

Introduction to the ketogenic diet?

The Ketogenic diet or “keto” is the latest in a long line of low carb diets, designed to get you healthy and fit. This diet came about as a way to treat young children with epilepsy. Ultimately it was determined that this diet could serve as a good way to lose weight and encourage healthy body recomposition. The way this diet works is by putting your body in a state called “ketosis” wherein the body stops using carbs for a majority of its energy requirements and switches to Ketones. This is accomplished by eating foods comprised of high fats and moderate protein with little to no carbs.

How the diet works

Believe it or not, under normal conditions your body has trouble accessing your fat stores for energy. This is because it is tuned to run on the glucose you get from carbs. The ketogenic diet works by putting your body in a state called ketosis. When you restrict Carbs to under 50g per day your body will eventually run out of stored glucose to use for fuel. When this happens, then the body must find an alternative energy source. This alternative store of energy is your body fat. It does this by converting your body fat to ketones which can be used by most cells in your body. Eventually, after you’ve put your body in a carb deprived state for a long time, your body switches over to using the ketones as fuel and becomes tuned to burning fat. When you have accomplished this, then your body will look for fats as a primary way of burning fuel. Your cells and your brain will get a steady supply of energy from ketones because most people have a considerable amount of stored energy in the form of body fat. Instead of dealing with the ups and downs of carbs, the steady supply you get from your fat means you stay energetic. People have reported feeling more energetic and having more focus because of the benefits of this diet.

What do you eat?

So when it comes to this diet, what do you eat? The most important thing is to limit carbs to about 20g per day. After you’ve done this then the most important thing is to eat is high fat, moderate protein low carb food. You can enjoy a lot of cheese, Avocados, Fatty cuts of Red meat, High Fat Nuts such as pecans, and Oils such as coconut oil and other food that are high in fat and low in carbs. By eating these foods, you will put your body into ketosis and you will start using fat for energy as well as using the benefit will be sustained energy through the day. Other benefits people have reported is considerable weight loss as the body taps into your body fat stores to give you energy. There are many other benefits reported by various other people as this is a diet that was first used as a way to treat epilepsy. While it is possible to eat a vegetarian or vegan ketogenic diet, it’s very difficult and it is something that not many people attempt to do.

Who is this diet for?

This diet is not for everyone. There are some people such as athletes who perform high intensity exercise that will benefit from the energy that carbs provide. There are also people with health conditions that might prevent them from going into ketosis or even develop ketoacidosis. This could potentially become life threatening and as such it's important to make sure you are healthy enough to go on this diet. So that was a general rundown of who the diet is NOT for. Now let's review who this diet is for. If you've been looking to lose weight then the ketogenic diet might be the right solution. You will be able to burn fat and reach your goals without starving yourself. You'll be able to eat delicious food that leaves you feeling satiated because of the amount of fat you're eating. You'll also have a wide choice of food and the health benefits are enormous. If you're looking to control your blood sugar then this diet is also something for you to look at.

If you're looking for a diet that will put your body in fat burning mode, control your blood sugar and help you feel full and energetic through the day then you'll love the ketogenic diet. This is a diet that in the modern day offers you many advantages compared to the typical American diet.