

The following policy template is for example purposes only. It contains the policy mandates that would be typical for a smaller merchant that has only point-of-sale (POS) terminals. Merchants who use this template should make modifications reflective of their specific operational environments. Merchants who have more sophisticated systems (for example: servers, printers, local area networks, etc.) will need to add additional policy mandates to ensure a comprehensive policy.

[Delete this disclaimer once the Merchant's Policy is written to reflect its specific environment]

## **Security Policy**

[Merchant Name]

### **Defining Sensitive Data**

[Merchant Name] defines sensitive data as magnetic stripe data – information on the black strip located on the back of the card, such as the cardholder name, account number, or expiration date. Sensitive data also includes the personal identification number (PIN) of the cardholder and the three- or four-digit validation code located on the front or back of the card.

### **Storage of Cardholder Data**

It is the policy of [Merchant Name] that point-of-sale (POS) terminals used by [Merchant Name] will not store any cardholder data in electronic format.

It is policy that [Merchant Name] will not store any cardholder data in paper format.

For each existing POS terminal, [Merchant Name] will validate with its vendor or vendors whether any POS terminals store cardholder data.

It is policy that [Merchant Name] will not store, in any form, the card validation code (CVC) or card verification value (CVV) – the three- or four-digit number printed on the front or back of a payment card – used to verify card-not-present transactions.

It is policy that [Merchant Name] will not store the PIN or the encrypted PIN block.

It is policy that the primary account number (PAN) will be masked when displayed. On the receipt, only the first six or last four digits will be displayed. **Please Note:** These values are usually blocked out with an asterisk (\*) or an X.

### **Paper Reports and Receipts**

It is the policy of [Merchant Name] that all paper receipts or reports generated from all POS terminals be properly secured from unauthorized access.

# Network Policy Document Sample

**Tobias Bleicker**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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web abstract the carbohydrate insulin model of obesity posits that high carbohydrate diets lead to excess insulin secretion

thereby promoting fat accumulation and increasing energy intake thus low carbohydrate diets are predicted to reduce ad libitum energy intake as compared to low fat high carbohydrate diets

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web jun 4 2017 different types of vegetarians there are several different types of vegetarians none of them eat meat or fish the two most common types are lacto ovo vegetarians and vegans lacto ovo

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web sep 25 2022 keto or low carb diets typically include animal products and provide plenty of fat with very few carbs but you can stay vegan while experiencing the benefits of living a low carb life one of these benefits is feeling less hungry which can lead to greater weight loss compared to other diets

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web jan 21 2021 finally a controlled feeding study of men with obesity found that a high protein ketogenic diet 5 carbohydrates 65 fat and 30 protein resulted in a modest 170 kcal d<sup>-1</sup> lower ad libitum

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web nov 16 2021 the keto diet focuses on macronutrient breakdown prioritizing fats high fat animal based protein sources and minimizing carbohydrate amounts while a plant based diet focuses

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web a vegan keto diet is a very low carb diet composed entirely of plant based calorie sources plants are in animal products including eggs and dairy are out the macros remain the same as on a standard keto diet 60 70 fat 20 30 protein and less than 10 carbohydrates

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web apr 2 2019 any diet that relies heavily on plant based foods and keeps carb intake low enough to where you're in ketosis is a plant based keto diet however some people claim that plant based keto refers to a vegetarian or even vegan keto diet let's explore some different definitions of what plant based means

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web oct 27 2020 indeed it is in fact there are plenty of low carb vegan recipes that work perfectly into a plant based keto meal plan in this round up you'll get the highlights of the most delicious high fat high protein vegan keto recipes out there  
vegan keto dinners 1 zucchini noodles with vegan pesto



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web aug 1 2020 the biggest challenge with vegan keto is that many plant based proteins are also very high in carbs for example a half a cup of lentils has about 61g of net carbs to put that in perspective in order to get your daily recommended protein intake about 46 75g of for the average female and 56 91g per day for the average male you would also be

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web jun 17 2022 other great keto vegetarian protein sources cottage cheese 20 grams of protein and 6 grams of carbs per 6 ounces 170 grams parmesan and romano cheese 9 to 10 grams of protein and 1 gram of carb per ounce 28 grams hard and semi hard cheese cheddar gouda provolone swiss etc 7 to 8 grams of protein and 0 5 to 1 5 gram of

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web oct 2 2018 the vegan keto diet is a low carb high fat moderate protein diet that excludes all animal based foods vegan keto diet benefits several health benefits are associated with

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web jan 13 2020 what is a vegan keto diet first let s be clear about what these terms vegan and keto really mean vegans consume no animal products like vegetarians they don t eat meat poultry or fish but they also avoid dairy eggs and other foods that contain even trace amounts of animal ingredients

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web aug 10 2022 on a vegan keto diet healthy plant based fats protein foods and non starchy vegetables should make up the bulk of your diet while high carb foods should be consumed in moderation luckily there are limitless plant based options for you to include in your diet which makes following a low carb vegan diet simple

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web sep 14 2018 pmcid pmc6165066 pmid 30223451 a plant based high carbohydrate low fat diet in overweight individuals in a 16 week randomized clinical trial the role of carbohydrates hana kahleova 1 sara dort 1 richard holubkov 2 and neal d barnard 1 3 author information article notes copyright and license information disclaimer go to

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web oct 18 2019 a vegan keto diet is a plant based version of the popular ketogenic diet a ketogenic or keto diet is a very low carbohydrate diet people following this diet plan get

the comprehensive guide to the vegan keto diet with meal - Apr 11 2023

web sep 30 2022 in short a vegan keto diet will consist of roughly 70 fats 25 protein and 5 carbs coming exclusively from the keto friendly plant based foods listed throughout this guide this eating approach will allow you to reap the benefits of going vegan and keto with one diet

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web mar 19 2022 what s the hclf vegan diet a high carb low fat vegan diet is a subset of a plant based diet that focuses on eating starchy high carbohydrate foods like potatoes rice or pasta some proponents try to achieve a specific macronutrient ratio of 80 of calories from carbs 10 of calories from protein and fat respectively this can only be