

Everyone's weight loss journey is different. That is why you have to follow what you can stick to and is best for you long term. I try to meet people where they are at and give guidance to make their plan as healthy as possible, but one that they can stick to. One of the major obstacles that I come across is when someone wants to follow a ketogenic diet. I can not meet them there. The Paleo, South Beach, and Atkins diets typically fall into this category but they are not true Ketogenic Diets. They are considered very low to low carbohydrate diets. A reduced carb diet is definitely in my conversation with some people seeking weight loss. A true Ketogenic Diet centers on fat, which supplies as much as 90% of daily calories in the diet, which I can not endorse. As a certified Health Coach I can not endorse a diet that is considered very low carbohydrate, where less than 50 grams comes from carbs. Your body needs at least 100 grams or in other words 400 calories of carbs to function properly. It needs a lot more if you exercise. The 400 calorie amount is as low as I can ever suggest. I understand in some medical situations it **may** help, but that is beyond my scope of practice (epilepsy, cancer, brain disorders, but there are no human studies to support this). **A Keto Diet is considered a Medical Diet. As a Health Coach I can not recommend any Medical Diets.** I can recommend eating patterns like the Mediterranean and Dash Diets, which are fabulous diets that most of us should be following.

**Bottomline:** Short term weight loss studies have shown mixed results when it comes to weight loss and the Ketogenic Diet. Therefore why take the risk. Eating a restrictive or elimination diet, no matter what the plan, is difficult to sustain. Once you resume a normal diet, the weight will likely return. Rather follow a balanced, unprocessed diet, rich in very colorful fruits and vegetables, lean meats, fish, whole grains, some low-fat dairy, nuts, seeds, olive oil, and lots of water.

Because the keto diet has such a high fat requirement, followers must eat fat at each meal according to Harvard Health. In a daily 2,000-calorie diet, that might look like 165 grams of fat, 40 grams of carbs, and 75 grams of protein. Forty grams of carbs would be equivalent to two pieces of fruit and no vegetables or grains. Therefore this diet would be void of the three things I try to get people to eat daily that being fruits, vegetables, and whole grains. Ask yourself where will you be getting fiber and vitamins found in fruits and veggies with this plan? Remember fiber intake has been linked to good health?

# Do you Do the Ketogenic Diet

DO YOU/CAN YOU DO THIS?

Short Wellness Self-Checks

**Dangers of a Ketogenic Diet according to Harvard Health**

**Increase in "bad" LDL cholesterol,** which is also linked to heart disease.

**Nutrient deficiency.** "If you're not eating a wide variety of vegetables, fruits, and grains, you may be at risk for deficiencies in micronutrients, including selenium, magnesium, phosphorus, and vitamins B

**Liver problems.** With so much fat to metabolize, the diet could make any existing liver conditions worse.

**Kidney problems.** The kidneys help metabolize protein and the keto diet may overload them. (The current recommended intake for protein averages 46 grams per day for women, and 56 grams for men).

**Constipation.** The keto diet is low in fibrous foods like grains and legumes.

**Fuzzy thinking and mood swings.** "The brain needs sugar from healthy carbohydrates to function. Low-carb diets may cause confusion and irritability