

# Ketogenic Diet

A shift in primary fuel source from carbohydrates to fat.

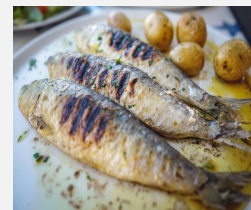
Limit carbohydrates to 20-50 grams/day



## Keto genic Diet

- 5-10% of calories from *carbohydrates*
- **Maximum 20%** of calories from *protein*
- **Majority** of calories from *fat*

Common foods on the keto diet include fats and protein



Vs.

Traditional Diet with 150-250 grams carbohydrates/day



## Traditional Diet

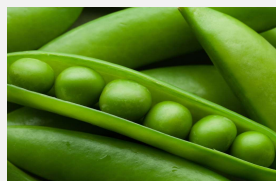
- 45-65% of calories from *carbohydrates*
- 10-35% of calories from *protein*
- 20-35% of calories from *fat*

Common foods in the traditional diet include fruits, vegetables, grains, protein and fats



*Switching fuel sources can result in significant weight loss if the carbohydrate restrictions are strictly followed.*

*Do not forget to include fiber in your diet! Dietary fiber is an important component of a healthy diet.*



*Common problems resulting from following a ketogenic diet stem from a lack of dietary fiber and excessive intake of saturated fats.*

*Some common problems include:*

Vitamin and mineral deficiencies

Lack of diversity in gut microbiome

Development of chronic diseases

(1) D'Andrea Meira, I., Romão, T., Pires do Prado, H., Krüger, L., Pires, M. and da Conceição, P., 2019. Ketogenic Diet and Epilepsy: What We Know So Far. *Frontiers in Neuroscience*, 13.

(2) Tuck, C. and Staudacher, H., 2019. The keto diet and the gut: cause for concern?. *The Lancet Gastroenterology & Hepatology*, 4(12), pp.908-909.

(3) Anekwe, C., Chandrasekaran, P. and Stanford, F., 2020. Ketogenic Diet-induced Elevated Cholesterol, Elevated Liver Enzymes and Potential Non-alcoholic Fatty Liver Disease. *Cureus*.

(4) O'Neill, B. and Raggi, P., 2020. The ketogenic diet: Pros and cons. *Atherosclerosis*, 292, pp.119-126.