

A top-down view of various keto diet ingredients arranged on a white surface. In the top left, there's a white tray with almond flour cookies. To its right is a pile of almonds. At the top center, a dark plate holds several small, round, golden-brown items. To the right of the almonds are three brown eggs. Further right, a wooden cutting board holds several slices of raw red meat. In the bottom left, a clear plastic container is filled with yellow ghee. Next to it are several slices of Swiss cheese. At the bottom center, there are fresh green basil leaves. In the bottom right, a large avocado is cut in half, showing its green flesh and brown pit. The text 'KETO DIET' is centered in the middle of the image, and 'Pros and Cons' is centered below it.

KETO DIET

Pros and Cons



Disclaimer:

This presentation is for educational purposes only.

Please contact your health provider before utilizing any of the diets mentioned.

Overview

- 01 History of the Keto Diet**
- 02 What is the Keto Diet**
- 03 Pros**
- 04 Cons**
- 05 Alternatives**

History of the Keto Diet

- The ketogenic diet became popular as a therapy for epilepsy in the 1920s and 30s.
- It was developed to provide an alternative to non-mainstream fasting, which had success as an epilepsy therapy.
- The Atkins diet from the 1970's launched Keto into the limelight
- Atkins recommends slowly reintroducing carbs, but the Keto restricts these carbs at all times.

What is Keto

“Keto” is short for ketogenic, which is a process during which your body uses **fat** as its primary source of fuel, instead of **carbohydrates**.

How it's Done

- 5 percent of calories from carbohydrates
- 20 percent of calories from protein
- 75 percent of calories from fat



Are carbs bad for you?

Carbs come in 3 different forms:

- **Starches** - complex carbs
- **Fiber** - complex carbs
- **Sugar** - simple carb

Is the Keto diet good for you?

- Weight Loss
- Less hunger than other diets
- Reduced epileptic seizures in kids
- Improves cardio risk factors

What are the risks of the Keto diet?

- Restrictive & difficult to sustain
- Calorie depletion and nutrient deficiency
- Headaches, bad breath & constipation in the short term.
- Renal risk - increased risk of dialysis
- Food obsession

Healthier Approach

- Focus on **health fats**: Coconut oil, olive oil, avocado, nuts and seeds
- Include **healthy carbs**: berries, beans, and carb containing veggies

THANK YOU

Sources

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