The Ketogenic Diet

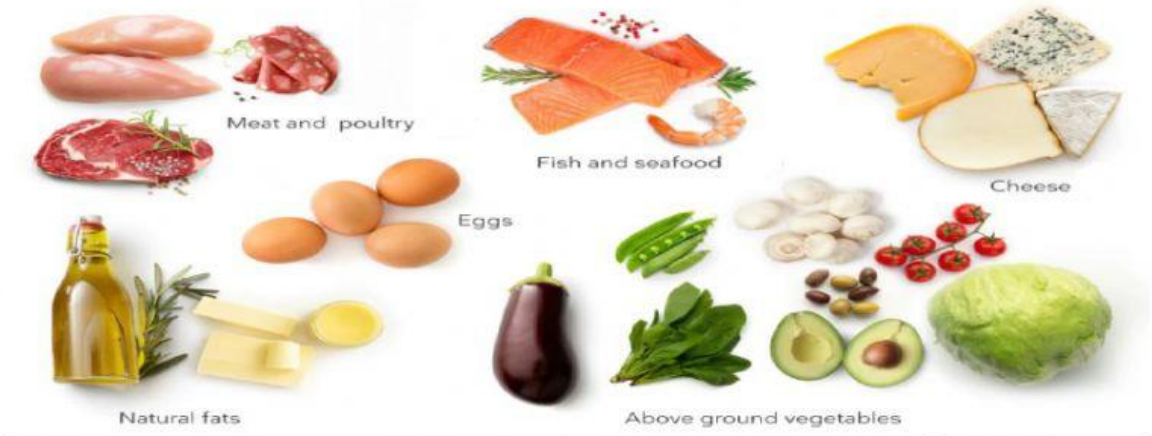


A ketogenic diet – or keto diet – is a low-carb, high-fat diet. It can be effective for weight loss and certain health conditions.

A keto diet is especially useful for losing excess body fat without hunger as you do not have to keep tabs on your calories, and for improving type 2 diabetes or metabolic syndrome. Eating a keto diet lowers insulin levels as it is a diet that limits carbs intake and hence it helps you access your body fat stores for energy.

When you eat far fewer carbs, your body begins to burn fat for fuel. This can put your body into a metabolic state called ketosis. In this state, your liver turns fat into small energy molecules called ketones, which your brain and other organs can use for energy.

Here are typical foods to enjoy on a ketogenic diet.



What can you drink on a ketogenic diet? Water is the perfect drink, and coffee or tea are fine too. Ideally, use no sweeteners, especially sugar. A splash of milk or cream in your coffee or tea is acceptable, but beware that the carbs can add up if you drink multiple cups in a day.

Here's what you should avoid on a keto diet – the sugary and starchy food. This includes foods like bread, pasta, rice and potatoes. These foods are very high in carbs.



For most people, keto diet appears to be safe. However, people with high blood pressure and diabetes require consultation before trying it out and supervision when they are just starting out.

All in all, nothing in the world is termed as the perfect meal plan. All of us have different needs and you have to read to know the pros and cons of each meal to find what is right for you.

LIVEWORKSHEETS

Answer TRUE or FALSE for these statements.

1. A keto diet is a diet with a consumption for low-fat food. _____
2. You don't need to count your calories while you are on this diet. _____
3. While on the keto diet, you burn fat instead of carbohydrates for energy. _____
4. Bananas are rich in carbs. _____
5. You are allowed to eat aubergines while you are on this diet. _____

Answer these questions. Each of your answers should not be longer than 3 words.

6. What is keto diet?

   It is a _____ diet.

7. Why wouldn't you feel hungry while you are on this diet?

   You don't watch your _____.

8. Cheese, eggs, meat, poultry and seafood would be your staple. You can also consume cabbage, kale, peas, spinach and etc because they are _____.

9. Sugary and starchy food is rich in _____ and it should not be in the keto menu.

10. You should understand the _____ of any type of meal plan before trying it out.

LIVEWORKSHEETS