

Health-Full Eating & Nutrition



Ketogenic Diet: Fact or Fad

What is it?

The ketogenic diet has become very popular in recent years, as well as controversial for varying affects. To follow a ketogenic diet means increasing the amount of natural fats you eat and decreasing the amount of carbohydrates you eat. Our body uses carbohydrates and fats as its main sources of energy. The idea of the ketogenic diet is to deplete the glucose that we get from carbohydrates, so our body is forced to switch to its alternate fuel source: fat. The body begins to operate in a state of ketosis, or fat burning mode. Be aware that there is currently not enough research to accurately measure the effectiveness of this diet.

By increasing protein consumption, you are able to repair muscle and grow muscle fibers at an increased rate. When this is paired with your body running in ketosis, it is possible that you can build muscle and rapidly burn fat simultaneously. People using this type of diet have seen body changing results.

Other Low Carb Fad Diets

- Atkins
- South Beach
- Paleo

Possible Side Effects

Although many people have seen great results using the ketogenic diet, it is important to note some possible harmful side effects. In the first weeks after starting a ketogenic diet, some negative side effects might include brain fog, dizziness, fatigue, high resting heart rate, cravings, and insomnia. These may persist and be accompanied by leg cramps due to low salt levels. Constipation often occurs as well due to drastic diet change.



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There are not a lot of long-term studies on the ketogenic diets, and of those that are out there, there is a mix of results. Before starting the ketogenic diet, you should have a conversation with your doctor or nutritionist. No diet is right for every individual. People with certain health issues or diseases may not be able to partake in a ketogenic diet. If you are looking for more information, check out the resources below.



References

- <https://www.health.harvard.edu/staying-healthy/should-you-try-the-keto-diet>
- <https://www.diabetes.co.uk/keto/side-effects-of-ketogenic-diet.html>
- <https://health.clevelandclinic.org/what-is-the-keto-diet-and-should-you-try-it/>
- <https://www.ncbi.nlm.nih.gov/books/NBK499830/>