

# Download Keto Clarity 14 Mistakes You Should Avoid While Following A Ketogenic Diet

Traditional Atkins vs. Ketogenic Diet. The Atkins diet and ketogenic diet are often used synonymously; however, they are different. While both diets lower carbohydrate consumption, the Atkins diet allows for a period in which both protein and carbohydrate intakes are increased (while fat intake is lowered) beyond what would classify as ketogenic. This is how it actually works. I will try to get as detailed as I can without being too detailed and I will mostly focus on how it works in a person who is metabolically healthy and eats mostly a ketogenic diet as this creates the most healthy metabolic fueling system. Mark, Thank you for this article. I do have a question though. How little is too little protein? I have been tracking my macros for a while and have a usually less than the recommended amount of protein, should be around 80g but mostly can't get more than 50g. A low-carb diet is low in carbs, like sugary foods, pasta and bread. It's an evidence-based method to lose weight without hunger and improve several health issues. Learn how to eat a low-carb diet based on real foods, what to eat and what to avoid. Get awesome low-carb recipes and meal plans.