

## [WHAT SHOULD YOU EAT ON A DIET](#)



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The Healthy Eating Plate encourages consumers to use healthy oils, and it does not set a maximum on the percentage of calories people should get each day from healthy sources of fat. In this way, the Healthy Eating Plate recommends the opposite of the low-fat message promoted for decades by the USDA.

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For example, If you eat too much fat, then your weight loss progress will stall, and you may even start to gain more body fat. On the other hand, If you don't eat enough, then you will lose weight at an unhealthy pace while fighting off hunger pangs and fatigue.

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However, the more weight you want to lose, or the more your health has suffered on the SAD way of eating, the fewer carbs you should consume at the start of the low-carb, high-fat diet. If you stay under 20 grams of carbs a day, you will be eating a very low-carb diet or ketogenic diet, in which your body converts from burning carbs (glucose) to burning fat (ketones) for fuel.

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Before changing the way you eat and altering your diet in any significant way, please speak with a health professional to make sure it's the best decision for you. We've given you the low-down

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