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Debunking Medical Myths: Keto Diets: Are They Effective?

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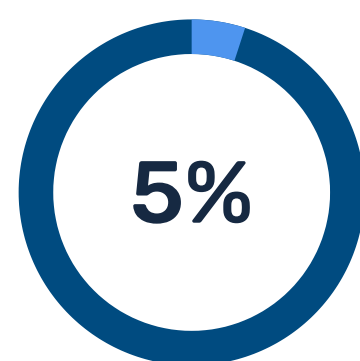
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KETO DIETS: ARE THEY EFFECTIVE?

WHAT IS THE KETO DIET?

The Ketogenic diet was initially introduced in 1923 as a treatment for epilepsy. It consists of a high-fat and very low carb intake (only 20-50 g/day). Currently, it is considered an "alternative" diet claiming rapid fat loss.



5% or 12.9 million Americans follow a Keto diet.

THE TRUTH

Ketogenic diets are not effective in long term weight loss. Here's why:

QUESTIONABLE EFFECTIVENESS



Although Keto diets may support increased weight loss in the short term (< 6 months), no significant difference is found after 12 months. Systematic reviews demonstrate that weight loss experienced on these diets are more likely due to calorie deficits than low-carb content.

NO LONG TERM BENEFITS

The long-term effect of the ketogenic diet compared to diets that maintain balanced carbohydrate intake is weak. Additionally, any purported benefits for reducing cardiovascular disease risk is unfounded.



SIMILAR LAB VALUES



Use of the keto diet results in little to no difference in diastolic blood pressure, glycosylated hemoglobin (HbA1c) and LDL cholesterol ('unhealthy' cholesterol) for up to two years compared to other diets. These values are indications of overall body health.

OVERALL RECOMMENDATION

Long-term use of the ketogenic diet for weight loss be implemented with caution. A balanced diet, inclusive of carbohydrates and exercise can be implemented for long-term sustained weight loss.

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