



KETO DIET

A COMPLETE KETOGENIC DIET FOR BEGINNERS

*Plan, Benefits, Low Carb, Weight Loss, Diabetes
& More*

ADAM ARANSON

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Introduction

Low carb diets encourage eating of foods with high level of fat, low amount of carbohydrates and moderate amount of proteins. It has a way of cutting short blood sugar spikes, thereby helping the body to get rid of fat.

Low carb diets come in different forms, and keto diet happens to be one of them. The amount of carbohydrates differs; it is determined by your activity level and insulin tolerance, but all things being equal, here is the regular quantity of carbs:

Keto diet – Beneath 20g net carbs in a day (occasionally, beneath 25g or 30g is great)

Low carb diet – beneath 50g net carbs in a day

Moderately low carb diet – beneath 100g net carbs in a day

Some other people prefer to do carbs counting, while some prefer to stick with keto/low carb foods.

Net Carbs

The term Net Carbs simply refers to carbs summation minus non-digestible sugar drinks (this is not applicable to high glycemic alcohols such as maltitol) and fiber. There is no point including specific sugar alcohols when determining our net carbs since they either are not broken down in our bodies, or aren't absorbed, or they could be absorbed without being metabolized.

Some individuals who are on a low carb or keto diet prefer to work with the total carbs as opposed to net carbs. This only makes it difficult to stuff in low carb vegetables which have lots of fiber and more leafy greens. Hence, you are only advised to apply total carb as a last resort when net carb is not giving you what you want. You can start by reducing low carb treats and sugar alcohol before experimenting with total carbs.

Advantages

Low carb diets do have a lot of benefits, including:

Blood sugar control

Weight loss

Reduced cravings & appetite

Lower blood pressure

Higher good cholesterol

Skin improvements

Possible increase in lifespan

Digestive support

Stable mood & energy levels

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