THE KETOGENIC DIET: FACT OR FAD











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: "Rapid Weight 70% Fat **However, this is only due to initial loss of body fluids, Shift in Energy Source minerals, glycogen, and lean protein** Carbs Decreases Blood Pressure *Healthy dietary fats (omega-3's) lower blood pressure** 20% **PROTEIN** Increases 10% Cholesterol True!. HDL (high-density lipoprotein)levels increase from eating healthy fats

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.