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Traditional Atkins vs. Ketogenic Diet. The Atkins diet and ketogenic diet are often used synonymously; however, they are different. While both diets lower carbohydrate consumption, the Atkins diet allows for a period in which both protein and carbohydrate intakes are increased (while fat intake is lowered) beyond what would classify as ketogenic. A keto or ketogenic diet is a low-carb, high-fat diet that can help you burn fat more effectively. It has many benefits for weight loss, health and performance, as shown in over 50 studies. 1 It's also used and recommended by many doctors. 2 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. Turning to butter and bacon to lose weight and boost health might not scream “winning plan” to everyone. But it makes perfect sense to those on the ketogenic diet (or “keto diet”), the latest “it” regimen that backs high-fat, moderate-protein, and low-carbohydrate eating., Ketogenic Diet For Beginners.

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