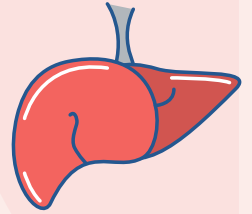


The Keto Diet

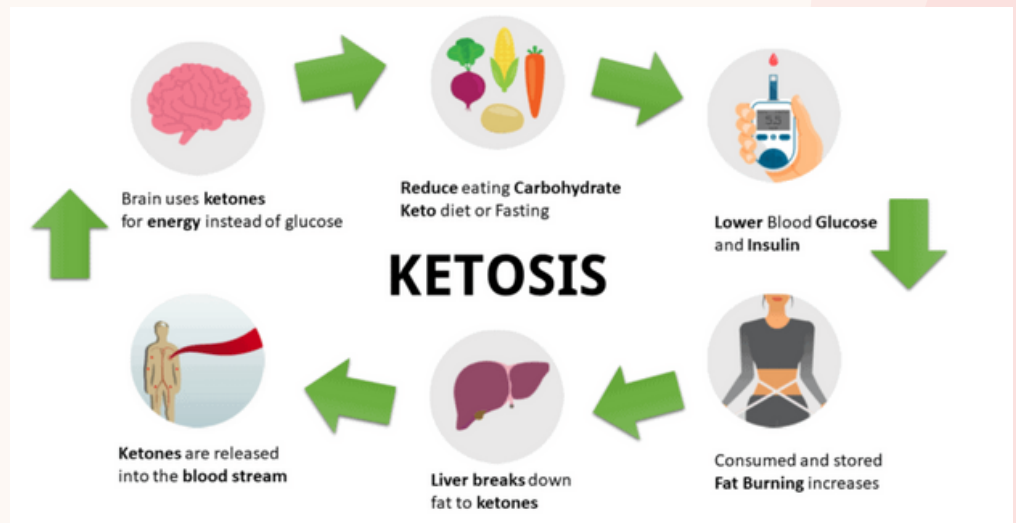
Kenlee Bonecutter & Wendy Chan

What is it?

- Low-carb, high-fat diet.
- Used for treating specific medical conditions like epilepsy, diabetes, cancer, and Alzheimer's disease.
- Aims to facilitate weight loss, enhance mental clarity, and boost energy levels by inducing a metabolic state called ketosis.



Understanding the Keto Diet – Ketosis



- Calorie intake is typically reduced due to the restriction of entire food groups.
- Increase in calorie expenditure due to the metabolic effects of converting fat to glucose
- Fat and protein provide more satiety
- The level of ghrelin (hunger hormone) reduces with ketosis

Understanding the Keto Diet – Weight Loss



The Keto Diet

The 4 types of keto diet:

1. Standard ketogenic (SKD)
2. Targeted keto diet (TKD)
3. Cyclical Keto diet
4. High-protein keto diet



KETO GUIDELINE

Protein: 30-35%
Carbohydrate: 5-10%
Fats 55-60%

FOOD TO AVOID

Grains (Rice, Pasta, Pastry)
Starchy vegetables
Sugary beverages

FOOD TO INCLUDE

Animal Protein
Butter
Avocados
Nuts
Eggs

Is It worth it?

Short-Term Effect (Keto flu)

Fatigue, headache, dizziness, nausea

Long-Term Health Risks

Kidney stones

Liver disease

Deficiencies of vitamins and minerals

Sustainability

Highly restrictively

Hard to follow for a long time

Reverse weight gain

RD Opinion

A quick way for rapid weight loss

Not recommended for everyone, but

may be beneficial to some

Treatment of epilepsy

Research

Ketone and neuroprotective effects

Increase energy output and decreased
inflammation

Significant improvement of
anthropocentric and biochemical
parameters

Alternative Diet

Recommendation

MyPlate

The Healthy Plate

Mediterranean Diet

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