

The Healthy Living Report

Ketogenic Diet: Understanding the Pros and Cons

Because it is extensively advertised to achieve rapid and dramatic weight reduction, the ketogenic diet is a very popular diet. The "keto diet," as it's known, promises dramatic weight loss in a short amount of time.

However, inconsistent data supports the keto diet's effectiveness in reducing obesity, aiding athletes, or maintaining a healthy weight. Furthermore, several specialists have highlighted worries about the diet's long-term viability and implications for heart health. Here's a look at the benefits and drawbacks of the ketogenic diet.

The Pros

Instead of glucose, the keto diet compels your body to utilize stored fat and fat absorbed in the diet as fuel (sugar). This process, known as ketosis, can lead to a reduction in body fat.

Quick Weight Loss

- The keto diet is a low-carbohydrate, high-fat diet that causes your body's metabolism to shift. When

carbs are not ingested and stored, the amount of water in your body decreases, resulting in a temporary reduction in overall body weight; this levels out after a couple of weeks.

- Rapid weight reduction in

doctors recommend to assist people to lose weight before undergoing weight reduction surgery. In a comparative study, the keto diet group had a lower BMI and a shorter post-op hospital stay: just 2.8 percent stayed longer than three days, in comparison to 10.8 percent in the very-low-calorie diet group.

While weight reduction is expected to occur early on with a keto diet, the fundamental question is whether weight loss and maintenance can be sustained in the long run. Irrespective of the strategies used

to reduce weight, anyone who returns to previous behaviors will gain weight. However, one research study found that combining two cycles of the keto diet with a Mediterranean maintenance diet plan resulted in weight loss maintenance.

While the ketogenic diet may help you lose weight quickly, it is unclear if it is the best strategy to help maintain a healthy weight in the long run.

Boosts Satiety

Several studies show that the



© istockphoto

the initial weeks and months of the keto diet might be due to four natural reasons:

- Reduced appetite/satiety, as well as changes in hunger hormones
- Fat accumulation is reduced, and fat utilization is raised.
- Increased fat-burning efficiency, thermic impact, and calorie utilization are necessary to break down protein as a source of energy and convert it to glucose (as well as fat).

According to studies, the keto diet is a better option than an extremely low-calorie diet that

Ketogenic Diet: Understanding the Pros and Cons

keto diet helps people lose weight by increasing satiety, or the sense of being satisfied and full. There might be a variety of causes for this advantage, including:

- **Satiety is aided by high-fat meals.** While fiber-rich meals that are filling are severely limited on the keto diet, some of the recommended food items help you feel fuller for longer. Foods heavy in fat provide a pleasing taste and texture, which may encourage you to consume fewer calories.
- **Protein takes longer to digest and ingest.** This allows you to feel satisfied for longer periods of time after you eat.
- **A ketogenic diet may help to regulate hunger hormones.** Increased ketone bodies in the blood (a consequence of ketosis) help to reduce ghrelin levels, which helps to suppress appetite, perceived hunger, and desire to eat, according to one research.

Reduced Abdominal Fat

Many people who go on a diet to reduce weight do so in the hopes of losing weight in their stomach area. Unfortunately, we have no control over where fat loss takes place. However, some studies

have found that a keto diet may particularly target abdominal fat.

The effects of low-fat and extremely low-carbohydrate diets on body composition were studied in a study published in *Nutrition and Metabolism*. For short-term body weight and fat loss, researchers found that very low-carbohydrate diets outperformed low-fat diets. They also concluded that fat loss in the abdomen had increased.

However, the study's authors stated that further data is needed to establish this advantage.

Improved Athletic Performance

A review of ketogenic diets looked at whether the low-carbohydrate, high-fat eating plan may help athletes perform better. Ketogenic diets, according to studies, may benefit athletes in the following ways:

In specific scenarios, endurance athletes tend to adjust to keto diets and burn fat more effectively than their high-carb, low-fat rivals. Other keto athletes have proven that their muscle glycogen levels and tissue regeneration are comparable to those who consume a regular higher carb diet. Some endurance athletes may benefit from the improved fat oxidation and pace of glycogen recovery.

Further research found that top

male gymnasts who followed a ketogenic diet maintained maximum strength while losing fat and weight. Other data suggested that combining a keto diet with resistance exercise might help athletes retain muscle mass while also burning fat.

Improved Health Markers

Multiple studies have found that certain health indicators improve when people adopt a keto diet. The long-term effects of a ketogenic diet on obese people were explored in one experiment. The findings revealed that patients had a lower body weight, lower triglyceride levels, lower BMI, lower LDL cholesterol, lower blood glucose, and greater HDL cholesterol after 24 weeks on the diet.

However, because there is a lot of variance in how people adhere to the keto diet and the sorts of food (particularly the types of fat) ingested, it's unclear if all persons on a keto diet would experience these advantages.

Effective Management of Medical Conditions

The keto diet has been used to treat epilepsy, particularly in children, in combination with other medical interventions. There is a lot of evidence that the eating program can benefit people who aren't responding to medicines.

Ketogenic Diet: Understanding the Pros and Cons

Alzheimer's disease, Headache, neurotrauma, Parkinson's disease, amyotrophic lateral sclerosis (ALS), mitochondrial diseases, cancer, stroke, brain trauma, mental disorders, autism, and migraines are among ailments that the keto diet can help with.

The Cons

The ketogenic diet, like all diets, has its downsides. The influence of nutrition on specific medical disorders is still being studied, and the results are often contradictory. Many individuals can't keep up with the nutritional plan since it's such a tight diet. Restrictive diets frequently result in rebound weight gain since many people ultimately develop cravings for the things they're avoiding.

Limited Food Choice

All grains and grain products, most fruits, beans and legumes, starchy vegetables, alcohol, and all sweets are avoided on the keto diet. Some milk and dairy products, as well as some fats, are also removed.

The ketogenic diet is extremely restricted, even when a healthy calorie intake is observed. On the keto diet, most items that are generally linked with a conventional American diet are

not suggested. As a result, in order to stay on track, you'll need to drastically alter your eating habits.

Many nutritionists reserve keto diets for medical nutrition treatment because they exclude important nutrients. Furthermore, excessive restriction on any diet frequently backfires, trapping the dieter in a cycle of guilt and despair as a result of yet another unsuccessful diet effort.

You'd be swiftly kicked out of ketosis if you ate a slice of cake at a birthday celebration or grabbed a granola bar before a lengthy trip. As a result, your body will start using glucose instead of fat for energy.

Side Effects

Another aspect of the keto diet that makes it difficult to stick to is the start of side effects, which normally occur within the first week or two of the program as your body adjusts to ketosis. While most individuals acclimatize, if you don't keep your carbohydrate levels sufficiently modest, your body may swing in and out of fat-burning mode. As a consequence, you can start to feel the symptoms again.

- The "keto flu" is a term used to describe the negative effects that occur during the

first phase of the keto diet.

- Intolerance to exercise
- Tiredness
- Gastrointestinal issues
- Headaches
- Insomnia
- Light-headedness
- Irritability
- Sickness
- Weakness

The findings of the study also revealed certain hazards for athletes who follow a ketogenic diet. During exercise, higher amounts of free fatty acids and ammonia were found in the circulation, which might lead to slowed metabolism and weariness in the central nervous system.

Positive metabolic alterations and muscle glycogen are clearly essential for an athlete to adjust to the keto diet over many months. An adaptation time of several months is suggested for endurance athletes to increase their workout performance on this regimen.

According to a study, an athlete who does not adjust to the keto diet over time would have negative consequences such as decreased muscle glycogen, hypoglycemia, and poor athletic performance.

Nutritional Deficiencies

The keto diet is extremely restricted, excluding vital

Ketogenic Diet: Understanding the Pros and Cons

nutrients like fiber and vitamin C, which are found in grains, beans and legumes, most fruits, and certain vegetables. Calcium and vitamin D-rich dairy products are also avoided.

As a result, many nutritionists and doctors advise working with a healthcare provider to ensure you are getting the nutrients you require.

If you decide to attempt the keto diet, speak with your doctor first, and then get advice from a nutritionist who can help you avoid vitamin deficits.

Expensive and Inaccessible

It is critical to select healthy fats. While some individuals who are interested in dieting enjoy bacon, steak, and butter, these meals are high in saturated fat. Coconut oil, MCT oils, avocado, raw, unsalted almonds, and other plant-based fats are recommended in healthier variants of the keto diet.

These commodities are frequently more costly than staples of the traditional American diet, such as rice, pasta, bread, and processed meals. Furthermore, some keto-friendly items may not be accessible in all supermarkets. Packaged coconut, for example, may be accessible at your local market, but coconut oil may not. Avocados may be obtained in most vegetable areas, but avocado oil is difficult to come by and can be costly.

Health Concerns and Contraindications

Based on limited trials, the ketogenic diet holds promise in the short term. However, there are no large-scale research on long-term impacts.

There are mixed results from research on the effects of a ketogenic diet on women who are pregnant or attempting to conceive. While some study

suggests that a low-carbohydrate diet might help you get pregnant by balancing your hormones, other studies have shown that maintaining a ketogenic diet throughout pregnancy can harm the growing fetus.

The ketogenic diet is not recommended for those who have pancreatitis, liver failure, lipid metabolism problems, primary carnitine deficit, carnitine palmitoyltransferase deficiency, porphyrias, carnitine translocase deficiency, or pyruvate kinase deficiency, according to medical experts.

Those with diabetes who are on insulin or other hypoglycemic treatments should consult their doctor before starting this diet.

This Healthy Living Report brought to you by: