



The Keto Diet: Weight Loss Line Up

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Short Communication

The ketogenic or “keto” diet may be a low-carbohydrate, fat-rich eating plan that has been used for hundreds of years to treat specific medical conditions. Within the 19th century, the ketogenic diet was commonly used to help control diabetes. In 1920 it had been introduced as an efficient treatment for epilepsy in children in whom medication was ineffective. The ketogenic diet has also been tested and utilized in closely monitored settings for cancer, diabetes, polycystic ovary syndrome, and Alzheimer’s disease.

Today, other low-carb diets including the Paleo, South Beach, and Dukan diets are all high in protein but moderate in fat. In contrast, the ketogenic diet is distinctive for its exceptionally high-fat content, typically 70% to 80%, though with only a moderate intake of protein.

The ketogenic diet for weight loss is that if you deprive the body of glucose—the main source of energy for all cells within the body, which is obtained by eating carbohydrate foods—an alternative fuel called ketones is produced from stored fat (thus, the term “keto”-genic). The brain demands the foremost glucose during a steady supply, about 120 grams daily, because it cannot store glucose. During fasting, or when little or no carbohydrate is eaten, the body first pulls stored glucose from the liver and temporarily breaks down muscle to release glucose. If this continues for 3-4 days and stored glucose is fully depleted, blood levels of a hormone called insulin decrease, and therefore the body begins to use fat as its primary fuel. The liver produces ketone bodies from fat, which may be utilized in the absence of glucose.

Excessive ketone bodies can produce a dangerously toxic level of acid within the blood, called ketoacidosis. During ketoacidosis, the kidneys begin to excrete ketone bodies along with body water within the urine, causing some fluid-related weight loss. Ketoacidosis most frequently occurs in individuals with type 1 diabetes because they are unable to produce insulin, a hormone that forestalls the overproduction of ketones. However, in a few rare cases, ketoacidosis has been

reported to occur in nondiabetic individuals following a protracted very low carbohydrate diet.

Here are several versions of the ketogenic diet, including:

Standard ketogenic diet (SKD): This is often a really low-carb, moderate-protein and high-fat diet. It typically contains 75% fat, 20% protein and only 5% carbs (1 Trusted Source).

Cyclical ketogenic diet (CKD): This diet involves periods of higher-carb refeeds, like 5 ketogenic days followed by 2 high-carb days.

Targeted ketogenic diet (TKD): This diet allows you to feature carbs around workouts.

High-protein ketogenic diet: This is often almost like a typical ketogenic diet, but includes more protein. The ratio is usually 60% fat, 35% protein and 5% carbs.

Diabetes is characterized by changes in metabolism, high blood glucose and impaired insulin function.

The ketogenic diet can assist you lose excess fat, which is closely linked to type 2 diabetes, prediabetes and metabolic syndrome.

One study found that the ketogenic diet improved insulin sensitivity by a whopping 75%.

Another study in people with type 2 diabetes found that 7 of the 21 participants were ready to stop using all diabetes medications.

In yet one more study, the ketogenic group lost 24.4 pounds (11.1 kg), compared to fifteen pounds (6.9 kg) within the higher-carb group. This is often a crucial benefit when considering the link between weight and type 2 diabetes.

Additionally, 95.2% of the ketogenic group were also ready to stop or reduce diabetes medication, compared to 62% within the higher-carb group.

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