

Introduction

The world of dieting keeps on evolving. Every day there seems to be a new diet coming out onto the internet. People are constantly trying new things, and nutritional science keeps evolving. With more people getting access to the internet, we are starting to see a tremendous amount of diet advice spread.

We're going to explore 3 diets that people are trying. These are the diets we've seen be successful for people. These diets are generally easy to follow and that makes them better for some people. They are The Ketogenic diet, Paleo Diet and the Carnivore Diet. Each diet is based on low carb, High fat/Protein. Fat keeps you satiated and that means you can diet without having to deal with severe hunger. That is a big advantage for most people.

Let's explore these diets.

The Ketogenic Diet

This diet involves you putting your body into a state known as ketosis. This is when your body starts burning fat as the primary source of fuel instead of glucose and the benefit of this is that you can get a steady supply of fuel for your body to function from your body fat stores. You also eat delicious food and enough protein to not have muscle loss. Eating fat has the added benefit of making sure you feel full for longer.

The two hormones you need to think about when it comes to this diet are Insulin and Glucagon. Insulin is responsible for regulating your blood glucose level and is secreted to keep your blood glucose level stable. The way the Ketogenic Diet works is by keeping your Insulin level stable. This keeps you from having insulin spikes that cause you to feel hungry. The fact that this diet is high in fat means that you also feel full for longer as well.

The Paleo Diet

This diet involves eating whole foods based on what people ate in the Paleolithic era. This means a lot of the food that we eat today are off limits. Grains such as wheat, corn and oats are strictly forbidden and other foods that wouldn't have been around in this time period as well.

The Paleo diet is based on what people would have eaten before the era of mass industrial farming and genetic breeding of plants and animals. You'll be eating a lot of Meat, Nuts and Whole foods. You'll need to cut out things like Dairy products and food that would not have been around when the cavemen were alive.

The Carnivore Diet

This is a diet that is quite simple. It involves being 0 carb and eating purely animal protein. This is a diet that is like the Ketogenic diet except instead of being low carb, you'll be eating no carbs. This means only animal products are allowed. People have reported feeling more calm and

energized on this diet, as well as a lot of people losing cravings for carbs all together. It is an interesting diet and depending on how strict you are, you can drink high fat milk and other animal based zero carb meals. Some people don't even eat anything except red meat and organ meat.

These are just 3 of the diets you could use to improve your health. Depending on your goals, they will all help you reach your fitness goals. You can't go wrong with either one.