

[HOW TO DO A DIET](#)



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How to Do an Elimination Diet and Why

Some foods you can eat include: Fruits: Most fruits, excluding citrus fruits. Vegetables: Most vegetables, excluding nightshades. Grains: Including rice and buckwheat. Meat and fish: Including turkey, lamb, wild game and cold-water fish like salmon. Dairy substitutes: Including coconut milk and unsweetened rice milk.

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Do you want a helping hand navigating an elimination diet? Need 4-weeks worth of easy elimination-diet friendly recipes with a step-by-step meal plan laid out for you? An elimination diet is one prong of my online course, 4 Weeks to Wellness .

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7 Ways to Get Your Diet off to a Good Start WebMD

2. Take Baby Steps. Change is hard. Making small, gradual changes in your eating patterns is the best way to overhaul your diet. Some experts suggest making just one change each week, to give you time to get used to the new behavior. Your ultimate goal is to establish new eating habits that can be sustained for a lifetime.

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10 Ways To Do A Low Carbohydrate Diet The Right Way

There is a way to do a low carbohydrate diet the right way. Here are 10 ways to eat a low carbohydrate diet while avoiding common mistakes. 1. Time Carbohydrates Wisely. This one is a biggie, so we'll start with it. One of the main reasons for eating a low carbohydrate diet is because your blood sugar levels stay far more stabilized.

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