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more information about different types of fat Fats are the most efficient form of energy and each gram contains more than double the energy in a gram of protein or carbohydrates (more on that later) The keto diet promotes eating fresh, whole foods like meat, fish, veggies, and healthy fats and oils as well as

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Keto for beginners - Diet Doctor

form of candy Dried fruit contains even more carbohydrates Coconut, citrus and melon contain fewer carbohydrates than, for example, bananas and grapes For special occasions You decide when the time is right Keep in mind that your weight loss could slow down a bit Alcohol: Dry wine (regular red or dry white wine), champagne,

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The Ketogenic Diet in a Nutshell - Pwop Studios

In 2014, a review of 76 observational and RCTs with more than 650,000 participants found that those with a high saturated fat intake did not have an increased risk of heart disease 76 studies! No proof! The combination of eating a high carbohydrate and a high fat diet is clear Your insulin is high Fat is denser than carbs, calorie wise