**THE KETO DIET**

If you find yourself in a conversation about dieting or weight loss, chances are you’ll hear of the ketogenic, or keto, diet. That’s because the keto diet has become one of the most popular methods worldwide to shed excess weight and improve health.

Research has demonstrated that adopting this low-carb, high-fat diet can promote fat loss and even improve certain conditions such as type 2 diabetes and cognitive decline.

**THE BOTTOM LINE**

A healthy ketogenic diet should consist of about 75% fat, 10-30% protein and no more than 5% or 20 to 50 grams of carbs per day.

Focus on high-fat, low-carb foods like eggs, meats, dairy, and low-carb vegetables, as well as sugar-free beverages. Be sure to restrict highly processed items and unhealthy fats.

The popularity of the ketogenic diet has made it easier than ever to find a wide array of interesting and healthy keto meal ideas online.

Using this as a guide to get started on the keto diet can set you up for success and make transitioning to a high-fat, low-carb diet a breeze.