

KETO DIET

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Abstract:-In order to save people from the biggest problem in this world that is obesity, we should be first concern about our food. In this paper a practically approach is mentioned to tackle the problem of being fat. Keto diet has the effective way and possible way to get rid of the obesity. This paper verifies the reliability of all type of keto food used in keto diet to lose weight . Practically results demonstrate that in the keto diet by eating our favourite food suchas Butter and cheese we can be fit.

Index Terms: - Fitness importance, Keto definition, Keto works, Needs for Keto, Practically proved Results.

I. HOW IMPORTANT IS FITNESS?

One should fully agree with the statement that "Take care of your body it is the only place you have to live in". For example consider Health or fitness as one ,further assume luxury cars as zero, luxury house as zero ,Lots of money as zero and luxury life as 000 then they have in total 1000000; In short one will conclude that if Health is removed, the overall value of this number became zero because it will get 000000, In short it is said that "Health or Fitness" is the most important in everybody's life and rest all the factors are temporary. In this modern world being fit is more elude than being a money maker. Being fit is one of the biggest boon in our life. If somebody is a billionaire and is unfit is same as the best batsman in the world but can't life the bat. Being Fit is one of the biggest boon. According to the survey being fit can solve 80 % of the problems.

II. PROBLEM OF OBESITY

A Great fitness Expert has said "If anyone want to rule this world, Rule number one Be Fit". Now a day most of the children are obese. The term obesity means that they are overweight according to their BMI(Body measuring Index). Thus that gives the life threat to the children even adults. That the obesity is spread all over the world, According to the data analytic of 2005-2006 around 16 % of children are pre-diabetics in United state of America.

The only one reason we find of being obese is their unhealthy diet and not enough of exercise. Their unhealthy diet specially includes junk food, oily food, salt oriented food and lot of sugar.

It is aptly said that "*Good Things Comes To Those Who Wait And Bad Things Come To Those Who Weigh!*".

The true reason behind this problem of obesity is our government because "*The Healthy Food is Costlier Than Junk Food*"

Solution

The small word KETO is the fight back way to the big term OBESITY. Generally human body requires three main components from food to function this big hypocritical human body, they are Protein, Carbohydrates and fats. The Protein is used to repair the muscles, Carbohydrates are use to provide energy to the body and fats contain some essential fatty acid and omega acid which keep body away from deficiency .

The term KETO comes from the Ketogenic Diet which totally depend on molecules such as Ketones molecules. It is known to all that Carbohydrates are the "POWERHOUSE OF BODY" . Similarly alternative source of fuel are Ketones molecules. The alternative fuel that is ketones is produced when body is provided less carbohydrate, the main condition is that body should be on minimum carbohydrates to produce Ketones molecules. Being on ketosis the body get constant supply of fuel with even good efficiency and there is no timorous feeling of being fat.

III. HOW DOES KETO WORK?

The three important factors that are considered as "Part and Parcel of Keto Diet". They are Insulin level of body, glucose level and the most important condition is the body should be on low carbohydrates, this is the most important condition in Ketogenic Diet.

For Ketogenic Diet, Ketones molecules are most important and they can be produced by eating low carbohydrates that is important in Ketogenic Diet to break them into blood sugar, this is the most basic step of working of Ketogenic Diet. Insulin also plays a crucial role in Ketogenic Diet because the amount of burning of excessive fat in human body depend on the amount of insulin level in our body. As much as the level of insulin will be in low in human body the more amount of fat will burn.

Ketogenic statement state that "EAT FAT TO LOSE FAT". As body is an Low Carbohydrate state body will use excessive fat as a fuel so we called as Ketones molecules thus it will lead to the fat loss on a serious note.

"*Butter Doesn't Make You Fat*" on Keto Diet.

The main important essential condition on Keto Diet is "**Carbs Intake Should Not Be More Than 30 Grams**"

Keto Diet is only use for Fat loss not for Muscle building.

IV. FOOD ON KETO DIET

- Any food which is high in protein such as Eggs, Chicken, Beef and pork
- Good fat such as Olive oil, coconut oil, Avocados and good nuts
- Essential Fatty food such as Cheese, butter, cream and yoghurts
- Essential black and Blue berries
- Unsweetened coffee(Without tea sugar)
- Low Carb vegetables such as *asparagus and cauliflower*

V. DON'TS ON KETO DIET

- Avoid junk food
- Avoid sugar even natural food
- Avoid carbs
- Avoid oily food
- Avoid soft drinks

VI. ADVANTAGES OF KETO DIET

- Helps to focus better'
- Leads to more weight loss first

A sustainable Lifestyle "KETO DIET"

VII. RESULTS

Some Amazing transformation of Keto Diet (Personally Proved Results)



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