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Ketogenic Diet for Beginners: A Low-Carb Journey Towards Better Health

By Sally Meran

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Ketogenic Diet For Beginners: A Low-Carb Journey towards Better Health Drop the bowl of breakfast cereal. Dump the cup of coffee with skim milk down the drain. Fry up some bacon and have your morning java with heavy cream instead! Wait, what? What kind of nutritional advice is that? The pretty good kind, if you ask me. As a society, we've been taught that fat is bad for us and that we have to eat plenty of whole grains and carbohydrates in order to stay healthy. Yet Americans are overweight and plagued with diseases such as heart disease and diabetes. And even with obesity on the rise, we still reach for the low-fat granola bars instead of choosing fresh, whole, natural food. It's time for us to stop fearing fat. We need to challenge the belief that eating foods like bacon, heavy cream and even butter will increase our risk of high cholesterol and heart attacks. By restricting carbohydrate intake to just 30 grams per day, the ketogenic diet places a heavy focus...



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