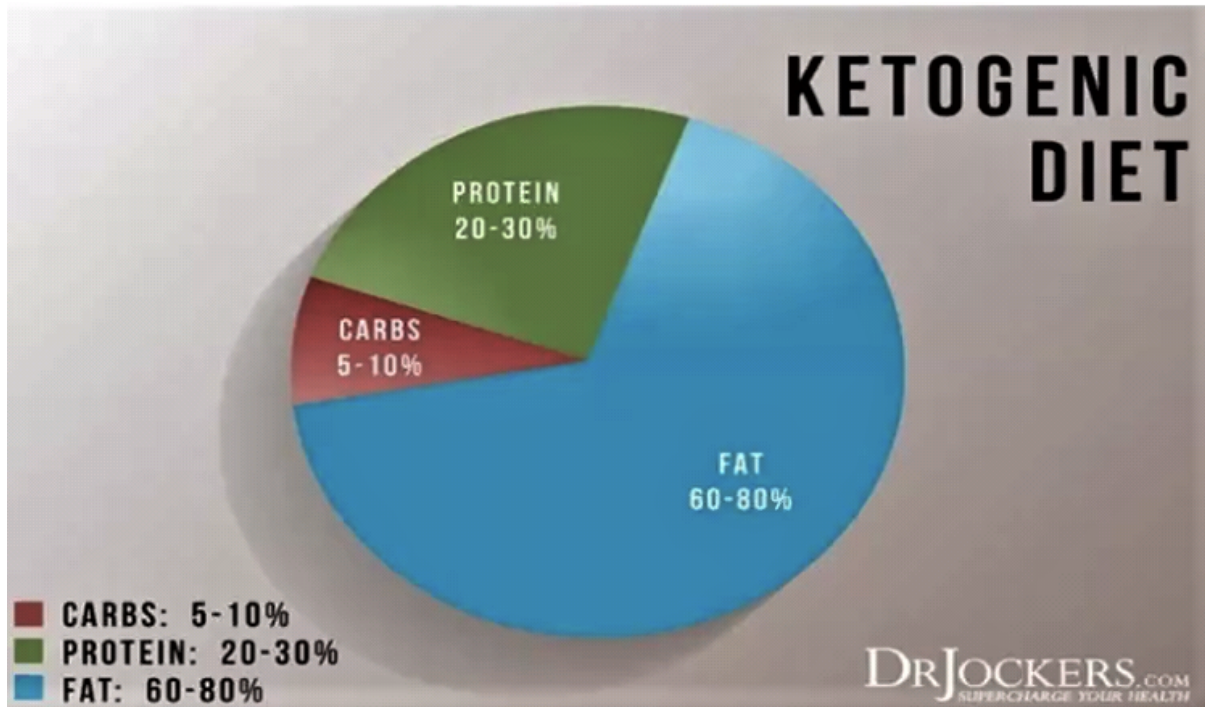


KETO DIET



The Ketogenic diet is a diet like no other. It combines the power of calories restriction with the unique benefits of nutritional ketosis to provide people with an effective way to loose weight and improve overall health.

Ketogenic diet

Ketogenic is a term for a **low-carb diet**

The idea is for you to get more calories from fat and protein and less from carbohydrates.

You cut back most on the carbs that are easy to digest, like sugar, soda, pastries, and white bread.

A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names – ketogenic diet, low carb diet, low carb high fat (**LCHF**) etc.



Types of Keto Diet



Which type of the Keto Diet is Right for you ?

- If you are already trying a Keto Diet or interested in starting one, you may be wondering which version is for you .That depends on a few factors, including your goals, activity level and health history .
- **A strict Keto Diet** is used for Epilepsy Treatment. A strict ketosis was traditionally for those using ketosis as part of treatment for (people with Epilepsy) who were nonresponsive to medication.

- **The Standard Keto diet** is the most common version.
- **Targeted Keto diet** is for Athletes, looking to improve their performance.
- **A High-Protein Keto Diet** may be best for Bodybuilders
- **The Lazy keto Diet** could be the easiest version.
- **A Mediterranean Keto Diet** May be a Heart -Healthier way to eat.

People on a Keto diet aim to eat upward of 80% of their calories from fat They'll also eat very few carbs. So, for the most part,you'll skip out on fruits, legumes (like beans and lentils), most dairy, starchy vegetables, and whole grains.

Foods To Avoid

Sugary foods: Soda, fruit juice, smoothies, cake, ice cream, candy, etc.

Grains or starches: Wheat-based products, rice, pasta, cereal, etc.

Fruit: All fruit, except small portions of berries like strawberries.

Beans or legumes: Peas, kidney beans, lentils, chickpeas etc.

Root vegetables and tubers: Potatoes, sweet potatoes, carrots, yam, colocasia etc.

Low-fat or diet products: These are highly processed and often high in carbs.

Some condiments or sauces: These often contain sugar and unhealthy fat.

Unhealthy fats: Limit your intake of processed oils, mayonnaise etc.

Alcohol: Due to their carb content, many alcoholic beverages can throw you out of ketosis.

Sugar-free diet foods: These are often high in sugar alcohols, which can affect ketone levels in some foods also tend to be highly processed.

Foods To Eat

Meat: Red meat, steak, ham, sausage, bacon, chicken and turkey.

Fatty fish: Such as salmon, tuna etc.

Eggs: egg with yolk

Butter and cream: Look for grass-fed when possible.

Cheese: Unprocessed cheese.

Nuts and seeds: Almonds, walnuts, flax seeds, pumpkin seeds, chia seeds, etc.

Healthy oils: Primarily extra virgin olive oil, coconut oil and avocado oil.

Avocados: Whole avocados.

Condiments: You can use salt, pepper and various healthy herbs and spices.

Low-carb veggies: Most green veggies, tomatoes, onions, peppers etc

Benefits of a Ketogenic Diet Plan

Low-Carb Diets reduce your appetite

Lose more weight

Help reduce abdominal fat

Triglycerides also tend to drop

Reducing blood sugar levels

Fights cancer

Reduces Blood pressure

It has beneficial effect on variety of metabolic, Oncologic, neurodegenerative and psychiatric disorders with different mechanism of actions

There are few groups who should not follow the standard version of Keto (or any other version either) :-

- **Pregnant women**
- **people with Diabetes**
- **Those with a history of kidney stones**

Thank You.....