0.5 and 1.4 millimoles per liter are a sign of fat fueling from dietary fat. And levels between 1.5 and 3.0 millimoles per liter are signs of fat fueling from both dietary fat and body fat. Now, on fasting days, any ketone level is a sign that you are burning body fat.

We encourage people to break their fast if their ketones reach seven millimoles per liter or higher. It is not uncommon for metabolically healthy individuals to even reach ketone levels between seven and eight while fasting, but this could be very dangerous for the metabolic person, especially if their blood sugar levels are elevated as well. Remember, you should break your fast if you feel unwell for any reason and seek medical attention immediately, even if your ketones are low.