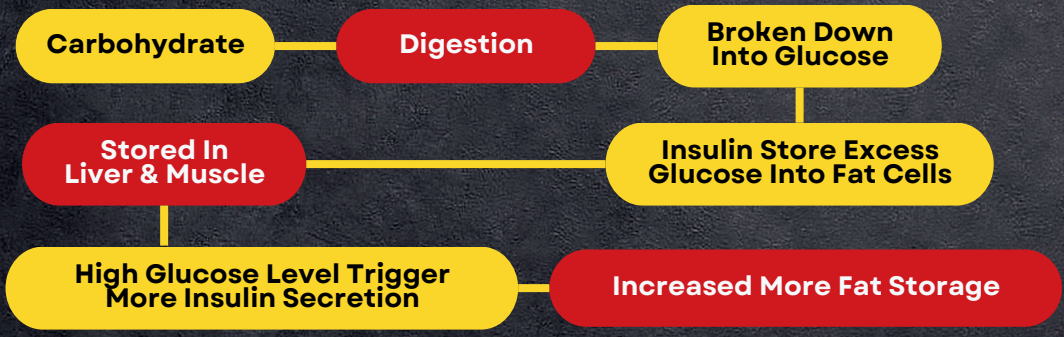


THE DANGERS OF
CARBOHYDRATES & SUGAR
INSULIN RESISTANCE

**BE CAREFUL
WITH CARBOHYDRATES**



How To Mastering Your
**Low Carb,
High Fat Diet**



Healthy Diet
Lifestyle

Fresh
Vegetables

High In
Fat



For More Information
Come & Visit Our Page [Low Carb High Fat Diet]

Transform Today

Live Better, Feel Better
Every bite counts towards a healthier you



FAST START GUIDE LOW CARB, HIGH FAT,

Foods To Avoid

Carbohydrates are not essential. Try to avoid:

- 1
 - Rice, Noodles [e.g. Kuey Teow, Mee Hoon, Vermicelli]
 - Grains and Refined Processed Foods.
 - Bread, Biscuits, Cakes and other sweets.
 - Sugary Beverages.

What To Eat

Choose Real Foods

- 2
 - Focus on whole, unprocessed foods such as meat, vegetables, eggs or tofu.
 - >More than 50% Protein [Meat, Eggs With Healthy Fats]
 - < Less than 50% Leafy Vegetables
 - Each meal should have a balanced proportion - with

Stay Hydrated

- 3
 - Drink At Least 2000ML [2.0L] Of Water Per Day

Ease KETO Flu Symptoms

If you experienced KETO flu, try using a pinch of rock salt or sea salt in water to help restore electrolyte balance.

4

Prioritize Sleep

Sufficient sleep is essential for recovery and overall health.

5

Enjoy A Cheat Day

Allow yourself one cheat day per week - any food goes! Just be sure to replenish with healthy, unprocessed carbohydrates afterward.

6

REMEMBER:

Small changes in your diet can make a big difference in your health. Enjoy your cheat day and use sea salt or rock salt for added flavor and electrolyte support.

Balance Your Cheat Meal



Understanding **YOUR
ESSENTIAL
NUTRIENTS**

Leafy Vegetable [30%-45%] Per Meal

Reduce Or Avoid Carbohydrate Intake

- Avoid refined carbohydrates such as rice, bread, noodles, vermicelli, biscuits, cereal, cake, french fries, candy, chocolate, and other processed foods.
- Limit starchy vegetables (grown underground) like sweet potatoes, potatoes, lotus roots, radishes, carrots, and turnips. Save these for Cheat Days.
- Avoid sweetened beverages, including carbonated soft drinks, teh tarik, kopi, fruit juices, Milo, 3-in-1 Milo, 3-in-1 coffee, and other instant drinks. The best choices are water, plain tea (teh o kosong), and black coffee (kopi o kosong). Since tea and coffee have diuretic effects, drink an extra 1.5-2 glasses of water.
- Beer contains carbohydrates and acts as a diuretic. If consumed, drink an additional 2-3 glasses of water afterward. A small amount of wine is acceptable in moderation.
- When cooking, use minimal seasoning and avoid excessive sugar. Be mindful of hidden sugars in ready-made sauces and seasonings.
- Green leafy vegetables are very low in carbohydrates and can be consumed freely.
- Choose low-fructose, naturally sweet fruits and vegetables such as tomatoes, strawberries, guavas, and lemons. Limit daily fructose intake to 15g.

Meat + Egg [50%-60%] Per Meal

Healthy Food Preparation

- Use high quality, heat stable oils for cooking, such as red palm oil, coconut oil, butter and olive oil [Best For Dressings].
- Include fatty cuts of meat like chicken skin, pork belly, roasted pork, knuckle, cod, salmon, cheese and avocados as healthy fat sources.
- Avoid unhealthy oils high in Omega-6 and ultra refined oils like canola grapeseed, sunflower and peanut oil. If your diet lacks good fats, consider supplementing with Omega-3 sources such as fish oil or krill oil.
- The LCHF diet encourages protein intake, especially eggs and meat. However, a low fat, high protein diet is not recommended, as healthy fats are essential in this approach.

Enjoy Your Cheat Day

Take a cheat day once a week, allowing yourself to enjoy foods typically restricted during your LCHF diet. Use this day to replenish good carbohydrates.

Use Of Salt [Sea Salt / Rock Salt]

- LCHF may cause of loss of sodium, it is recommended to use salt at the right time.
- If you feel unwell/ have keto flu after LCHF. and encounter symptom (symptom will persist 3 - 5 days) listed below, please drink a glass of salt water.
- Fatigue
- Difficulty focusing (or Brain Fog)
- Nausea
- Sugar/ Carb cravings
- Dizziness/ headache
- Difficulty Getting To Sleep
- Irritability.
- Muscle cramps