

# Download The Best Diet Plan For You Diet Overview Dieting 101

What is a Keto Diet?. A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names – ketogenic diet, low carb diet, low carb high fat (LCHF), etc. When you eat something high in carbs, your body will produce glucose and insulin. Author: wowketodiet . Hello! This is Ketosis Diet Plan Weight Loss By wowketodiet. We love to read books and my job is to analyze daily all the novelties in the world of ebooks. Your New Best Friend – The Nutrition Label. When it comes to putting your diet into practice, you must be able to read and understand the nutrition facts on the back of the food packaging. The ketogenic diet (or keto diet, for short) is a low-carb, high-fat diet that offers many health benefits. In fact, over 20 studies show that this type of diet can help you lose weight and ...