The Ketogenic Craze

It’s no secret that diets can go in-and-out of fashion just like your favorite wardrobe. All you have to do is flip through a magazine or read an article to learn about which celebrities are joining the trendiest weight-loss craze. The Ketogenic diet is one that has recently been popping up on social media despite the fact that it’s been around for a while. What is the Ketogenic diet? To break it down as simply as possible: It’s a no-to-low carb diet with your main source of calories coming from fat. Carbohydrates are burned quickly and are your metabolism’s first choice for some quick energy. When carbs are in short supply, your body turns to burning fat. After your body burns a fat molecule, it produces an organic compound called a ketone. Your body is now in what’s termed as “Ketosis” which is just a fancy word for saying that your body is burning fat instead of carbs.

What would a ketogenic meal look like? If you prepared a plate for yourself, then it would recommend 0-5% carbs, 20% protein, and 75% fat based on calorie intake. I know it sounds intimidating having most of your calories come from fat. You’re probably thinking, “Isn’t it counterproductive to eat mostly fat when I’m trying to lose weight?” For years the public was told to stay away from eating high amounts of fat, but that isn’t the case anymore. Research shows that eating “healthy” fats can help increase weight-loss and reduce risk for heart disease. The catch is, however, that the Ketogenic diet doesn’t dive into what TYPE of fats you should consume. Many people are uneducated about which foods contain healthy fats and which could cause health issues when consumed in excess. So which group of people would benefit from this type of diet? Well, for those with heart issues this probably wouldn’t be the best choice since the type of fat consumed is loosely monitored. If you’re looking to improve your mental health, then there have been positive results from those on the Ketogenic diet due mainly to the fact that a high fat diet helps keep your neural pathways healthy. Although, the big question is: Does it help with weight loss? The conclusion is that you CAN lose weight on this diet most likely because you’re cutting carbs and eating less at mealtime since fat keeps you feeling full. The downside is that it’s incredibly hard to maintain a lifestyle like this and people have been known to drop off and go on binges which can be damaging to your body. It comes down to knowing what you’re capable of managing and making the right decisions on which types of fat to eat. So, do your research and decide what is best for your body and your life!