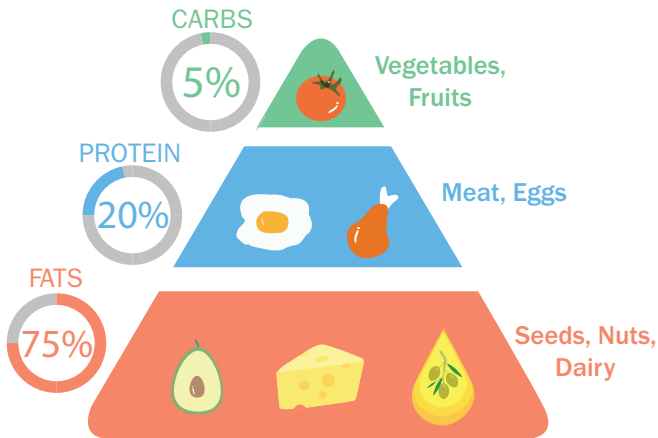


The food pyramid, keto style

The ketogenic diet is a high-fat, adequate-protein and low-carbohydrate diet resurging recently. The keto food pyramid is quite different from the normal one, with fats on the bottom and carbs on the top.



Foods with high carbs are excluded:



Bread



Sugar



Alcohol



Rice