



# KETOGENIC (KETO) DIET

The ketogenic diet, often known as “keto”, is a restrictive diet plan limiting fruits, vegetables and fibre-filled foods – all of which provide health benefits, while increasing your fat intake (greater than 75% of your calories from fat). Following this may put your body into ketosis, leading to weight loss.

## WHAT IS KETOSIS?

Ketosis is a state that your body goes into when it does not get enough carbohydrates – either because you’re in starvation, or if you’re intentionally restricting carbohydrates.

Your body’s main source of fuel is carbohydrates, which is broken down into glucose. When carbohydrates are limited, the body will break down fat into a form of energy known as “ketones”.

## HOW DOES WEIGHT LOSS HAPPEN?

There is limited evidence on the ketogenic diet, however, it is likely that weight loss is due to limitation of ultra-processed foods and high fat = more satiating (feeling fuller longer), which decreases caloric intake, leading to weight loss.

## THE DIET

As mentioned, keto is a very restrictive diet.

- You are very limited on what you can consume, which does not make it very easy to stick to – no dairy, bread, legumes, sweets, fruit, etc.
- You must count your intake and cannot sway from the diet – consuming too much protein or carbohydrates can kick you out of ketosis, leading to weight gain;
- You may feel socially isolated with limited menu items, such as no birthday cake, alcohol, pizza, etc.;
- It can be expensive with high costs of animal protein;
- Keto “flu” – lack of energy, mood swings from no carbohydrates;

In short, the keto diet may help some lose weight, however, it is extremely restrictive and not the cure to weight loss. If you stray, you will gain the weight back very quickly, which is emotionally hard!

The best type of diet for weight loss and disease is one that is nutritionally balanced.