What is the Keto Diet?

These days, there’s literally hundreds of different types of diets you can follow. All claim to offer remarkable results and get you to your weight loss goals. However, not all of them are healthy or easy to stick to.

One diet which has become really popular over the years is the keto diet. Many people swear by this diet and even go as far as to follow it on a long-term basis. So, what exactly is the keto diet? Here, you’ll discover everything you need to know.

A low-carb, high-fat diet

Keto stands for Ketogenic and it focuses on a very low carb, high-fat diet.

Many people are surprised to learn that they’ll need to up their fat intake on the diet; especially if they’re doing it for weight loss reasons. However, you’re not focusing on just any fat content – you’ll be increasing the healthy fats in your diet. The reason behind this is because it gets the body to use up fat as a source of energy.

After following the diet for up to 7 days, the body enters a ketosis state. This causes the body to start developing ketones which it uses in place of carbohydrates.

It was designed to prevent seizures

What’s interesting about the diet, is that it was actually developed to help prevent seizures.

The ketones and the decanoic acid chemical that is produced by the diet, help to minimize the risk of seizures. It was only when those following the diet noticed weight loss as a side effect, that it began to be used as a weight loss aid too.

What type of things will you eat on the diet?

As you’ll be limiting your carbs and increasing your fat content, you won’t be indulging in foods such as pasta. Instead, the majority of your diet will be made up of low-carb vegetables, fish, cheese and fresh meat and poultry.

Foods to avoid include root vegetables, candy, grains, legumes, alcohol and milk. Perhaps the most surprising foods to avoid are fruits. Most diets tell you to up your fruit and vegetable intake so the fact this one eliminates them is largely what makes it different from the rest.

How does it make you feel?

There’s always a worry when starting a diet about how it will make you feel. With the keto diet, it can produce some unpleasant side effects when it’s first started. This is because you’re suddenly severely limiting your carb intake.

You may experience fatigue, bad breath and sickness for the first few days. However, it is said to give you a lot more energy. So, it may be a struggle to begin with, but you should find the symptoms lessen over time.

The keto diet does have a large following and it has shown to be extremely effective at weight loss. However, it’s benefits stretch far beyond just helping you to lose weight.