

Ketogenic Diet and Recipes: Why You Should Try It (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The ketogenic diet, aka the keto diet, is low in carbohydrates and high in good fats, and it provides you with a lot of energy. The idea of this type of diet is by eating foods that are high in fats, it will provide you with a numerous amount of energy. The idea is that by eating high-fat foods, moderate-protein, and fewer carbs., the body goes into ketosis, or the metabolic state in which ketone bodies (fat-like molecules) become the main fuel source instead of glucose. Ketogenic diets is said to be very effective at diabetes control, lowering blood glucose levels, and reducing weight when you eat about 30 grams of carbohydrates per day or below. This encourages the body to get its energy from burning body fat which produces an energy source known as ketones. The diet helps to lower the body s demand for insulin which has benefits for people with type 1 and type 2 diabetes. People on insulin will typically require smaller doses of insulin which leads to less risk of large dosing errors. The diet helps burn body fat, and therefore has advantages for those looking to lose weight, including people with prediabetes, or those otherwise at risk of type 2 diabetes. How do you add keto diet into your daily routine? When meal planning, you re aiming to get 70 to 75 percent of your calories from fat, 20 to 25 percent from protein, and 5 to 10 percent from carbohydrates. You re allowed to eat whole, unprocessed foods ones that are high in fat and protein, along with a few complex carbs. High-carb foods are completely cut out so say goodbye to grains, potatoes, beans,...

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