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If you eat too many carbohydrates

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(even a really small amount) from fruit, vegetables, starches, grains, legumes and/or dairy, then you can quickly jump out of ketosis," explains Amanda A. Kostro Miller, RD, LDN, who serves on the advisory board for Fitter Living. "Jumping out of ketosis signals the body to go back to

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burning carbohydrates for energy,"
which means you will no longer be
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