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Although it didn't start out as one, the keto diet has become the dream of every weight loss diet. Eat all the fats you want and watch the pounds magically disappear - right? Not exactly. It is actually misleading that people after a keto diet should consume huge amounts of oil and coconut oil to lose weight. In fact, you can - and should - follow this diet without touching any of these foods - or when using them sparingly as you cook at home. You don't have to fill in all high-fat foods to achieve your weight loss goals. Here are the best foods to eat on a keto diet and why they are so good for weight loss. Some vegetables are often called non-starchy vegetables, these foods make great side dishes or additions to roasts, salads, soups, sandwiches, and more. Some examples include: Spinach Baby Corn Artichok celery aubergines Onions Cucumbers And other low-carb vegetables - and all plant foods - contain fiber, which promotes weight loss, causing a sense of fullness faster than low-fiber foods. That's how much fiber you need to eat every day to lose weight. Seafood Snack Plate Tiger Prawn MSPhotographic/iStock/Getty Images There are two main types of fat found in foods: saturated and unsaturated, which we'll call healthy. In small amounts, saturated fats can be part of any healthy diet. The American Heart Association recommends consuming less than 7% of your daily calories from saturated fat. Healthy fats found in foods such as fish are an integral part of a healthy heart diet. So instead of consuming mostly saturated fats and a minimal amount of carbohydrates, eat foods such as salmon, shrimp, tuna, and similar proteins at least a few times a week - maybe more if you don't want to consume too much fat from sweets and junk food. Dairy If your digestive system can tolerate dairy products, you have tons of options to add fat and minimal carbohydrates to food and snacks. It's normal if some or all of these foods bother your stomach. There are other ways to make your own loss. But don't shy away from it because you've heard that it's not good for you. It's all about choosing the best varieties. People after the keto diet should eat a portion or two of cheese or Greek yogurt daily, and a small amount of butter and cream. Cow's milk is also good if your body can handle it. Other lean animal proteins Meaning Keto diet for weight loss do not consume all fats and proteins and zero carbohydrates. It is a low-carb diet that should include different foods in your diet plan every day, even if you consume them in small amounts. Here's You should not leave foods like meat off the menu. Plenty of protein and fat, but no unwanted carbohydrates. The best animal proteins for consumption include: Turkey's Chicken Eggs Limited lean beef, pork, ham, sausage and bacon. Red meat is not the enemy - if you eat a few servings of it a day seven days a week. Most importantly, you change your protein sources to give your body a mixture of saturated and unsaturated fats during the week. Nuts and other whole almond fats in a YelenaYemchuk/iStock/Getty Images bowl there are other keto-friendly, vegetable foods other than vegetables that promote weight loss and offer a variety of health benefits. Balancing Seeds, nuts, seeds and nut butters, and almond milk varieties without added sugar are also excellent sources of healthy fats derived from plant foods. Olives and olive oil are also high in heart-healthy fats. Having a keto diet - especially in the long run - is not easy. But you can lose weight without starving or adding oil to every food you eat. Check out the Cheat sheet on Facebook! 1 in 30 Cauliflower Mac and Cheese Meet the low-carb side of your dreams. Get a recipe from Delish. 2 of the 30 Cheesy Baked Asparagus No.1 is the best way to eat asparagus. Get a recipe from Delish.GET YOURS NOW Delish Cookbook, barnesandnoble.com 3 out of 30 creamy Brussels sprouts of all ways to make Brussels, it's definitely in the top five. Get a recipe from Delish. 4 out of 30 Maple Bacon-Wrapped Carrot Beef are your vegetables with a little pork. Get a recipe from Delish. 5 out of 30 Garlic Butter Mushrooms 6 of 30 Cheesy Brussels Sprout Bake Get Ready to Be Obsessed with This Garnish. Get a recipe from Delish. 7 out of 30 Easy Keto Gravy Don't eat turkey without this creamy sauce. Get a recipe from Delish. 8 out of 30 Cheesy Bacon Spinach Dip Cheese and Bacon and Spinach. This fall will disappear in an instant. 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Go to the contents of these foods high in fiber but low in carbohydrates. Every product we tide has been independently selected and reviewed by our editorial team. If you make a purchase using the links included, we can earn a commission. If you limit carbohydrates because you are on a keto diet, consider this: including fiber-rich carbohydrates in your diet can be very beneficial. Fiber is a carbohydrate that people can't digest, Naomi Whittel, a Gainesville, Florida-based author of High Fiber Keto, says. However, it is still very important for health and can improve digestion, the microbiome (bacterial balance in and on the body), the balance of blood sugar and support metabolic health. The original ketogenic diet - extremely low in all carbohydrates (even vegetables), low in protein and very high in fat - was designed for children with epilepsy who did not respond to the medication, according to Summer Yule, RDN, based in Avon, Connecticut, in an interview with Health. Many people are now adopting a diet for weight loss, she says. In these the macronutrient profile may contain more protein and less fat than in a traditional ketogenic diet. RELATED: 10 Best Trending Diets of 2019, according to Google Even So, Keto Keto LDL cholesterol may rise, sometimes referred to as bad cholesterol, because too much of it can lead to the accumulation of plaques in the arteries, which can increase the risk of heart disease. And that's where fiber can help. However, many foods high in fiber, such as beans, fruits, vegetables, nuts, seeds and whole grains, are also high in carbohydrates, so they are limited in the keto diet. Including more keto-friendly foods high in fiber in the diet can help improve a person's lipid profile without having to go away with keto, explains Yule. Here are some foods high in fiber, low in carbohydrates that are allowed on a keto diet. Low in carbohydrates and high in fiber, lupini beans (aka lupine beans) are ideal for those on keto who are looking for high-protein, high-fiber snacks. Never heard of them? This yellow legume is hot on the heels of edamame and fava beans, both on the trend of nibbling for health conscious consumers. One cup of cooked lupini beans contains 4.6 grams of fiber - about 19% of the recommended daily allowance. However, ready-to-eat branded bean lupini snacks often contain even more. I've noticed that the amount of carbohydrates/fiber can vary greatly between brands of lupini beans, says Yule. To make sure you choose a food that is keto-friendly, be sure to check the label. Psyllium husk is a type of fiber commonly used as a gentle, bulk-forming laxative. With no clean carbohydrates and a whopping 7 grams of fiber per two tablespoons serving, ground plantain is an easy way to increase fiber intake on a keto diet. It works great as a mandatory agent in recipes, Yule says. Just make sure to consume it with plenty of water, coconut water or juice to avoid dehydration. Add a tablespoon to your drink, and you are good to go. If you want to increase your fiber intake on keto have a plan, make non-starchy vegetables like Brussels sprouts a staple, says Yule. Cooked Brussels sprouts contain just 5.5 grams of carbohydrates, including 2 grams of fiber, for half a cup. Add the bacon and mozzarella or Parmesan cheese to the sprouts for a keto-friendly side. An excellent choice for any healthy diet plan, artichokes are an excellent source of potassium, vitamin C, folic acid and magnesium. In addition, one (large) ball of artichoke contains up to 10 grams of fiber, including inulin. It is a specific prebiotic fiber that feeds beneficial bacteria in the body, Witte explains. You can have fruit on a keto diet, as long as you choose And keep serving sizes small. Whittel offers blueberries that can be added to salads and smoothies or eaten as a nut snack. Berries are among the fruits with the highest fiber content yet relatively low in carbohydrates for a small portion, she says. For the ultimate high-fiber keto smoothie, mix unsweetened coconut milk, avocado (perfect keto meal, according to Whittel), chia seeds, and up to half half Blueberries. RELATED: Your Ultimate Keto Diet Food List Along with onions, leeks and leeks, garlic fiber-filled is a little packet that can add flavor to any keto meal, says Whittel. Garlic oil (garlic cloves, butter, salt and pepper) is a quick way to add flavor to keto steaks and chicken fillets. Chocolate may be part of a keto diet, but choose dark chocolate, which has at least 70% cocoa solids, and preferably more- the greater the percentage of cocoa, the lower the carbohydrates. Or even better, go for raw cocoa powder. Cocoa powder can be used in smoothies and keto desserts to enhance nutrition, fiber and flavor, says Whittel. 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