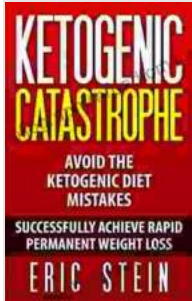


# Avoid the Top Ketogenic Diet Mistakes for Permanent Weight Loss and Chronic Disease Prevention



**Ketogenic Catastrophe: Avoid the Top Ketogenic Diet Mistakes for Permanent Weight Loss and Chronic Disease Reversal (14-day Easy-Prep Meal Plan + Keto Grocery Guide included FREE!)** by Eric Stein

★★★★☆ 4.1 out of 5

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# KETOGENIC LOW CARB DIET FOOD PYRAMID

## Conditions Potentially Helped by Keto Diet

Obesity  
High blood sugar  
Pre-diabetes  
Type 1 & 2 Diabetes  
Traumatic brain injury  
Epilepsy  
Parkinson's disease  
Alzheimer's disease  
PCOS

## Net Carb Formula

Total Carb Count

- Fiber

=  
**NET CARBS**

## How Many Carbs?

Less than 50 grams of NET carbs per day  
(Ideally less than 20 grams)

## Getting Started

1. Cut Carbs to 20 Grams of Net Carbs
2. Eat 0.7 to 1.2 grams of protein per pound of lean body mass
3. Increase intake of healthy FAT
4. Increase salt, potassium & magnesium intake to replenish electrolytes
5. Drink more water

## Key Tip

When in Doubt  
Eat  
More Fat  
and  
Less Carbs

### BERRIES

### DAIRY & NUTS

### NON-STARCHY VEGETABLES

### PROTEIN

### HEALTHY FATS

EssentialKeto.com

The ketogenic diet has become increasingly popular in recent years due to its potential benefits for weight loss, blood sugar control, and chronic disease prevention. However, there are also a number of common mistakes that people make when following a ketogenic diet, which can lead to negative side effects and make it difficult to achieve your goals.

In this article, we will discuss the top ketogenic diet mistakes and provide you with tips on how to avoid them.

## **1. Not Eating Enough Fat**

One of the most common mistakes people make on a ketogenic diet is not eating enough fat. Fat is the primary source of energy on a ketogenic diet, and it is essential for keeping your body in ketosis. When you don't eat enough fat, your body will start to break down protein for energy, which can lead to muscle loss and other problems.

To avoid this mistake, make sure to eat plenty of healthy fats at every meal. Good sources of fat include olive oil, avocado, nuts, seeds, and fatty fish.

## **2. Eating Too Much Protein**

Another common mistake people make on a ketogenic diet is eating too much protein. Protein is an important nutrient, but it is important to eat it in moderation on a ketogenic diet. When you eat too much protein, your body will convert it into glucose, which can kick you out of ketosis.

To avoid this mistake, limit your protein intake to around 0.8-1.0 grams per pound of body weight per day.

## **3. Not Drinking Enough Water**

It is important to drink plenty of water on a ketogenic diet, as it can help to prevent dehydration and other problems. When you're in ketosis, your body produces ketones, which can be dehydrating. Drinking plenty of water will help to flush out ketones and keep you hydrated.



#### **4. Not Getting Enough Electrolytes**

Electrolytes are minerals that are essential for a number of bodily functions, including fluid balance, muscle function, and nerve function. When you're on a ketogenic diet, you can lose electrolytes through urination and sweating. It is important to replenish your electrolytes by drinking electrolyte-rich fluids, such as broth, sports drinks, or coconut water.

## 5. Not Eating Enough Non-Starchy Vegetables

Non-starchy vegetables are an important part of a healthy ketogenic diet. They are low in carbohydrates and high in nutrients, such as fiber, vitamins, and minerals. Non-starchy vegetables help to keep you feeling full and satisfied, and they can also help to prevent constipation.



## 6. Eating Too Many Processed Foods

Processed foods are often high in carbohydrates and unhealthy fats, which can make it difficult to stay in ketosis. When you're on a ketogenic diet, it is important to focus on eating whole, unprocessed foods.

## **7. Not Getting Enough Exercise**

Exercise is an important part of any healthy lifestyle, and it is especially important for people on a ketogenic diet. Exercise helps to burn calories, build muscle, and improve your overall health. When you're on a ketogenic diet, it is important to find exercises that you enjoy and that you can do regularly.

## **8. Not Being Patient**

It takes time to adapt to a ketogenic diet. During the first few weeks, you may experience some side effects, such as fatigue, headaches, and nausea. These side effects are usually temporary, but it is important to be patient and to give your body time to adjust.

## **9. Not Getting Enough Sleep**

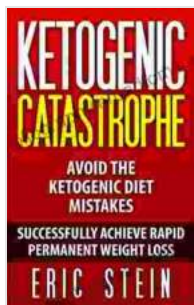
Sleep is essential for overall health, and it is especially important for people on a ketogenic diet. When you're not getting enough sleep, your body produces more of the stress hormone cortisol, which can lead to increased cravings and make it more difficult to stay in ketosis.

## **10. Not Seeking Professional Help**

If you are struggling to follow a ketogenic diet on your own, it may be helpful to seek professional help. A registered dietitian or other qualified healthcare professional can help you to develop a personalized ketogenic diet plan and provide you with support and guidance.

The ketogenic diet can be a safe and effective way to lose weight and improve your health. However, it is important to avoid the common

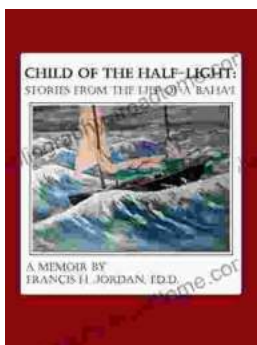
mistakes discussed in this article in Free Download to maximize your results and minimize your risk of side effects.



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