

## **WHAT NOT TO EAT WHEN IN A DIET**



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Eat smart, and you could lose 10-30 pounds -- or more. Pretty simple? That's the idea behind Eat This, Not That! by David Zinczenko (formerly editor of Men's Health ) and chef Matt Goulding.

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### **Ketogenic Diet Foods What to Eat and to Avoid Diet Doctor**

In summary, eat real low-carb foods like meat, fish, eggs, vegetables and natural fats like butter or olive oil. As a basic beginner's rule, stick to foods with fewer than 5% carbs (numbers above). 1 . Avoid. Here's what you should not eat on a keto diet foods full of sugar and starch. As you can see, these foods are much higher in carbs.

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On a keto diet, about 75% of the calories you consume should come from fat, 20% protein, and 5% carbs. To maximize fat burning potential and stay in the state ketosis you want to avoid eating carb heavy, protein-focused meals. Here are foods to avoid on a low-carb Ketogenic diet to support your low carb journey.

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### **What Not to Eat on Keto Ketogenic Diet Foods to Avoid**

In addition to what not to eat on keto, there are also many things more you should know about this mysterious metabolic state. If done correctly, starting the ketogenic diet can change your life and become a miraculous eating strategy.

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