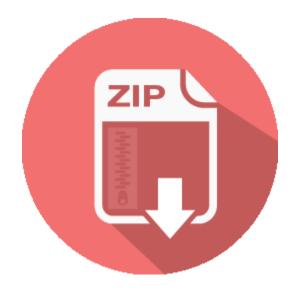
WHAT IS THE KETO DIET



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A ketogenic diet may help endurance athletes -- runners and cyclists, for example -- when they train. Over time, it helps your muscle-to-fat ratio and raises the amount of oxygen your body is able to use when it s working hard. But while it might help in training, it may not work as well as other diets for peak performance.

The Ketogenic Diet A Detailed Beginner's Guide to Keto

The ketogenic diet can help you lose excess fat, which is closely linked to type 2 diabetes, prediabetes and metabolic syndrome (28, 29, 30). One study found that the ketogenic diet improved insulin sensitivity by a whopping 75%.

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