

The Keto Diet: Weight Loss Line Up

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Short Communication

The keto diet is a low-carbohydrate, high-fat diet that has gained popularity in recent years. It is based on the principle of ketosis, a metabolic state in which the body burns fat for energy instead of carbohydrates. The keto diet has been shown to be effective for weight loss and improving blood sugar control in people with type 2 diabetes. However, there are some potential risks associated with the keto diet, including nutrient deficiencies and increased cholesterol levels. It is important to consult with a healthcare professional before starting the keto diet.

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