

# THE KETOGENIC DIET: FACT OR FAD

HIGH  
IN  
FAT

MODERATE  
PROTEIN

LOW  
CARBS

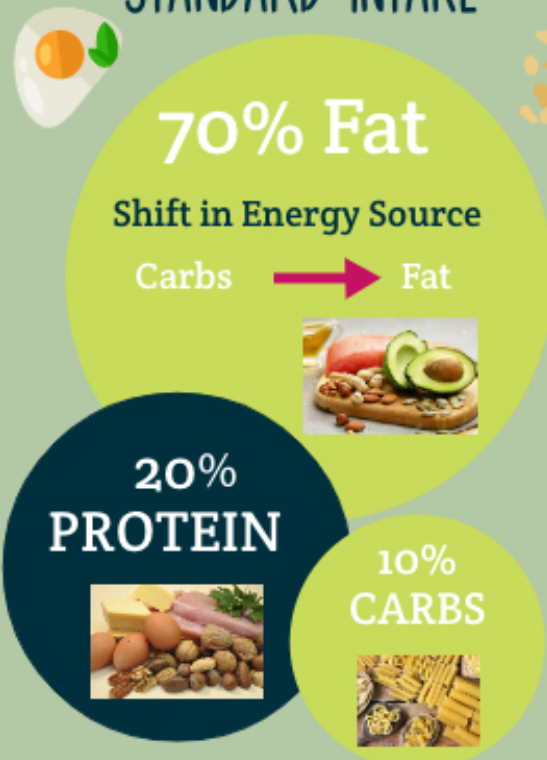


## *According to the Dietary Guidelines For Americans:*

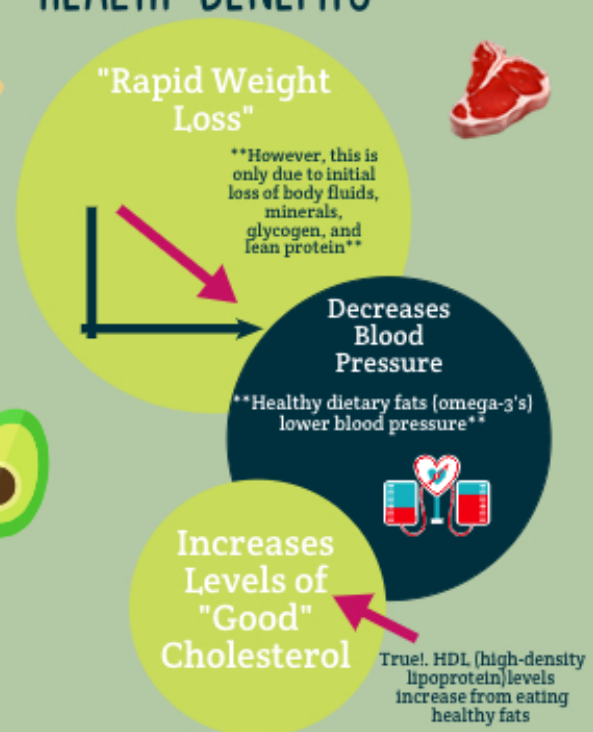
- The Keto Diet.....
- \* Exceeds dietary fat intake
  - \* Does not meet recommended carbohydrate intake
  - \* But DOES provide sufficient protein

The Ketogenic Diet refers to minimizing carbohydrate intake and replacing it with fat. This transitions the body into a state of ketosis, a process in which the body becomes efficient in burning fat for fuel.

## STANDARD INTAKE:



## HEALTH BENEFITS:



Although the Keto Diet produces quick & positive results, it is not sustainable over a long period of time. The weight that was lost will eventually return when well-balanced meals resume.