

KETOGENIC DIET PDF

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Mon, 18 Jun 2018 22:02:00 GMT - Page | 2 Â© Ketogenic Diet Resource www.ketogenic-diet-resource.com
Protein, Carb and Fat Grams Protein Requirements: Generally, protein intake should be between 1 gram and 1.5 grams per kilogram of lean body mass or ideal body weight. Lean body mass is your total weight minus fat weight, which equals the weight of just your muscles and bones.

Preparing to Make Changes - Ketogenic Diet Resource -

Sun, 17 Jun 2018 01:03:00 GMT - Very low-carb ketogenic diets may have the potential to cause osteoporosis (thin, brittle bones), kidney stones, low blood pressure, constipation, gout, high uric acid in the blood, excessive loss of sodium and potassium in the urine, worsening of kidney disease, deficiency of calcium and vitamins A, B, C, and D, among other adverse effects.

Ketogenic Mediterranean Diet -

Wed, 06 Jun 2018 23:06:00 GMT - names "ketogenic diet, low carb diet, low carb high fat (LCHF), and so on. Though some of these other "names"