

## **WHAT IS GOOD TO EAT WHEN YOUR ON A DIET**



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The good news is that there are thousands of diet foods that are healthy, taste great, and can help you stick to your weight loss plan.

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Full keto diet food list Eat. Meat Unprocessed meats are low carb and keto-friendly, and organic and grass-fed meat might be even healthier. 2 But remember that keto is a high-fat diet, not high protein, so you don't need huge amounts of meat. Excess protein (more than your body needs) is converted to glucose, making it harder to get into ketosis. 3 A normal amount of meat is enough.

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People often think of a diet as a specific weight-loss plan, but diet is simply the types and amounts of food we eat. A good diet must include a balance of several food groups, as no single group

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Short for ketogenic diet, this eating plan is all about minimizing your carbs and upping your fats to get your body to use fat as a form of energy, says Scott Keatley, R.D., of Keatley

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### **What Is a Good Healthy Diet Healthfully**

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