

BENEFITS OF THE KETOGENIC DIET

By Tricia Talerico, D.C., M.S., Nutr.



A ketogenic diet can be a very powerful tool to help patients with weight loss, manage prediabetes, diabetes, digestive issues, and brain health. It is important to know that there is a healthy (clean keto) way to follow this diet and an unhealthy (dirty keto) way. Of course, we always recommend the healthy version.

First, let us make sure we truly understand the ketogenic diet. This diet is designed to put your body into a state of ketosis by limiting your carbohydrate intake and increasing fat consumption. This type of diet causes the liver to shift from producing glucose to using fatty acids (from your diet) to generate ketone bodies to use as fuel. In order to create ketone bodies, 75 percent of daily calories must come from fat, 20 percent from proteins and 5 percent from carbohydrates. Our Standard American Diet (SAD) typically consists of 50 percent carbohydrates, 35 percent fats and 15 percent proteins. In a keto diet, carbohydrate consumption is limited to 50 grams or less each day.

Obesity has become epidemic in our country at approximately 50% of the adult population (BMI 30.0 or greater). Morbid obesity (BMI 40.0 or greater) now affects 1 in 13 adults. Recent studies show that a keto diet is superior to low-fat and low-carb diets for sustainable weight loss. A keto diet also has the added benefit of better

satiation, skeletal muscle retention and better improvement in blood sugar levels.

How does a keto diet clean up blood sugar so well? Insulin resistance is a condition which results in an inability to metabolize carbohydrates correctly. A keto diet, if followed correctly, can restore insulin sensitivity, improve metabolic syndrome (pre-diabetes, diabetes) and result in more sustainable weight loss.

A keto diet has also been shown to help restore a more balanced gut microbiome, reducing gut inflammation and symptoms of dysbiosis. Dysbiosis often results in common digestive issues such as SIBO, bloating and gas, cramps, indigestion, and constipation. The keto diet also increases

the production of butyrate, a short chain fatty acid that acts as the primary fuel for cells in the colon (gut).

Extensive research has been done on the impact of the keto diet on the brain, especially in prevention of neurodegenerative disease and dementia. Contrary to popular belief, the brain is not dependent on glucose alone, it also has the ability to metabolize ketones. This is important in Alzheimer's disease and other dementias, age-related diseases, and prevention of cognitive decline.

So, what is "clean Keto"? This means focusing on nutrient-dense foods with no added sugar, chemical additives, antibiotics, or hormones. We should be looking for grass-fed meats and free-range organic

poultry and eggs. Fish should be wild-caught and vegetables should be organically grown (locally grown is best). Healthy fats can include avocado, grass-fed organic butter, ghee, coconut oil, MCT oil, extra-virgin olive oil, sesame oil and walnut oil. Low-carb vegetables can include asparagus, broccoli, brussels sprouts, cabbage, celery, green beans, kale, peppers, summer squash and zucchini. Berries (strawberries, blueberries, blackberries) can be eaten in limited amounts.

I often recommend the keto diet, along with intermittent fasting, for many patients struggling with blood sugar issues and obesity. It does require some discipline, as with any diet, but the reward can be a great improvement in overall health status as well as significant weight loss.

IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!



Tricia Talerico, D.C., M.S., Nutr.
Nutrition and Weight Loss Center of Ocean
Dow Plaza • 1819 Highway 35 North
Oakhurst, NJ 07755

732-609-3366

www.nutritionandweightlosscenter.com
www.facebook.com/nutritionandweightlosscenterofocan
www.instagram.com/nutritionandweightlosscenter

