

THE CARNIVORE DIET: IS IT ALL BALONEY?

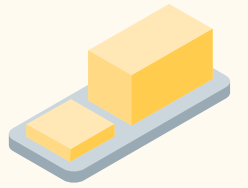
01. RULES



Only eat meat, eggs, and dairy

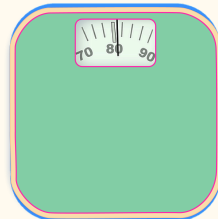


No carbs, including fruits & veggies



No fat limits

02. HEALTH CLAIMS



Weight loss



Body burns its own fat via ketosis



Improved cardiovascular health

03. THE FACTS



No fruits or veggies= lack of vitamins and minerals



High in sodium and saturated fats= increased blood pressure and risk of CVD



Ketosis causes stomach problems, lack of energy, and brain fog

04. DOES IT MEET DGA'S?

Limit sodium



Eat a variety of foods from every food group



Limit saturated fats



CONCLUSION

While entering ketosis via the Carnivore Diet may assist in body fat loss, consuming *exclusively* meat, eggs, and dairy eliminates vital micronutrients and energy sources from the diet. This diet also encourages the consumption of meat regardless of fat content, which promotes foods that actually worsen cardiovascular health.