

The Keto diet, short for ketogenic diet, is a high-fat, low-carbohydrate diet that aims to shift your body into a state of ketosis. Ketosis is a metabolic state in which your body burns stored fat for fuel instead of glucose from carbohydrates.

To follow the Keto diet, you need to significantly reduce your intake of carbohydrates, typically to less than 50 grams per day. This means cutting out or limiting foods like bread, pasta, rice, and sugar. Instead, you should consume high-fat foods like meat, fish, nuts, seeds, avocados, and oils, as well as moderate amounts of protein.

The goal of the Keto diet is to keep your body in a state of ketosis, which can lead to weight loss and other health benefits like improved insulin sensitivity, reduced inflammation, and improved brain function.

However, the Keto diet may not be suitable for everyone, especially those with certain health conditions like liver or pancreatic disease. It's important to consult with a healthcare professional before starting the Keto diet to ensure it's safe for you.

In terms of frequency, the Keto diet can be followed for as long as you like, although many people follow it for a few weeks or months at a time. Some people also use the Keto diet for weight loss or as a short-term reset for their eating habits.

Overall, the Keto diet is a high-fat, low-carbohydrate diet that aims to put your body into a state of ketosis. It can be an effective way to lose weight and improve health, but it may not be suitable for everyone and should be approached with caution.