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Platinum fit keto

The high-fat, very low-carbohydrate keto diet allows you to enjoy plenty of avocado, butter, bacon and cream - but requires cutting your way back into added sugars, mostly processed foods, sweets, grains and starchy vegetables (wheat). The food plan is mega-popular with Hollywood A-listers (including Halle Berry, Megan Fox and Gwyneth Paltrow); but if you don't have a private chef who can futz with fats to make delicious meals and snacks, the carbohydrate-restricted lifestyle can be extremely difficult to follow. Fortunately, some keto variations have been developed that are a little more flexible, and easier to stick with in the long run. The traditional or standard ketogenic diet puts your body in ketosis: In this metabolic state, it burns fat (instead of carbohydrates) as its main fuel source, and it promotes fat loss. On a modified keto diet, your body will go on an out of ketosis, but still shed weight and body fat. Check out the following guide to see how each of the four types of keto diet works. RELATED: 5 Supplements You Should Take If You're On the Keto Macronutrient Ratio: 75% Fat, 15-20% Protein, 5-10% Carbohydrates In the Standard Keto Diet, all meals and snacks are planned around fat such as avocados, butter, ghee, fatty fish and meats, olives and olive oil. You need to get about 150 grams a day of fat (the amount in nearly 3/4 cup of olive oil and three times what you are likely to eat now) in order to change your metabolism so that it burns fat as fuel. At the same time, you need to trim your carbohydrates from about 300+ grams per day to no more than 50 (which is about the amount found in a single blueberry muffin). This means sticking to leafy greens, non-starchy vegetables, and low-carbohydrate fruits such as berries and melon. Finally, you will eat a moderate amount of protein, which is about 90 grams per day or 30 grams at each meal (think 4 ounces of meat, fish or poultry). Macronutrient ratio: 65-70% fat, 20% protein, 10-15% carbohydrates The targeted keto diet is popular with athletes and active individuals who live a keto lifestyle but need more carbohydrates. It assigns an additional 20-30 grams of carbohydrates immediately before and after workouts to allow for greater intensity exercise and improved recovery. (The total carbohydrate count reaches 70-80 grams per day.) The best options include fruit foods, dairy or grain, or sports nutrition products. Because additional carbohydrates are easily burned, they are not stored as body fat. RELATED: 9 Fruits You Can Actually Eat In Macronutrient Keto Diet Ratio: 75% Fat, 15-20% Protein, 5-10% Carbohydrates In days of keto; 25% fat, 25% protein and 50% carbohydrates on days off. Keto Cycling is a way to cycle in and out of ketosis while enjoying a more balanced diet on your rest days. A keto cycling approach includes five days of traditional keto diet and two non-keto days per week. Some people decide to save their days off for special occasions on vacation, birthdays and vacations. For the best eat carbohydrate-rich healthy foods in your rest days, including fruits, starchy vegetables, dairy products and whole grains (instead of added sugars or highly processed fare). RELATED: Your latest keto diet list macronutrient ratio: 60-65% fat, 30% protein, 5-10% carbohydrates This plan involves eating about 120 grams of protein per day (or four servings of 4 ounces of meat, fish or poultry) and about 130 grams of fat per day. Carbohydrates are still restricted to less than 10% of daily calories. But many people find this modified keto diet easier to follow, because it allows you to eat more protein and less fat than the standard keto diet. The caveat is that this approach cannot result in ketosis, because just like carbohydrates, the protein can be converted into glucose for fuel. But the high protein keto diet will usually result in weight loss. A final note: Keep in mind that the jury is still out on whether the traditional keto diet - from any of its popular adaptations - is a preferred way to lose or maintain a healthy weight. Before deciding to give it a try, these are some of the side effects and complications linked to diet. Following the ketogenic diet means adhering to a high-fat, moderate-protein, low-carbohydrate meal plan. What is the purpose? Eating this way puts your body in a state of ketosis, so it burns fat instead of sugar for energy. Although not developed as a weight loss plan, this is what keto has become, with hordes of devotees dedicated to getting most of their calories from fat and protein and limiting themselves to less than 50 grams of carbohydrates a day. While fans rehearse about the pounds they have shed, health experts say there are some potential drawbacks to the keto diet, such as a loss of muscle mass, diarrhea, and a condition called keto flu. RELATED: 7 Dangers of Going Keto Another drawback for keto is that you could become deficient in some crucial nutrients normally found in prohibited or restricted foods under keto guidelines. If you follow keto or are thinking of trying it, nutritionists say you should consider taking these five supplements to compensate for nutrients you might lose. Many high-magnesium foods, such as whole grains, bananas and beans, are not keto-friendly because they contain too many carbohydrates per serving, explains Seattle nutritionist Ginger Hultin, RD, a spokesman for the Academy of Nutrition and Dietetics. Magnesium is a mineral that is important for many cellular functions and helps regulate nerves, muscles and immune system, Hultin says. He also plays a role in building strong bones, maintaining blood sugar levels, and keeping the heartbeat steady. It is critical that the body makes proteins, bone and DNA, too, he adds. Keto devotees may try to satisfy their recommended intake of magnesium (310 to 320 mg, depending on their age) by consuming keto-approved, magnesium-rich foods such as broccoli, kale, pumpkin seeds and sunflower seeds. But taking a magnesium supplement can make sure you cover your bases. Talk to your doctor about possible supplementation, but make sure you don't exceed recommendations, as too much magnesium can cause diarrhea, Hultin says. To buy: NOW Magnesium 400mg (\$9; amazon.com) RELATED: 6 Health Benefits of Pumpkin Seeds Many dairy and milk products don't work on the keto diet because of their carbohydrate levels - think whole milk or flavored yogurts, both have 12 grams of carbohydrates per serving. (Remember, keto trackers are advised to limit carbohydrate intake to less than 50 mg daily.) By limiting or largely avoiding milk products, you also limit your calcium intake. Depending on their age, women should take in 1,000 to 1,300 mg of calcium daily. Calcium is a mineral that helps maintain bone health, but also supports muscle and nerve communication, Hultin says. It helps the cardiovascular system and supports the release of hormones. Other foods with optimal calcium levels that are excluded or limited in the keto include fortified

orange juice and tofu. The good news is that you can get calcium from sardines with bones, salmon with bones, kale and broccoli, he says. However, if you find it hard to eat so many leafy greens or don't like fish, this is where a calcium supplement comes in. To buy: Nature Made Calcium (\$12; amazon.com) Think of iron as the fuel that allows all cells in your system to function properly. Iron is a mineral the body needs to make hemoglobin, a protein in red blood cells that carries oxygen throughout the body, Hultin says. Without the 18mg of iron recommended daily for non-pregnant women between the ages of 18 and 50, you'll feel lethargic and weak, and your skin may look paler. Many keto-approved foods contain excellent amounts of iron, Hultin says, such as beef, some fish and oysters. However, other sources of solid iron are restricted or excluded from the keto diet, such as fortified breakfast cereals, lentils, tofu and beans, he says. Getting the right iron is even harder if you are vegetarian or vegan in keto, as you can't consume animal products. Leafy greens, such as kale and spinach, are good plant sources of iron, but the type of iron they contain is not easily absorbed by the body. To make sure you're getting the right amount, a daily iron supplement is a smart idea. Make sure you try to meet your needs through diet, and check with your doctor if you may need supplementation, Hultin says. To buy: Garden of Life Iron Complex (\$11; amazon.com) RELATED: 4 things You need to know before trying the Keto diet Get enough amounts of vitamin D is difficult even if you are not on keto. The vitamin of the sun is made by the body the skin is exposed to the sun—and direct exposure to the sun is something that many people try to avoid to reduce the risk of skin damage and skin cancer. Although vitamin D is also found in some foods—such as milk, orange juice and cereal-, these items are limited under what due to their high carbohydrate counts. But vitamin D is essential. Vitamin D is necessary for bone health, and being deficient for a long period of time can lead to the development of brittle bones and fractures, says New York City nutritionist Natalie Rizzo, RD. It gives you energy, feeds your immune system, and can even help protect you from depression. To get your recommended daily intake (600 IUs), you could turn to keto-approved fatty fish such as salmon and tuna, or up to intake of eggs - a favorite of keto thanks to the high fat yolk. But with so few food choices, a daily vitamin D supplement can be helpful. Consult your doctor for the correct amount according to your needs. To buy: Nature Made Vitamin D3 2000 IU Softgels (\$22; amazon.com) Needs fiber to keep your GI tract running smooth and to avoid digestive buzzkills such as constipation. But most fiber sources come from bread rich in carbohydrates, grains, fruits and vegetables, and these are not keto-friendly. Since these foods are limited in the keto diet, so is your fiber intake, Rizzo explains. When you don't have fiber, it opens the door to other health risks too, such as obesity, heart disease, and an increased risk of developing colon cancer, he says. Because you can eat some carbohydrates in keto, you should opt for fiber-rich vegetables such as broccoli and cauliflower, he advises. But since it would be difficult to fill your entire diet with these days after day, a daily fiber supplement could be a great help. Rizzo suggests talking to your doctor about what's best for you and how much to take. You don't consume too much and end up with loose stools or diarrhea, he warns. To buy: Metamucil Multi-Health Psyllium Fiber Supplement (\$28; amazon.com) To get our best stories delivered to your inbox, sign up for the healthy living newsletter

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