

KETO DIET

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[A Ketogenic Diet for Beginners - The Ultimate Keto Guide ...](#)

The keto in a ketogenic diet comes from the fact that it allows the body to produce small fuel molecules called ketones . 3 This is an alternative fuel source for the body, used when blood sugar (glucose) is in short supply.

[The Ketogenic Diet: A Detailed Beginner's Guide to Keto](#)

The ketogenic diet (or keto diet, for short) is a low-carb, high-fat diet that offers many health benefits. In fact, over 20 studies show that this type of diet can help you lose weight and

[What Is The Ketogenic Diet \[A Keto Guide for Beginners\]](#)

What is a Keto Diet? A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names: ketogenic diet, low carb diet, low carb high fat (LCHF), etc.

[What Is The Keto Diet? A Beginners Guide To Keto Foods ...](#)

In the keto diet world, there are two types of people: Those who are all for the high-fat lifestyle, and those who, well, aren't. But, like any super-polarizing trend, the keto diet isn't.

[Keto Diet: What is a Ketogenic Diet? - WebMD](#)

A ketogenic diet may help you lose more weight in the first 3 to 6 months than some other diets. This may be because it takes more calories to change fat into energy than it does to change carbs.

[The Keto Diet - What this Dietitian ACTUALLY Thinks About ...](#)

The Keto Diet What this Dietitian ACTUALLY Thinks About a Ketogenic Diet for Weight Loss I review the pros and cons of the Keto Diet and what I actually think about people using the ketogenic diet for weight loss.

[I Spent 3 Weeks on the Keto Diet Here's What It's REALLY ...](#)

The goal of the keto diet is to put the body in a state of ketosis, where the body is starved of carbs and sugar (traditional forms of energy) and has to begin breaking down fat for fuel. Keto dieters are allotted no more than 20-50g of carbs per day, depending on their body weight, height, and lifestyle.

[Keto Diet - The Complete Beginner's Guide for 2019](#)

Get started with keto by reading our Complete Beginner's Guide to the Keto Diet. Learn the health benefits and risks, as well as which foods you should eat and avoid. Learn the

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