

The ketogenic lifestyle research paper

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## **Introduction**

This is my personal research paper about the ketogenic diet. Here I will organize all the information I can find about this topic for my own reference.

### **What is the ketogenic diet**

The ketogenic diet is known for being a low carbohydrate diet. In this diet your body will switch from using glucose over to ketones as its primary fuel source.

The only way the body can go into ketosis is when insuline levels are low enough.

### **Protein study**

In this part the studies on protein are discussed.

### **What are protein?**

### **Carbohydrate study**

### **Fat study**