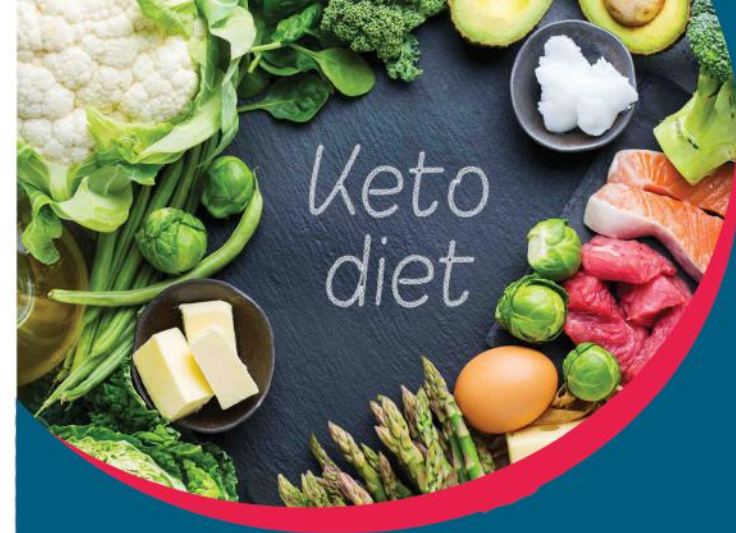




The Ketogenic Diet

- Legumes and beans: peas, red beans, lentils, chickpeas, etc.
- Root and tuberous vegetables: potatoes, sweet potatoes, carrots, etc.
- Alcohol: many alcoholic beverages can get rid of ketosis due to their carbohydrate contents
 - Some seasonings and sauces
 - Unhealthy fats: processed vegetable oil, mayonnaise
 - Sweeteners that replace sugar.
- **Foods That Can Be Consumed In The Ketogenic Diet**
 - Meat: red meat, steak, chicken, turkey, sausage, kebab, and hamburger
 - Fatty fish: salmon, trout, and tuna
 - Eggs: it is better to use organic eggs with omega-3 content
 - Butter and cream
 - Nuts and seeds: almonds, walnuts, flaxseeds, pumpkin seeds, sunflower seeds, etc.
 - Healthy fatty: virgin olive oil, coconut oil, and avocado oil
 - Avocado: whole or mashed avocado
 - Low carb vegetables: most green vegetables, tomatoes, onions, peppers, etc.
 - Seasonings: salt, pepper, dried vegetables, and various spices



➤ Side Effects Of The Ketogenic Diet And Ways To Reduce Them

A ketogenic diet is not usually a problem for healthy people, but it can sometimes cause side effects as long as the body gets used to it. One of these complications is called keto flu (low carb) and occurs a few days after starting the diet.

Keto flu reduces energy, impairs mental function, increases hunger, sleep problems, nausea, digestive disorders, and decreased athletic performance.

At the very beginning of a ketogenic diet, you should eat until you are full and do not limit your calorie intake. This diet usually leads to weight loss by itself and there is no need to limit calorie intake.

KETOGENIC DIET



► The Ketogenic Diet ◀

A ketogenic diet is a low-fat, high-fat diet that has many health benefits. The effect of this diet on weight loss and improving health has been proven in more than 20 different studies.

The ketogenic diet has many similarities to the low-carb diet and the Atkins diet (the Atkins diet is a fast weight loss diet). This slimming diet is associated with a sharp reduction in carbohydrates and replacement with fat.

The result is a metabolic state in the body called ketosis.

With ketosis, the body's ability to burn fat and provide energy is tremendously increased. The keto diet causes fats in the liver to become "ketones". This diet lowers blood sugar and insulin levels. This, along with the increase in ketones, has numerous health benefits.



► Foods That Should Not Be Consumed In A Ketogenic Diet ◀

Consumption of carbohydrate-rich foods should be limited. The below are foods that you should limit or cut out:

- Sweet foods: soft drinks, juice, cakes, candies, etc.
- Cereals and products rich in starch: products based on wheat, rice, pasta, breakfast cereals, etc.
- Fruits: All fruits except small amounts of berry fruits such as strawberries

A ketogenic diet may also help cure some diseases such as diabetes, cancer, epilepsy, and Alzheimer's.