

FRUITS NOT TO EAT ON A DIET



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1. Fruit Salad. Eating fruit salad is a very easy way to overconsume fruit. Stick to whole fruit pieces to avoid excessive fructose consumption. 2. Fruit Juice. Fruit juice lacks the fiber, vitamins, and minerals that whole fruits contain. The fiber in whole fruits helps to slow down sugar absorption, regulate bowel movements, and reduce constipation.

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Fruits are great and an essential part of a healthy lifestyle. To be able to stay within 20g-50g net carbs a day it is best to avoid high-carb and high glycaemic fruits on the ketogenic diet. Fruits, while not only high in sugar can bring a few additional problems after eating them.

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Not only have portions crept up in size, we also have a tendency to top off our "diet" salads and other favorite foods with high-fat toppings, like bacon, cheese, croutons, and creamy dressings.

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Ketogenic Diet Foods to Avoid 108 Foods That ll Slow Your

Beans provide nutrition for those on a regular diet, but they re not fit for the ketogenic diet due to their high starch (carb) content. Avoid legumes including*: Most Fruits. Fruit is healthy, right? Sure, but that doesn t mean they re keto-compliant. Fruit is high in sugar and carbs, so is usually a no-go on the keto diet.

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What Not to Eat on Keto Ketogenic Diet Foods to Avoid

The foods eaten on a ketogenic diet are primarily fatty meat, eggs, nuts, cruciferous vegetables, butter, oils and fat upon fat bacon strips upon bacon strips.. What Not to Eat on Keto. You can t just eat anything on keto if it fits your macros (or mouth). During adaptation, you have to be even more meticulous because the body will gladly default back to a sugar burning metabolism

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The Best and Worst Fruits to Eat If You Have Diabetes

Whether you have diabetes or not, fruit is your friend. Branch out from apples and bananas, and eat a variety of fruits, especially blue, red, and purple fruits like berries, which are high in antioxidants and raise blood sugar the least. Try not to eat fruit alone.

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